

Low Carb Cheesy Chilli Nachos

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Premium nutrition for healthy living

Ingredients:

- 250g Muscle Food extra lean beef steak mince
- 1 red onion, finely diced
- 1/2 yellow + 1/2 red pepper + 1/2 green pepper (you can use whichever colours your prefer)
- 1 chilli (green or red), finely diced and deseeded
- 1/2 can kidney beans (or mixed Mexican beans)
- 1/2 can chopped tomatoes
- 1 packet of chilli con carne seasoning mix + 2-3 tbsps water
- Oil for cooking
- 1 tsp crushed chilli flakes
- Salt & pepper for taste
- 1 tbsp of fresh coriander, finely chopped
- 1 beef stock cube
- 1 garlic clove, minced or finely chopped
- 2 Muscle Food low carb tortilla wraps
- Handful of freshly chopped chives
- Virtually zero fat cheddar cheese
- Jalapenos for topping
- Low fat sour cream for topping



Good news folks... Nachos are back on the menu! Packing seriously good nutritionals, this macro-friendly masterpiece is the perfectly scrumptious guilt-free evening meal.

Cooking method

- 1 Heat your pan with your chosen oil on a medium heat.
- 2 Add your onions and peppers, and then fry off until softened (roughly 5 minutes).
- 3 Then add your mince to the pan and cook until brown all the way through.
- 4 Add your kidney beans, tomatoes, water, stock cube, garlic, seasoning and your chilli.
- 5 Mix it around until the sauce is well combined and turn the heat down to.
- 6 Let it simmer away for 20-30 minutes until it has thickened (the longer you leave it, the more flavour it will have).
- 7 Sprinkle over the fresh coriander as you serve (optional).
- 8 Pre heat your oven to 170 degrees Celsius.
- 9 Using a knife or a pair of scissors, cut your tortilla wrap(s) into medium sized triangle shapes resembling nacho chips. Place them on a baking tray and spray over some low calorie cooking spray. Sprinkle over a little salt and pepper.
- 10 Bake in the oven for 10-15 minutes (until golden and crisp). Flip over the nachos and cook evenly on the other side.
- 11 Remove from the oven, add your chilli con carne and serve sprinkled with some fresh chives.

To pimp out your nachos, you can grate over some low fat cheese, sprinkle over some jalapenos and place under the grill until the cheese melts. You can also serve with some of your homemade guacamole/salsa/sour cream.

Serves: 2

555
CALORIES

61g
PROTEIN

51g
CARBS

11g
FAT

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By
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