



#MakeItGAP

RECIPES

SHEET PAN BEEF AND BLACK BEAN NACHOS

YIELD: 4 Servings

INGREDIENTS:

1 (15-oz.) can unsalted black beans, *rinsed, drained, and divided*
1/2 cup plus 2 Tbsp. water, *divided*
8 oz. 90% lean ground sirloin
1/2 tsp. chili powder
4 green onions, *thinly sliced*
8 (6-in.) corn tortillas, *cut into wedges*
Cooking spray
2/3 cup fat-free evaporated milk, *divided*
1 1/2 tsp. cornstarch
2 oz. preshredded reduced-fat cheddar cheese (about 1/2 cup)
1/4 cup light sour cream
1/3 cup chopped tomato
1/4 cup coarsely chopped fresh cilantro
1/2 tsp. kosher salt

PREPARATION:

Preheat broiler to high.

Place 1/4 cup beans in a bowl; reserve. Place remaining beans and 1/2 cup water in a mini food processor; process until smooth. Heat a large nonstick skillet over medium-high. Add beef; cook 8 minutes, stirring to crumble. Stir in chili powder. Stir in reserved 1/4 cup beans, puréed beans, and green onions; cook 1 minute. Remove pan from heat.

Arrange tortilla wedges in a single layer on a large foil-lined baking sheet coated with cooking spray. Coat tortillas with cooking spray. Broil 2 minutes on each side or until lightly browned and crisp. Remove pan from oven. Spoon beef mixture evenly over tortillas.

Combine 1/4 cup milk and cornstarch in a bowl, stirring with a whisk. Combine cornstarch mixture and remaining milk in a small saucepan over medium-high; bring to a simmer. Stir in cheese; cook 2 minutes or until smooth, stirring frequently. Combine remaining 2 tablespoons water and sour cream. Drizzle cheese mixture and sour cream mixture over nachos. Top with tomato, cilantro, and salt.

Recipe adapted from myrecipes.com