

Frugal -Breakfast Nachos



Serving: 4



Cook Time: 32 mins



Level: Easy



INGREDIENTS

- 1 Roma tomato
- 1/4 red onion
- 1 jalapeño
- 1 15oz. can black beans, rinsed and drained
- 4 oz. cheddar cheese, shredded
- 6 large eggs
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 Tbsp butter
- 1 15oz. bag tortilla chips
- 1/2 cup sour cream

PREPARATION

1. Dice the tomato and red onion. Slice the jalapeño. Rinse and drain the black beans. Shred the cheddar cheese.
2. Preheat the oven to 350°F. Whisk together the eggs, salt, and pepper in a large bowl.
3. Melt the butter in a large non-stick skillet over medium heat. Once hot, add the whisked eggs and gently stir and fold until the eggs are mostly set, but still slightly wet (they'll finish cooking in the oven).
4. Line a large baking sheet with parchment paper for easy cleanup. Spread half of the tortilla chips over the surface of the baking sheet, then top with half of the eggs, half of the black beans, and half of the shredded cheese.
5. Repeat with a second layer of chips, eggs, beans, and cheese.
6. Bake the nachos in the preheated oven for 5-7 minutes, or until the cheese is melted.
7. Remove the nachos from the oven and top with the remaining fresh ingredients: tomato, onion, jalapeño, and sour cream. Serve hot.