

### Nacho Cheese Sauce

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| 1 | 4 Tbps<br>4 Tbsp  | Butter<br>Flour                         | Melt the butter, and mix in the flour to make a roux.  |
| 2 | 2 Cup<br>16 oz    | Milk<br>Shredded cheese                 | Stir in milk over medium heat to make a béchamel sauce. Once the béchamel reaches 160 degrees, add the cheese and stir until melted. |
| 3 | 5 g<br>5 g<br>5 g | Paprika<br>Cumin powder<br>Onion Powder | Add seasonings.  |

### Nacho Meat

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|---|--|---|---|
| 1 | 5                                      | g   | Salt  |
| 2 | 5 g<br>5 g<br>5 g<br>5 g<br>5 g<br>5 g | Cumin<br>Black Pepper<br>Paprika<br>Garlic Powder<br>Onion Powder<br>Chili Powder | Combine in a bowl. Note: You can also use store-bought taco seasoning mix here.                     |
| 3 | 1<br>1                                 | Onion, Diced<br>lb  | Ground Beef Brown the ground beef over medium heat.   |
| 4 | 15 oz<br>6 fl. oz.                     | Red Kidney Beans<br>water   | Stir in water, kidney beans, and seasoning mixture. Reduce until most of the water has boiled away. |