



## Nachos Refried Beans

👤 2

🕒 20 Min

### Description

Nachos Refried Beans is a tasty, delicious Mexican recipe and is a easy to make at home.

### Ingredients

- 1/8 Cup(17.0 gm) Wheat Flour (Whole)
- 1/8 Chopped Cup(14.0 gm) Onion
- 1/4 Tsp(0.48 gm) Chaat Masala
- 1 Tsp(2.0 gm) Cayenne Pepper
- 1/8 Tsp(0.29 gm) Haldi
- 1/2 Tsp(2.0 ml) Oil
- 1/2 Chopped Tsp(1.0 gm) Garlic
- 1/2 Tsp(2.0 ml) Oil
- 1/4 Tsp(1.0 gm) Salt
- 1/8 Powder Tsp(0.26 gm) Red Chilly
- 1/8 Cup(20.0 gm) Rajma
- 1 Chopped Tbsp(3.0 gm) Coriander Leaves
- 1/8 Powder Tsp(0.36 gm) Black Pepper
- 1/8 Tsp(0.54 gm) Salt
- 2 Tbsp(16.0 ml) Oil
- 1/8 Cup(15.0 gm) Maize Flour
- 1/4 Chopped Cup(39.0 gm) Tomato
- 1 Chopped Tbsp(10.0 gm) Capsicum
- 1/4 Tsp(0.44 gm) Jeera Powder
- 56.2 MI(70.0 ml) Water

### Method of Preparation (Step by Step)

#### • For Refried Beans

In a pan heat 1/2 tsp oil add into the 1/2 tsp chopped garlic,1/8th cup chopped onion,1/4th cup chopped tomato,1 tbsp chopped capsicum and saute it well.

- Add into the cooked mashed brown kidney beans,1/8th tsp red chilly powder,1/4th tsp cumin powder,1/4th tsp salt , water as required, mix, and cook it well.
- Serve hot.

#### • For Nachos

In a mixing bowl add 1/8th cup maize flour,1/8th cup whole wheat flour,2/3rd tsp oil,1/8th tsp turmeric powder, water as required and knead into the soft dough.

- Roll out the dough using a rolling pin and fork it.

- Cut into the triangle shape and deep fry in heated oil till golden in color.
- Remove nachos on a plate and sprinkle 1 tsp cayenne pepper, 1/8th tsp black pepper powder, 1/4th tsp chaat masala.
- Add refried bean mixture and spread it.
- Garnish with 1 tbsp chopped coriander leaves and serve.

### Nutrition Information per serve

Energy	188.92 kcal
Carbohydrate	17.72 gm
Protein	1.76 gm
Total Fat	10.55 gm
Total Fiber	4.74 gm