

# One Pot Bean Chili Nachos

**Yield: 4 servings**

## Ingredients

½ onion, yellow or red, diced  
 1 carrot, peeled, diced  
 1 bell pepper, diced  
 1 zucchini, diced  
 2 tablespoons olive oil  
 ½ teaspoon salt  
 2 tablespoons chili powder  
 2 tablespoons cumin, ground  
 1 (15 ounce) can diced tomatoes  
 1 cup vegetables or chicken stock,  
     low sodium  
 1 cup corn, frozen  
 2 (15 ounce) cans low sodium beans,  
     two varieties, not drained

## For Nachos:

½ cup tortilla chips  
 ½ cup lettuce, romaine, shredded  
 1 cup homemade chili  
 2 tablespoons fresh tomatoes, diced  
 1 tablespoon cheese, grated  
 1 tablespoon green onion, thinly sliced

## Instructions

1. Preheat oven to 350 degrees.
2. Chop onions, carrot, bell pepper, and zucchini.
3. Place a medium pot over medium heat. Add 2 tablespoons of olive oil. Sauté onion, carrot, and bell pepper for 3 minutes.
4. To the sautéed vegetables, add salt, chili powder, cumin, and oregano. Sauté for an additional 5 minutes.
5. Add the canned tomatoes, vegetable stock, zucchini, corn, and both kinds of beans to the sautéed vegetables. Bring to a simmer.
6. Simmer for 30 minutes on medium low heat. This will allow the flavors to meld and chili to thicken.
7. To make nachos, place ½ cup of tortilla chips on a salad plate. Top with shredded lettuce, ½ cup of the completed chili, tomatoes, 1 tablespoon of cheese, and then green onions for a garnish. This chili is delicious topped off with plain yogurt.

## Nutrition Information

**Serving Size:** 1 plate nachos  
**Calories:** 290  
**Total Fat:** 3.5 g  
**Saturated Fat:** 1 g  
**Monounsaturated Fat:** 1 g  
**Sodium:** 330 mg  
**Total Carbohydrate:** 56 g  
**Dietary Fiber:** 10 g  
**Sugars:** 4 g  
**Protein:** 11 g

Source: Health Meets Food

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