

Black Bean Nachos

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Adult Help Needed.

Many kids don't eat snacks after school because their families don't even have enough food for breakfast, lunch or dinner. But Compassion student centers provide snacks or meals for kids, like this recipe from Guatemala. Give them a try and see what you think!

Ingredients

- 1 tbsp. vegetable oil
- ½ c. chopped onion
- ½ c. bell pepper (any color), chopped
- 3 cloves minced garlic
- 1 can black beans
- 1 bag corn tortilla chips
- ¼ c. shredded cheddar cheese
- salt and pepper to taste

Directions

- 1 Heat oil in a skillet on medium, and sauté onion, bell pepper and garlic for 5 minutes or until tender.
- 2 Add beans and cook 5 more minutes or until hot.
- 3 Arrange tortilla chips on a serving platter. Sprinkle cheese on top of tortilla chips until they are evenly covered.
- 4 Top with bean mixture.
- 5 Microwave for about 1 minute until cheese is melted.



