

MARLEY SPOON



Black Bean & Veggie Nachos

with Pico de Gallo & Crema



30-40min



2 Servings

We love ingredients that don't just taste good but are good for you too! Hearty black beans have a mild flavor and a creamy texture. But these small legumes are a powerhouse ingredient packing some serious protein, fiber, and vitamins and minerals like folate and magnesium.

What we send

- 6 (6-inch) flour tortillas ^{1,2}
- 15 oz can black beans
- 1 red onion
- 4 oz roasted red peppers
- ¼ oz fresh cilantro
- 1 plum tomato
- 5 oz corn
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend ³
- 1 oz sour cream ³

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)

Tools

- rimmed baking sheet
- colander
- medium ovenproof skillet

Cooking tip

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Allergens

Soy (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 38g, Carbs 109g, Protein 29g



1. Bake tortilla chips

Preheat oven to 400°F with a rack in the upper third.

Lightly brush **4 tortillas** with **oil** (save rest for own use), then stack and cut into 8 wedges. Toss on a rimmed baking sheet with **a pinch of salt**, then spread into a single layer. Bake on upper oven rack until golden and crisp, 5–10 minutes (watch closely). Leave oven on.



4. Cook beans

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **remaining onions**; cook, stirring, until softened, 1–2 minutes. Add **beans, corn, peppers, remaining chopped cilantro, ⅓ cup water**, and **2 teaspoons taco seasoning**. Cook until water is mostly evaporated, 2–3 minutes. Season with **salt and pepper**. Transfer to a bowl. Wipe out skillet.



2. Prep ingredients

Drain and rinse **beans**. Finely chop **¾ cup onion**. Finely chop **red peppers**, if necessary.

Reserve **a few cilantro leaves** for step 6, then finely chop remaining leaves and stems.

Halve **tomato**, then cut into ¼-inch pieces.



5. Bake nachos

Brush skillet with **oil**. Layer **half of the tortilla chips** on the bottom. Spoon **half of the bean filling** on top; sprinkle with **half of the cheese**. Repeat one more layer with remaining chips, filling, and cheese.

Bake on top oven rack until cheese is melted, 3–5 minutes (watch closely).



3. Make pico de gallo

In a small bowl, stir to combine **tomatoes, half of the chopped cilantro, ¼ cup of the onions, 1 tablespoon oil**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**.



6. Make crema & serve

In a small bowl, slightly thin **sour cream** with **1 teaspoon water** at a time, as needed.

Serve **nachos** with **pico de gallo, crema**, and **reserved cilantro leaves** over top. Enjoy!