

 **Prep:** 15 minutes
 **Cook:** 15 minutes
 **Servings:** 8

Nacho Average Nachos

INGREDIENTS

- 1 Tbsp olive oil
- ½ lb chicken breast, *cooked, shredded*
- 1 can (14.5 oz) whole tomatoes with juice
- 1 Tbsp jalapeño pepper, *chopped*
- 4 medium garlic cloves
- ¾ cup diced onion, divided
- 1 can (~15 oz) Black Beans, any variety, *drained and rinsed*
- 2 cups chicken stock
- 4 cups baby spinach leaves
- Salt and pepper, to taste
- 6 cups crumbled tortilla chips

Optional toppings:

- sliced avocado
- sour cream

DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Add chicken; brown slightly.
2. Place tomatoes, jalapeño pepper and garlic in a blender or food processor. Puree until smooth.
3. Heat oil in large sauté pan. Add ½ cup of onions, sauté until golden brown. Add tomato puree; cook until reduced to thick paste (like tomato paste, about 8-10 minutes).
4. Add beans and stock; bring to a simmer 1-2 minutes. Add chicken and spinach, stir to wilt. Season to taste with salt and pepper.
5. Add tortilla chips and toss to coat. Once tortillas have started to wilt, serve with remaining chopped onions.
6. Add optional toppings, as desired.

Nutrition Analysis, per serving (without optional toppings)

Calories 214	Carbohydrate 21g	Sodium 373mg
Total Fat 9.6g	Fiber 2.5g	(16% DV)
Saturated Fat 2g	Protein 12g	



**Canned
Beans**
OPEN THE POSSIBILITIES