

Totchos

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For totchos

- 4 cups frozen tater tot potatoes
- 2 tsp canola oil
- 1/3 cup red onions, medium diced
- 2 cups canned black beans, rinsed and drained
- 1/3 cup green bell pepper, medium diced
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp taco seasoning

For nacho cheez

1 1/3 cups [nacho cheez](#)

Instructions

For totchos

1. Bake tater tots according to package instructions and hold hot for service.
2. Heat oil in large sauté pan over medium heat. Add onions and cook for 3-5 minutes.
3. Add black beans and peppers to sauté pan, season with seasoning and sauté for 2-4 minutes, stirring occasionally.

For nacho cheez

1. Prepare [recipe](#) according to directions.
2. *Optional – In large bowl, add nacho cheez to black bean mixture and baked tater tots and toss until fully combined. Hold hot in hotel pan for service.

For service

1. On a plate, portion 1 cup tater tots, 1/2 cup of bean mixture mix and 1/3 cup of nacho cheez (or 1 3/4 cups premixed totchos).

Notes

Each serving provides 2 oz eq meat/meat alternate and 1 cup other vegetable.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 12.22oz | Calories: 394kcal | Carbohydrates: 57g | Protein: 12g | Fat: 14g | Saturated Fat: 2g | Sodium: 871mg | Fiber: 13g | Sugar: 3g