

EvoFit Newsletter

SPRING 2016

Refried Black Bean Tostadas

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Serves 4 appetizers or 2 entrees

Ingredients:

2 tbsp coconut oil or Grass Fed Raw Butter

1/2 large onion, diced

1 clove garlic, minced

1/2 tsp chili powder

1/2 tsp cumin powder

2 Cups Soaked Dried Black Beans (see online soaking chart for soak time)

1/4 cup water

Tostadas:

4 Coconut Wraps (Paleo Wraps) (Sprouted Corn Wrap next best)

1 tbsp olive oil

Topping Options:

Shredded lettuce greens (kale works wonderfully!)

Salsa

Sour Cream (Raw Grass Fed best)

Raw Cheddar Shredded Cheese

Diced Avocado

Diced Cucumber

Cilantro (fresh coriander)

Pepitas

Hot Sauce or Cayenne

Instructions:

Refried Black Beans:

Heat oil in large frying pan over medium-high heat. Add onions and garlic, and saute until translucent, about 3 minutes. Stir in chili powder and cumin powder, and cook for 1 minute. Add the black beans and water, and cook until beans are tender, about 4 minutes. Use a large fork or potato masher to roughly mash the beans. Cook for another minute.

Tostadas:

Preheat oven to 400F. Brush the tostadas lightly with the oil and place on a cookie sheet. Bake for 5 minutes, then turn tostadas, and bake for 3-6 minutes longer until the tostadas are crisp and light brown. Divide and spread the refried bean mixture onto the 4 tostadas, add toppings, and serve with hot sauce, if desired.



Recipe courtesy of Vito via vitosorganic.com