

Queso Meatball Nachos

Makes 5 servings

INGREDIENTS

1/2 cup canned black beans
1/2 cup canned corn
1/2 cup yellow onions, chopped
1 tsp fresh jalapeno peppers, diced
1/2 tsp granulated garlic
1/8 tsp black pepper
7 oz. jalapeño cheese sauce
20 beef meatballs
5 oz. unsalted corn tortilla chips
1/2 cup + 1 Tbsp tomato, chopped
3 Tbsp + 1 tsp cilantro, chopped

Note: Substitute whole grain hoagie bun for tortilla chips.

NUTRITIONAL FACTS: PER SERVING

Calories: 375	Calcium: 268 mg
Total Fat: 18.6 g	Protein: 19.7 g
Saturated Fat: 8 g	Carbohydrates: 35.5 g
Cholesterol: 62.6 mg	Dietary Fiber: 3.75 g
Sodium: 564 mg	Vitamin A: 329.6 IU
Iron: 2.33 mg	Vitamin C: 5 mg

INSTRUCTIONS

1. Drain and rinse well black beans and corn.
2. Combine beans, corn, onions, jalapenos and spices. Add cheese sauce and blend until all ingredients are mixed together.
3. Place meatballs in a pan. Pour mixed sauce over the meatballs making sure to coat all.
4. Marinate for 24 hours. Cover and hold at 41°F or less until ready to cook.
5. Cook at 300°F and heat until the internal temperature of the meatballs reaches 165°F.
6. Serve 4 meatballs and 1/2 cup sauce on top of 1 oz. tortilla chips.
7. Top with 1 Tbsp. tomato and 2 tsp. cilantro.

