

LOADED PLANT BASED “CHEESE” NACHOS

- ~8 cups restaurant-style **tortilla chips**
- 1 batch “Cheese Queso” below
- 1 (15-ounce) **can black beans** (rinsed & drained)
- 1 cup Pico De Gallo
- **Fresh jalapeños and red onion** (*optional // sliced*)
- **Cilantro** (*optional*)
- **Fresh limes**
- 1 **can sliced black olives**
- Sliced **Avocado** for topping



Instructions

1. Prepare your vegan “cheese” queso (recipe below)
2. Once your queso is ready (and hot), heat up your rinsed and drained black beans in a small saucepan and season with a little sea salt and desired spices (optional: we love garlic, cumin, and chili powder).
3. Arrange your chips on a large serving platter (or individual serving platters) and add toppings in desired order. I like black beans first, then queso, pico de gallo, Sliced avocados red onion, jalapeño, hot sauce, and cilantro. Enjoy immediately!

“CHEESE” QUESO

- 3/4 – 1 cup hot water
- 1 cup **raw cashews**
- 1 **clove garlic**, chopped
- 2 Tbsp **nutritional yeast**
- 1/2 tsp **ground cumin**
- 1 tsp **chili powder**
- 1/2 tsp **sea salt**, plus more to taste
- 1 can **Chipotle Pepper in sauce** use 1 pepper + 1 Tblsp. Sauce More if you like it hotter

Instructions

1. Add all ingredients to a blender (starting with the lesser amount of water) and blend until creamy, adding more water as needed to blend until creamy and smooth. Add just enough water to achieve a creamy, pourable queso. If it gets too thin, thicken with additional raw cashews.
2. Taste and adjust flavor as needed, adding more nutritional yeast for cheesiness, salt to taste, cumin for smokiness, chili powder or harissa for heat, or garlic for zing. It should be quite flavorful, so don't be shy.
3. Serve with chips or add to things like tacos, nachos, burritos, and more! Garnish with Fresh Pico de gallo for serving (optional).
4. Store leftover cheese covered in the refrigerator up to 7 days.

PICO DE GALLO

Ingredients

- 2 **roma tomatoes**, diced
- ½ **red onion**, diced
- 1 **jalapeño**, seeded and minced
- 1 **clove garlic**, minced
- 3 tablespoons fresh **cilantro**, chopped
- ½ teaspoon **Sea salt**
- ¼ teaspoon ground **black pepper**
- ½ **lime**, juiced



Preparation

1. Combine tomatoes, onion, jalapeño, garlic, cilantro, salt, pepper, and lime juice in a small bowl and stir.
2. Transfer to an airtight container and store in the fridge up to 6 days.
3. Enjoy!

Delicious high enzyme living food that goes with just about everything! Try it over rice, over any beans, or even stirred into soups