

Vegetarian Party Nachos

PREP TIME:

15 minutes

COOKING TIME:

LOW: 8 - 9 hours
or
HIGH: 4 hours

SERVES:

6

replace canned beans
with 8 oz dried, rinsed
pinto beans

INGREDIENTS:

2 x 15 oz cans pinto beans, rinsed

1 ½ cups / 1 medium onion, diced

1 cup / 2 medium carrots, diced

2 tsp / 4 cloves garlic, minced

1 green chili, chopped

1 Indian Dal blend

1 tbsp tomato paste

½ tsp salt

3 cups vegetable broth

corn or flour tortillas

½ cup sour cream

toppings: favorite brand tortilla chips

1 cup Mexican cheese, grated

arugula

red onion, thinly sliced

PREPARE:

Put the beans into your slow cooker

Add the onion, carrots, garlic, chili, Indian Dal blend, tomato paste, salt and vegetable broth.

Cover and cook on LOW for 8-9 hours or HIGH for 4 hours.

Serve spooned onto flour tortillas and top with sour cream and cilantro

Spread the tortilla chips over a large serving plate and spoon the warm curried beans over the top

sprinkle with the cheese and place under the broiler / grill until the cheese melts

top with arugula, red onion, arugula, red onion and sour cream

