

CHILI "NACHOS" AND GUACAMOLE

Recipe makes
8 servings

Prep time
30 minutes

Cook time
50 minutes



NUTRITION INFO PER SERVING (1 serving)

Calories 210

Protein 4.7 g

Phenylalanine 187 mg

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 egg plant, 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".

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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