

Friday Nite Nachos



- 1 pound ground turkey
- 2 to 3 Roma tomatoes, diced
- 1/3 cup chopped sweet onion
- 1 teaspoon dried garlic
- 1 (1.5 ounce) package mild taco seasoning mix
- 1/2 to 1 cup water
- 1/2 (6 ounce) package instant fat free refried beans
- 1 tablespoon butter
- 1 cup water
- 1/4 cup milk
- 12 ounces pasteurized prepared cheese product (Velveeta), cubed
- 1 (10.5 ounce or larger) bag bite size tortilla chips

Brown turkey, onions, garlic, and tomatoes in a skillet over medium heat. Add taco seasoning mix and water. Mix well and simmer for 5 minutes, or until desired consistency is achieved.

In a small saucepan, combine instant refried beans, butter, and water. Cover and cook according to manufacturer's directions. Set aside.

In a microwave safe bowl, combine milk and cheese. Microwave for 90 seconds and stir. Microwave an additional 60 seconds and stir. Continue microwaving until cheese cubes are dissolved.

Place chips on plates. Evenly divide and layer refried beans and meat over chips. Drizzle with cheese sauce. Microwave each plate approximately 40 to 50 seconds. Garnish with sliced green onions, fresh chopped tomatoes, fresh peppers, sour cream, and salsa.

Serves 4 to 6

Cook's Note: Instant refried beans are a superior product to canned refried beans. Yumee Yumee tested this recipe using Mexicali Rose brand Fat-Free Refried Beans. However, if canned beans are used, heat 1 (16 ounce) can refried beans with 2 tablespoons water in a covered microwave safe bowl for 3 minutes. Stir, cover, and set aside. Follow directions in recipe. If you like more beans on your nachos, use entire package and add 2 tablespoons butter and 2 cups water. Prepare refried beans as directed.

Yumee Yumee