

# Sheet Pan Nachos

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-southern-smothered-nachos>

## Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- 2 cloves garlic minced
- 1 1/4 ounces taco seasoning
- 12 ounces tortilla chips
- 15 ounces black beans drained and rinsed
- 1 cup corn kernels frozen, canned or roasted
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 1 Roma tomato diced
- 1/4 cup diced red onion
- 1 jalapeno thinly sliced
- 2 tablespoons sour cream
- 2 tablespoons cilantro leaves chopped fresh

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 65 milligrams
4. Fat: 27 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 9 grams
8. Sodium: 1070 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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