

Nacho Cheese Sauce

1	4 Tbps 4 Tbsp	Butter Flour	Melt the butter, and mix in the flour to make a roux.
2	2 Cup 16 oz	Milk 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 5 g 5 g	Paprika Cumin powder Onion Powder	Add seasonings.

Nacho Meat

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