

## Loaded Black Bean Nachos

<b>Equipment</b>	<b><u>Ingredients</u></b>
<ul style="list-style-type: none"><li>• 1 colander (for draining beans)</li><li>• <b>mixing bowls</b></li><li>• spoon to mix salsa</li><li>• <b>Cheese grater</b></li><li>• <b>Juicer (for the lime)</b></li><li>• <b>2L ovenproof dish</b></li><li>• <b>chopping boards</b></li><li>• knives</li><li>• <b>Oven grill</b> (used by teacher/adult)</li></ul>	<ul style="list-style-type: none"><li>• <b>2 x 420g cans black beans</b></li><li>• <b>375g chunky tomato salsa</b></li><li>• <b>175g packet cheese or plain corn chips</b></li><li>• <b>2 cups grated tasty cheese</b></li><li>• <b>2 avocados</b></li><li>• <b>300g tub sour cream</b></li><li>• <b>2 large diced tomatoes</b></li><li>• <b>Selection of herbs such as chives, parsley</b></li><li>• <b>1 lime, juiced</b></li></ul>

### **Method**

1. Preheat oven grill to high. Combine beans and salsa in a bowl.
2. Place corn chips in a 2L ovenproof dish. Top with bean mixture.
3. Grate the cheese and sprinkle on top. Grill for 5 minutes until golden brown.
4. Coarsely chop the avocado.
5. Dice the tomatoes.
6. Rock and chop the herbs.
7. Juice a lime.
8. Combine the avocado, tomato, herbs and lime juice.
9. To serve layer the sour cream on top and layer with the other toppings.