

Chili “Nachos” & Guacamole



Recipe makes: 8
Prep time: 30 minutes
Cook time: 50 minutes

Ingredients

Chili

3 Tbsp vegetable oil
1 cup onions, peeled and chopped
2 cloves garlic, chopped
2 red chili peppers, deseeded and finely chopped
1 cup red peppers, chopped
1 cup green peppers, chopped
2 cups celery, chopped
2 cups assorted mushroom halves (such as a combination of shitake, chestnut and button mushrooms)
3 Tbsp tomato puree
2 cups canned diced tomatoes
1 Tbsp ground cumin
1 tsp cocoa powder
1 1/4 cups vegetable stock
2 cups eggplant, chopped and grilled
1 tsp salt

“Nachos”

2 medium-sized sweet potatoes, sliced thinly
Oil to deep fry
1 tsp salt
1 tsp smoked paprika

Guacamole

2 avocados, peeled, pitted, and chopped
1/4 red onion, peeled and chopped
1 red chili pepper, deseeded and finely chopped
1 plum tomato, finely chopped
Salt, to taste
Black pepper, to taste
2 limes
Half bunch fresh cilantro, chopped

Directions

Chili

- 1 Add vegetable oil, onion, garlic, peppers, and celery to a large pot. Cook over a gentle heat until soft.
- 2 Add mushrooms and cook for 5–8 minutes. Spoon in the tomato puree and cook for 10 minutes.
- 3 Add diced tomatoes, spices, cocoa, and stock. Bring to a boil, reduce heat and cook for 20 minutes.
- 4 Add eggplant and salt.

“Nachos”

- 1 Gently place the sweet potatoes into a deep fryer with oil heated to 360°F, or in oil about 1 inch deep in a deep skillet on the stovetop; and deep fry for 3 minutes, or until the chips begin to brown.
- 2 Remove chips from the oil using a perforated spoon; place on a paper towel to soak up any excess oil.
- 3 Toss chips in salt and paprika.

Guacamole

- 1 Add chopped avocado to a large bowl and mash with a fork.
- 2 Mix in the onion, chilli pepper, tomato, salt and pepper.
- 3 Squeeze the limes over the avocado mixture and stir to combine.

To serve, arrange the “nachos” on a large plate, spoon the chili over the chips, and top with the guacamole and chopped cilantro.

Top Tip

Use a mandolin to get thin, evenly cut “nacho chips”.

Nutrition Info Per Serving (1/8 of recipe):

Calories: 210 | Protein: 4.7 g | Phenylalanine: 187 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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