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Loaded Nachos

- 1 lb ground beef
- 2 teaspoons chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 (14.5-ounce) can diced tomatoes, undrained
- 2 garlic cloves, crushed
- Cooking spray
- 1 (16-ounce) can refried beans
- 1/4 cup minced fresh cilantro, divided
- 1/4 cup chopped green onions, divided
- tortilla chips
- 3/4 cup (about 6 ounces) shredded Monterey Jack cheese
- sour cream

Preheat oven to 375°. Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in the next 5 ingredients (through garlic), and cook for 8 minutes or until thick, stirring occasionally. Remove from pan and drain the sauce. Place separate pan coated with cooking spray over medium heat until hot. Add beans, 2 tablespoons cilantro, and 2 tablespoons green onions; cook 2 minutes or until thoroughly heated. (This can also be done in the microwave)

Place chips on a large serving platter; spread warm bean mixture over each chip. Spoon meat mixture over bean mixture; top with cheese. Bake at 375° for 9 minutes or until cheese melts. Remove from oven; top with sour cream, 2 tablespoons cilantro, and 2 tablespoons onions. Serve immediately.

Source: Cooking Light recipe with Sweetnicks' modifications

