



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Nacho Chili Bowl ♦

The Nacho Chili Bowl is a delicious and hearty dish that combines the flavors of nachos and chili. It is typically consumed as a main course and is perfect for game day or casual get-togethers. The dish consists of a bed of crispy tortilla chips topped with a savory chili made with ground beef, beans, tomatoes, and spices. It is then garnished with shredded cheese, sour cream, diced tomatoes, jalapenos, and green onions. The Nacho Chili Bowl is a crowd-pleasing dish that is sure to satisfy any appetite.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Ground Beef
400 g	Kidney Beans
400 g	canned tomatoes

200 g	tortilla chips
200 g	shredded cheese
100 g	sour cream
100 g	diced tomatoes
50 g	jalapenos
50 g	green onions

## Directions

---

### Step 1

Stove

In a large skillet, cook the ground beef over medium heat until browned. Drain excess fat.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

---

### Step 2

Stove

Add the kidney beans and canned tomatoes to the skillet. Stir in chili powder, cumin, and salt. Simmer for 20 minutes.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

---

### Step 3

Arrange the tortilla chips on a serving platter. Pour the chili mixture over the chips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

Sprinkle shredded cheese over the chili. Top with sour cream, diced tomatoes, jalapenos, and green onions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 450 kcal

**Fat:** 25 g

**Protein:** 30 g

**Carbohydrates:** 30 g

## Nutrition Facts

---

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	6 g	N/A	N/A
Lactose	10 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	25 mg	2.5%	2.5%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
Zinc	3 mg	27.27%	37.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Mexican

Italian

### Kitchen Tools

Slow Cooker

Blender

## Events

Picnic

## Course

Snacks

Salads

Main Dishes

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)