

Bbq Beef Waffle Fry Nachos

Use waffle fries instead of tortilla chips, the beans are baked rather than refried, and salsa is swapped out for barbecue sauce on shredded beef. Yum!



INGREDIENTS

- 1 lb cooked beef Pot Roast or Brisket
- 1 package (20 to 24 ounces) frozen waffle fries
- 1 can (16 ounces) baked beans, drained
- 1/2 cup barbecue sauce
- 1 cup reduced-fat shredded mozzarella cheese
- 1/2 cup reduced-fat sour cream (optional)
- 1 green onion, chopped

40 Min 12 Servings 42 Cal 15g Protein

COOKING

1. Prepare waffle fries according to package directions. Shred beef pot roast with two forks.
2. Meanwhile, combine beef and barbecue sauce in a medium saucepan. Heat beef mixture over medium heat 8 to 10 minutes or until beef is heated through, stirring occasionally.
3. Reduce oven temperature to 350°F. Top waffle fries with beef mixture, beans and cheese. Bake in 350°F oven 5 to 7 minutes or until mixture is heated through and cheese is melted.
4. Top mixture with sour cream, if desired. Sprinkle with green onions.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		7g	31mg		23g	15g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com