

## **Nacho Bake**

(This recipe is featured on the DVD.)

It's easy, fast, makes a lot, tastes good, what more could you want? Guests? Probably not, it's just a bit too casual, and it's cozy, more along the lines of "trailer park" Carol would say.

### **Ingredients:**

- 1 big bag of BAKED tortilla chips (that means no fat for you- a good thing)**
- 1 can rinsed and drained black beans**
- 1 medium can Mexican style corn or use about 1 cup frozen**
- 1 small can chopped green chilies**
- 1 small bunch chopped cilantro**
- 1 or 2 ripe tomatoes chopped or try canned**
- 2 large jars of mild (or medium if you like) store bought salsa**

### **Optional Ingredients:**

- Package of shredded Mexican style soy cheese**
- Black olives- chopped**

Turn on the oven – 350. Smash all the tortilla chips right there in the bag. Pour into a large mixing bowl. Add everything else. Make sure that all the chips have moisture on them; add another tomato, some veggie broth, V-8, white wine, more salsa, sure even a little water... just make sure there is ample wetness to the chips.

Transfer to a baking dish, sprinkle with soy cheese, cover it and bake for about 25 minutes. You can also make this in the morning and then just bake it longer as it will be cold.