



Fall Nachos

Recipe By MARC and ANGELA RYAN

SERVES: 6

NACHO INGREDIENTS:

- ☐ 3 cups shredded Brussels sprouts
- ☐ 1 lb. Ingles gluten-free fresh Italian sausage
- ☐ 2 tbsps. Laura Lynn avocado oil
- ☐ 1/4 tsp. ground allspice
- ☐ 1 tsp. kosher salt
- ☐ 1 tsp. ground sage
- ☐ 1/2 tsp. chile powder
- ☐ 1 HoneyCrisp apple, diced into small cubes
- ☐ 1 Granny Smith apple, diced into small cubes
- ☐ 1 (15-oz.) can Laura Lynn black beans, drained and rinsed
- ☐ 1/2 cup of pickled jalapeño juice
- ☐ 1/2 bag of Ingles Markets fresh blue and white corn chips
- ☐ 1/4 cup chopped fresh cilantro

BUTTERNUT CHEESE SAUCE: INGREDIENTS:

- ☐ 4 cups diced butternut squash
- ☐ 4 oz. grated sharp cheddar
- ☐ 4 oz. grated pepperjack cheese
- ☐ 1 tbsp. cornstarch
- ☐ 1 tbsp. Laura Lynn butter
- ☐ 1 tsp. chile powder
- ☐ 1 tsp. kosher salt

DIRECTIONS:

- ☐ 1. Heat 1 tbsp of avocado oil in a large skillet over medium heat; add the Italian sausage and chop it into smaller chunks. Add kosher salt, sage, Chile powder, and allspice and stir into the meat. Cook until browned, then remove from the heat and set aside.
- ☐ 2. Sauté shredded Brussels sprouts over medium heat with 1 tbsp. of avocado oil. Add salt and pepper to taste and cook until wilted and browned. Remove from heat and set aside.
- ☐ 3. Combine the apples, the pickled jalapeño juice, and cilantro. Stir until evenly blended.
- ☐ 4. Melt butter in a large saucepan over medium heat and add the squash, Chile powder, and kosher salt. Cook and stir the squash until caramelized. Add one cup of water, cover it, bring it to a simmer, and cook until tender.
- ☐ 5. Remove the squash from the heat and mash it with a potato masher until smooth. Add the cornstarch and cheese to the saucepan and resume heating. Continue to cook and whisk the cheese sauce until the cheese has completely melted into the squash.
- ☐ 6. Spread the chips evenly over a large platter, then sprinkle the Italian sausage over the chips. Pour half of the cheese sauce on top of the sausage and chips.
- ☐ 7. Place the black beans and Brussels sprouts over the nachos and then sprinkle the apple pico on top of the beans and Brussels sprouts. Pour the remaining cheese over the nachos and serve immediately.

Did you make this recipe?

Tag your picture (@inglesmarkets) and you might win a prize!