

Recipe

Mexican Style Beans with Corn Chips (Nachos)

By

Anand Lila devi dasi



Ingredients

- 2 Tsp olive oil
- ½ Tsp yellow asafetida powder
- 1 dry red chili
- 1 green chili, chopped
- 1 Tsp ground cumin
- 1 Tsp ground coriander
- ¾ C tomato puree
- 2 C (500 ml) cooked dark red kidney beans (rajma)

- 1 Tsp salt
- 1 Tsp sugar
- 250 g corn chips
- ½ C mozzarella cheese, grated

Preparation

1. Heat oil in a saucepan over moderate heat; sprinkle asafetida, drop the red chilies, add cumin and coriander and sauté for 30 seconds or until the spices are fragrant.
2. Stir in the tomato puree and combine with the seasoned spices. Add the kidney beans, salt and sugar.
3. While cooking, coarsely mash the beans with the tomato sauce and cook partially covered for 15-20 minutes.
4. Lay the corn chips on a 8x8-inch square or 8-inch round baking pan. Cover with the bean mixture. Sprinkle with cheese and bake in a preheated oven for 5-10 minutes or until the cheese melts. Serve hot or warm.

Serves

4-5

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare