

Black Bean Tostada

1. 2 cans of black beans, measured to 2 cups (canned or fresh)
2. 5g (1t) coarse salt
3. 10g (1T) onion powder
4. 10g (1T) ground cumin
5. 5g (1t) garlic powder
6. Olive oil
7. lime juice
8. Tostada shells
9. Avocado
10. cherry tomatoes, sliced
11. Feta cheese
12. Taco sauce or hot sauce

In food processor, combine 1 drained can black beans, 1 undrained can black beans, salt, onion powder, cumin, garlic powder. Process until smooth.

Heat olive oil in large non-stick over med high.

Add bean puree to hot oil. Fry 10 mins, stirring frequently. Off heat, add dash of cider vin or lime.

Heat tostada shells 350°F/175C, 5 min.