



## Recipe Details

Recipe Name - Tostadas

Recipe Steps -

### Ingredients

- Corn tortillas
- 1 can of fat-free refried beans
- 1 can of black beans
- 1 Tbsp chili powder
- 1 tsp rib rack sugar-free seasoning
- 2 tsp nacho spice nutritional yeast
- 1/2 bag roasted corn
- 2 Tbsp pickled jalapeños, diced
- 1 bag frozen brown rice
- Taco seasoning of your liking and to your taste, we used salt-free Mrs. Dash
- Tomato, chopped
- Lettuce, chopped
- Onion, chopped
- Salsa or any other seasonings you like

### Instructions

1. Place corn tortillas on a baking sheet and bake at 350 degrees for 10 minutes (we use a convection oven)
2. Drain and rinse black beans. Place beans in a microwave-safe bowl, season with chili powder, rib rack, and nutritional yeast, and stir
3. Place 1/2 bag of frozen corn in a microwave-safe bowl, season with diced jalapeños and jalapeño juice (to taste)
4. Place refried beans in a microwave-safe bowl. Place refried beans, black beans, corn, and frozen rice in the microwave and cook for 8 minutes
5. Chop lettuce, tomato, and onion (as much as you need); place them in separate bowls
6. Assemble tostadas to taste with beans, rice, veggies, corn, salsa, etc.
7. Enjoy!

