

## **Lesson 2B Super Neat Beef & Bean Nachos**

### Materials Required:

- Plates
- 2 Large microwave safe bowls
- Serving spoons
- Cleaning supplies
- Can opener

- 1) Go over the Culinary Skill: Microwave Safety by going over the handout with students located in back of booklet
- 2) Wash hands, ensure *mise en place*, and start recipe

### Recipe:

Ingredients: Beef crumbles, beans, tortilla chips, and assorted toppings

1. Heat beef crumbles in microwave safe bowl for 1 ½ min or until heated through and stir
  2. Heat beans in microwave safe bowl for 1 ½ min or until heated through and stir
  3. On individual plates, add tortilla chips, ½ cup beans, ½ cup beef crumbles to each plate
  4. Top with 4 TBSP shredded cheese, 2 TBSP Pico de Gallo, 2 TBSP sour cream, and 2 TBSP guacamole as desired
- 3) Clean Up
  - 4) Quick Review: How can we be safe with microwave cooking?

### Optional activities for this lesson (see back of booklet):

- Physical Activity: Guacamole Dance Along Video