



ASK AN
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4

DELICIOUS

Haystack

RECIPES

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The Original

The classic veggie-filled, customizable delight



6 servings

Ingredients

- 4 bags (262 g) of Fritos corn chips
- 1 large can (40.5 oz) of cooked kidney beans
- 1 package (340 g) of veggie taco meat
- 2 bags (227 g) of shredded iceberg lettuce
- 1 small can (6 oz) of sliced black olives
- 1 diced tomato
- 1 diced onion
- 1 bag (226 g) of shredded cheese (dairy or plant-based)
- 1 container (16 oz) of sour cream (dairy or plant-based)
- 1 jar (16 oz) salsa
- 1 container (16 oz) of guacamole

Directions

1. Heat up the kidney beans and veggie taco meat.
2. Get a large dinner plate and layer on the ingredients—corn chips first, then the beans, taco meat, lettuce, shredded cheese, vegetables, and toppings.
3. You can use your fork or corn chips to scoop up your haystack.
4. Place any perishable leftovers in airtight containers in the fridge. Most of your toppings should last about a week.





Pinto Bean Haystack

An interesting twist on the classic haystack



6 servings

Ingredients

- 2 large bags of lime tortilla chips
- 3 cups of cooked white rice
- 2 cans (16 oz) of cooked pinto beans
- 1 jar (45 oz) of warm Ragu pasta sauce (tomato, garlic, and onion flavor)
- 1 bag (226 g) of shredded cheese (dairy or plant-based)
- 1 container (16 oz) of sour cream (dairy or plant-based)
- 1 container (16 oz) of guacamole

Directions


1. Heat up the white rice, pinto beans, and Ragu sauce.
2. Get a large plate and stack the white rice, pinto beans, Ragu sauce, shredded cheese, sour cream, and guacamole.
3. Mix these ingredients together on your plate and scoop them up with your lime tortilla chips.
4. Place any perishable leftovers in airtight containers in the fridge. Most of your toppings should last about a week.





Southern Special

Cheesy goodness with a special ingredient - grilled corn

 6 servings

Ingredients

- 4 bags (262 g) of Fritos chili cheese corn chips
- 1 can (16 oz) of grilled corn kernels
- 3 cups Spanish rice
- 1 sautéed onion
- 2 sautéed bell peppers
- 2 cans (16 oz) of cooked black beans
- 1 jar (16 oz) of warm queso (or 2 cups of homemade vegan cheese sauce)
- 1 container (16 oz) of sour cream (dairy or plant-based)
- 1 jar (16 oz) of salsa
- 1 container (16 oz) of guacamole

Directions


1. Cook the corn, Spanish rice, onions, and peppers.
Heat up the black beans and queso.
2. Get a big plate and layer on the ingredients—first with the corn chips, then the Spanish rice, black beans, corn, onions, peppers, and additional toppings.
3. Use a fork or your corn chips to scoop up this tasty meal!
4. Place any perishable leftovers in airtight containers in the fridge. Most of your toppings should last about a week.





Rainbow Haystacks

Colorful, fun, and kid friendly!

 6 servings

Ingredients

- 2 bags of blue corn chips
- 1 can (40.5 oz) of cooked red kidney beans
- 3 cups of cooked brown rice
- 2 bags (227 g) of shredded iceberg lettuce
- 1 sliced head of red cabbage
- 1 diced red onion
- 1 diced tomato
- 2 shredded carrots
- 2 diced orange bell peppers
- 2 bags (226 g) of shredded cheddar cheese
- 1 bottle (24 oz) of ranch dressing (dairy or plant-based)
- 1 container (16 oz) of sour cream (dairy or plant-based)
- 1 jar (16 oz) of salsa
- 1 container (16 oz) of guacamole

Directions

1. Heat up the kidney beans.
2. Get a big plate and stack the toppings. Start with the corn chips, then the rice, beans, lettuce, additional veggies, and final toppings like cheese and sour cream.
3. This is a great option for kids. The rainbow theme can help them overlook the veggies, meaning they get a meal that's nutritious and fun.
4. Place any perishable leftovers in airtight containers in the fridge. Most of your toppings should last about a week.

