

# Chicken Nacho

## Ingredients

- 3-1/2 tsp onion, chopped
- 8-3/4 oz frozen cooked diced chicken
- 3 tbsp canned diced tomatoes, no salt
- 5-1/2 tsp canned tomato paste, no salt
- 1/3 cup water
- 1-1/2 tsp canned low sodium, canned
- 1/8 tsp chicken base, low sodium
- 3/8 tsp kosher salt
- 3/8 tsp black pepper
- 1-1/8 tsp chili powder
- 1-3/8 tsp garlic
- 1-1/8 tsp dry taco seasoning mix
- 3/8 tsp cumin
- 1/4 cup nacho sauce
- 9-3/4 oz torilla chips

## Directions

1. Cook onions in braising pan over medium heat for 2 minutes or until they become translucent.
2. Add chicken and continue to cook for 2 minutes.
3. Mix diced tomatoes with tomato paste and water, then add to chicken mixture. Simmer for 15 minutes.
4. Add salsa, chicken stock, and remainder of seasonings and simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165°F.
5. To serve, drizzle 1 oz of cheese sauce on top of 1/2 cup of tortilla chips.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 408 calories, 11.66 g fat, 2.46 g saturated fat, 740 mg sodium, 56.28 g carbohydrate, 5.51 g fiber, 0.9 g sugar, 19.99 g protein