



## Eat Right

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### Nachos

Next time you're in the mood for a fiesta, make this easy recipe.

#### Here's what you need:

- 1 package of ground beef
- 1 packet of taco seasoning
- 1 bag of your favorite corn chips
- 1 can of refried beans
- 1 can of sliced black olives
- 2 bags of grated cheese
- 1 avocado, diced
- 1 container of sour cream
- 1 jar of salsa



#### Here's what you do:

1. Preheat the oven to 325°
  2. Brown the ground beef in a pan with the taco seasonings – follow the directions on each of these packages
  3. Spread the bag of chips over a baking pan
  4. Spread the refried beans on top of the chips
  5. Pour the black olives on top of the beans
  6. Spread the cheese over everything
  7. Put the entire pan in the oven until the cheese is melted
  8. Take the nachos out of the oven, and put the avocado, sour cream and salsa on top
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