

# Tostadas

PREP TIME: 10-15 MIN | COOK TIME: 10 MIN| SERVINGS:4-6

## INGREDIENTS:

- 1 can of beans, black or pinto
- 1 bag of tostadas
- 1-2 Tbsp oil (olive, corn, veg.,etc.)
- 1-2 chipotle from can plus juice (optional)
- Sour cream, enough to top tostada
- 1/4 cup of queso fresco or cotija
- 1/2 head of iceberg lettuce, shredded

## RECIPE NOTES:

- Protein: Add an additional source of protein such as shredded chicken, ground beef, tofu, or shrimp
- Chipotle: You can sub 1-2 Tbsp fresh minced jalapeños for the chipotles
- Tostadas: You can make your own tostadas by frying corn tortillas in oil
- Cheese: Sub any shredded cheese or skip for a dairy-free version

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# Tostadas

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## DIRECTIONS:

- Wash produce: lettuce and jalapeños (if using).
- On a cutting board, thinly slice lettuce or shred using a grater, set aside in a bowl. Mince jalapeños, if using.
- In a separate bowl, crumble cheese (you can use a grater or just your hands) and set aside.
- Open can of beans. If you prefer a more spreadable consistency, do not strain. For a drier consistency, strain liquid.
- Heat pan on stove over medium heat. When the pan gets warm, add 1-2 Tbsp of olive oil.
- Add beans to pan. Smash beans with potato masher, fork, or back of stirring spoon. Optional: add 1-2 chipotles and juice. This will add flavor and a little bit of spice to your beans.
- Let this cook for about 5-10 min, stirring occasionally, then set aside.
- Assemble your tostada: From bottom to top: spread beans, scoop and spread sour cream, add guacamole, sprinkle cheese and lettuce on top and enjoy!

RECIPE BY / ADAPTED FROM

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