

Quick Black Bean Tostadas

Ingredients

10 6-inch corn tortillas

2 15-oz cans black beans, rinsed and drained

2 tablespoons lemon juice

1½ tablespoons onion powder

1½ tablespoons garlic powder

1 teaspoon ground cumin

Sea salt, to taste

Freshly ground black pepper, to taste

2 cups finely shredded romaine lettuce

1 green onion, thinly sliced (¾ cup)

1 medium tomato, finely chopped (½ cup)

3 tablespoons fresh cilantro, finely snipped

Instructions

Preheat oven to 350°F. Arrange tortillas in a single layer on baking sheets. Bake 20 minutes or until crisp. Meanwhile, in a medium saucepan combine the black beans, lemon juice, onion powder, garlic powder, and ground cumin. Add ½ cup of water and cook over medium heat 10 minutes, adding additional water, 1 to 2 tablespoons at a time, if needed to prevent sticking.

Mash bean mixture to reach desired consistency, adding additional water if desired to make creamier. Season with salt and pepper.

To assemble, spread tortillas with bean mixture, using ¼ cup for each tortilla. Top with lettuce, green onions, tomato, and cilantro.

This takes about 30 minutes and makes 10 tostadas. The recipe can be jazzed up with other ingredients like corn, jalapenos, and a drizzle of salsa or salsa verde.

This recipe can be found at [Quick Black Bean Tostadas | Forks Over Knives](#)

