



WHATShEATE



Chorizo-Beef Nachos



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado ripe
- ☐ 15 oz black beans rinsed drained canned
- ☐ 5 ounces chorizo crumbled finely
- ☐ 2 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 large garlic clove
- ☐ 4 oz chilis diced green drained canned
- ☐ 1 teaspoon ground cumin divided
- ☐ 1 quart lettuce shredded finely

- ☐ 0.5 lb monterrey jack cheese shredded
- ☐ 6 servings kosher salt
- ☐ 5 ounces ground beef lean chopped (see Notes)
- ☐ 1 tablespoon juice of lime
- ☐ 1 medium onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 cups salsa verde hot
- ☐ 9 cups tortilla chips

Equipment

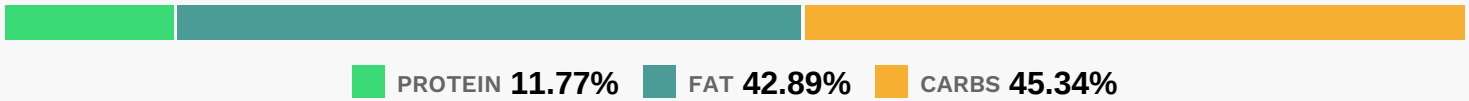
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ In a large frying pan over medium-high heat, brown steak and chorizo, stirring, about 5 minutes. Meanwhile, chop onion and mince garlic.
- ☐ Add onion and all but 1/8 tsp. cumin to pan. Stir often until onion is soft, 4 to 5 minutes. Reduce heat to medium; stir in 1 1/2 cups salsa. Simmer until thick, 8 to 10 minutes, stirring occasionally.
- ☐ While steak mixture simmers, combine black beans, 3/4 cup water, oregano, 1 tsp. garlic, and chiles in a small saucepan. Bring to a boil over high heat, then reduce heat to medium and simmer until all but about 1/4 cup liquid has evaporated, 10 minutes.

- ☐
- Meanwhile, make guacamole: Pit and peel avocado. In a bowl, mash avocado with remaining 1 tbsp. salsa, remaining 1/8 tsp. cumin, remaining garlic, and the lime juice. Stir 1 tbsp. cilantro into guacamole and add salt to taste.
- ☐
- Line a large, rimmed baking pan with parchment paper. Arrange chips in a 12-in.-wide circle.
- ☐
- Sprinkle with cheese.
- ☐
- Bake until cheese melts, 3 to 4 minutes.
- ☐
- While chips are baking, arrange lettuce around rim of a large serving platter (at least 16 in. wide). With a wide spatula, loosen chips from parchment. Carefully lift parchment from pan, then slide chips off paper into center of platter. Spoon meat mixture over chips. With a slotted spoon, top with beans. Spoon guacamole over center of nachos and sprinkle with remaining 1 tbsp. cilantro.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:35.849130583846%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 1236.18kcal (61.81%), Fat: 60.21g (92.64%), Saturated Fat: 15.52g (97.03%), Carbohydrates: 143.25g (47.75%), Net Carbohydrates: 124.14g (45.14%), Sugar: 9.23g (10.26%), Cholesterol: 63.05mg (21.02%), Sodium: 1775.29mg (77.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.37%), Vitamin K: 83.68µg (79.69%), Fiber: 19.11g (76.42%), Phosphorus: 738.72mg (73.87%), Calcium: 542.43mg (54.24%), Magnesium: 210.49mg (52.62%), Vitamin E: 7.29mg (48.57%), Folate: 159.26µg (39.81%), Zinc: 5.63mg (37.52%), Iron: 6.68mg (37.09%), Potassium: 1206.01mg (34.46%), Vitamin B6: 0.68mg (33.89%), Vitamin A: 1618.42IU (32.37%), Vitamin

B5: 3.06mg (30.61%), Vitamin B1: 0.46mg (30.51%), Vitamin B2: 0.49mg (28.7%), Selenium: 18.64µg (26.63%),
Vitamin C: 20.62mg (24.99%), Manganese: 0.47mg (23.47%), Copper: 0.45mg (22.52%), Vitamin B3: 4.17mg
(20.83%), Vitamin B12: 0.84µg (14.05%), Vitamin D: 0.25µg (1.67%)