



**ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.**

Beefy Nachos

INGREDIENTS

- 1 pound lean ground beef
- 1 pound shredded American and cheddar cheese
- 9 ounces jalapeño cheese sauce/dip (find it in the chip aisle)
- 1-1/3 cups skim milk
- Dash of black pepper
- 1/8 oz beef base
- 1-1/2 teaspoons chili powder
- ½ teaspoon cumin
- ½ teaspoon onion powder

DIRECTIONS

1. Brown ground beef until completely cooked to 165 degrees.
2. Add shredded American cheese, jalapeño cheese sauce and milk. Stir to combine.
3. Add black pepper, beef base, chili powder, cumin, onion powder.
4. Serve with whole grain tortilla chips.

OTHER INFORMATION

- Recipe source: Austin High School Cafeteria Staff
Serves: 10
Serving size: 2 ounces each

NUTRITION FACTS (SAUCE ONLY, DOES NOT INCLUDE CHIPS)

- 243 calories
- 14 grams fat
- 8 grams saturated fat
- 0 grams trans fat
- 50 mg cholesterol
- 1155 mg sodium
- 9 grams carbohydrates
- 0 grams fiber
- 21 grams protein



CONTACT INFORMATION

Food and Nutrition Services
507-460-1919

Make colorful choices. Everyday.