

# Nachos

Prep Time: 20 Minutes

Cook Time: Varies with Ingredients

Serves: 6 Servings

## Ingredients

- 1 medium Yukon Gold potato, peeled and diced
- 1 medium carrot, peeled and diced
- ½ cup diced white onion
- 1 garlic clove, chopped
- 1 cup water
- 1 cup cooked navy beans
- 1-2 Tbsp oil (e.g. rice bran, canola) (Optional)
- 1 tsp salt
- 1 tsp chick-style seasoning (optional)
- 2 Tbsp nutritional yeast flakes
- 1 1/3 Tbsp lemon juice
- ½ cup raw cashews (washed)
- 10-0Z can diced tomatoes with green chiles, drained
- Organic tortilla chips or cooked brown rice

## Toppings:

- 1½ cups cooked beans (red, black or pinto), drained
- 2 green onions, chopped
- 1 cup green or black olives, sliced
- 2 cups leafy green lettuce, shredded

# Preparation

## Step 1

Combine potato, carrot, onion, garlic, and water in a small saucepan over medium heat. Bring to a boil, then simmer, covered, until vegetables are tender.

## Step 2

Put the navy beans, oil, salt, seasonings, yeast flakes, lemon juice, cashews, and cooked vegetable with the cooking water into a blender and process until completely smooth and creamy.

## Step 3

Transfer the sauce to a fondue pot or serving bowl and stir in the drained diced tomatoes with green chiles.

## Step 4

Ladle the sauce over the tortilla chips and top with your choice of toppings e.g. beans, onions, olives, lettuce, salsa, cilantro, jalapeño slices, etc.