

DINNERLY



Low-Cal Refried Bean & Cheese Tostadas

with Fresh Tomato Salsa



30-40min



2 Servings

Tostadas can be anything you want them to be—so be the architect of your own dinnertime destiny with these crispy tortillas piled high with refried beans, melty cheddar, and fresh tomato salsa. We've got you covered!

WHAT WE SEND

- 1 plum tomato
- 2 scallions
- 6 (6-inch) flour tortillas ^{2,3}
- ¼ oz chorizo chili spice blend
- 15 oz can pinto beans
- 2 oz shredded cheddar-jack blend ¹

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- neutral oil
- garlic

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

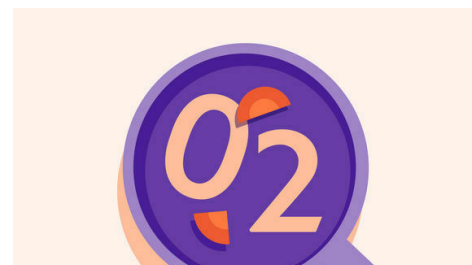
Calories 590kcal, Fat 30g, Carbs 61g, Protein 21g



1. Make tomato salsa

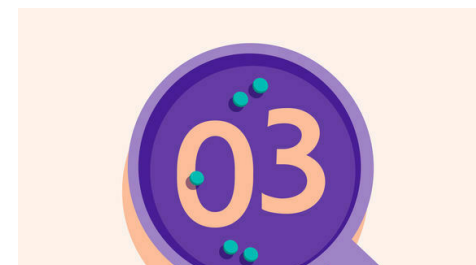
Preheat oven to 450°F with a rack in the center. Cut **tomatoes** into ¼-inch pieces. Trim ends from **scallions** and thinly slice. Finely chop **2 teaspoons garlic**.

In a small bowl, stir to combine **tomatoes**, **half of the sliced scallions**, **1 teaspoon vinegar**, and **¼ teaspoon of the chopped garlic**. Season to taste with **salt** and **pepper**.



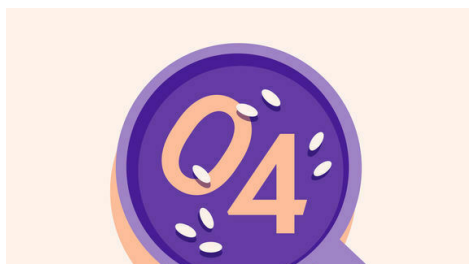
2. Crisp tortillas

Brush both sides of **tortillas** liberally with **oil**, then arrange in a single layer on a rimmed baking sheet. Bake on center oven rack until lightly browned, 3–5 minutes. Flip, pressing out any air pockets with a spatula, then continue baking until crisp and browned, 3–5 minutes more (watch closely).



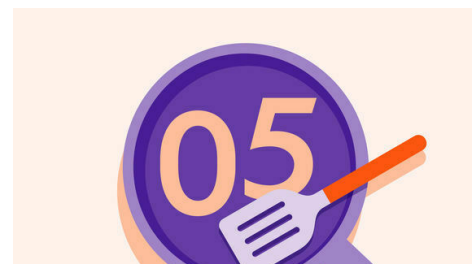
3. Sauté aromatics

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining sliced scallions**; cook, stirring, until softened, about 2 minutes. Add **all of the chorizo chili spice** and **remaining chopped garlic**; cook until fragrant, about 30 seconds.



4. Make refried beans

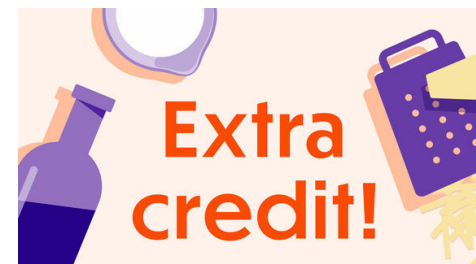
Add **beans and their liquid**, **1 teaspoon vinegar**, and **¼ teaspoon salt** to skillet with **aromatics**; bring to a boil over high heat. Reduce heat to medium-high and cook, coarsely mashing beans with a potato masher or fork, until liquid is almost evaporated, 5–7 minutes. Stir in **⅓ of the cheese**; season to taste with **salt** and **pepper**.



5. Finish & serve

Spread **refried beans** over **crisped tortillas**, then top with **remaining cheese**. Bake on center oven rack until cheese is melted, about 3 minutes.

Serve **bean and cheese tostadas** topped with **fresh tomato salsa**. Enjoy!



6. Be your own architect

We've given you the essentials, but make these tostadas your own by topping them with guacamole, sour cream, hot sauce, pickled shallots—the sky's the limit!