



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Loaded Vegan Nachos with Black Beans and Spicy Chickpeas

Get ready to share these loaded black bean and chickpea nachos with a spicy kick! Protein-packed black beans and chickpeas can take these nachos from snack to meal.

Recipe by USA Pulses/ Heart of a Baker

INGREDIENTS

BEANS & CHICKPEAS

- 1 tbsp olive oil
- 1 small diced onion
- 2 cloves chopped garlic
- One 14 oz can chickpeas
- One 14 oz can black beans
- ½ tsp paprika
- ½ tsp cumin
- ¼ tsp cayenne pepper
- 1 tsp salt
- black pepper

NACHOS

- 4 cups Tortilla chips, use gluten-free if desired
- 1 cup of your favorite salsa
- ¼ cup chopped cilantro
- your favorite hot sauce
- 1 sliced jalapeno pepper, or more if desired

INSTRUCTIONS

TO MAKE THE BEAN + CHICKPEA MIXTURE:

1. In a medium skillet over medium high heat, heat the olive oil. Add the onion and saute until soft, about 3-4 minutes. Add the garlic and saute for an additional 1-2 minutes.
2. Add the beans, chickpeas, spices, salt, and pepper. Cook for another 3-4 minutes, until the beans have been heated throughout. Set aside.

TO MAKE THE NACHOS:

1. Preheat oven to 350 degrees F. Spread the tortilla chips onto a rimmed baking sheet. Top with the bean mixture. Bake for 5-10 minutes, until nachos are warm and bubbly.
2. After removing from the oven, top with your favorite salsa, chopped cilantro, additional hot sauce, and jalapenos. Serve immediately.

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