

## Cooking with Amanda – Healthy Vegan Nachos

This recipe gives all that you need to make healthy vegan nachos, but the components can also be used in a burrito, for tacos or so much more.

### Bean Taco Mix

- ½ cup cooked grain such as bulgur wheat, buckwheat groats, brown rice or frozen corn. A ground meat-substitute such as TVP (rehydrated) could also be used.
- 3 - 15oz cans beans, (or 3 x 1.5 cups cooked frozen beans) any variety, eg. pinto, black, navy, red kidney beans
- ¼ cup dry taco seasoning (purchased or homemade – recipe below)
- 1 - 15oz can fire-roasted tomatoes
- Pinch of cayenne pepper, optional

### Vegan Cheese sauce

- 1 cup potatoes, peeled and diced
- ¼ cup carrots, diced
- ¼ cup onion, diced
- 1 cup broth from veggies
- ½ cup raw cashews (or ½ cup white beans)
- 4 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ½ teaspoon garlic powder
- Pinch paprika
- Pinch cayenne pepper (optional)

### Taco Seasoning – makes ¼ cup = 4 tablespoons

- 1½ tablespoon chili powder
- 2 teaspoons ground cumin
- 1½ teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon dried oregano

### Homemade Tortilla Chips

- 1 packet corn tortillas.

**Garnish** – fresh spinach or salad greens, chopped fresh tomato, spring onion, cilantro

## **Instructions**

### **Bean Taco Mix**

1. Start cooking your chosen grain, if not already cooked.
2. Defrost any frozen beans or corn that you're using
3. Drain and thoroughly rinse canned beans in a colander or sieve
4. Add all beans, ½ cup of grain or meat substitute, taco seasoning, canned tomatoes with juice, and cayenne if using, to a large glass (microwaveable) bowl.
5. Stir well to mix
6. Cover and microwave for 3 minutes. Stir well
7. Just before serving, heat in microwave for an additional 3 minutes.

### **Vegan Cheese sauce**

1. Peel and chop the potato, carrots and onion
2. In a medium pot, bring 3 cups water to the boil
3. Cook vegetables until soft (10-15 mins depending on how small pieces are)
4. Save 1 cup of the broth, and add it to a blender
5. Add cooked vegetables and all other ingredients. Blend until smooth.
6. If the broth was hot, there's no need to reheat the sauce.
7. Transfer into a small pitcher to serve.

### **Homemade Tortilla Chips**

1. Slice each tortilla into 8 slices using a pizza cutter
2. Arrange on a baking sheet. Spritz with water and sprinkle with salt and garlic powder.
3. Bake at 400 degrees for about 5-7 mins until crispy and brown.

### **To serve:**

1. Arrange chips on a large plate
2. Cover with spinach or salad greens
3. Cover greens with bean taco mix
4. Pour cheese sauce over the mix
5. Sprinkle with fresh tomato, spring onion and cilantro