

Easy Bean Tostadas

Ingredients:

- 10-20 corn tortillas or use baked tostadas or nacho chips
- 1-2 c. cooked beans (*you can use canned beans try this [Refried Beans](#) recipe , if you like*)
- 1 t ground cumin
- ¼ tsp salt

Toppings:

- crumbled ground beef, cooked
- shredded chicken breast, cooked
- salsa, optional
- 1 bunch romaine lettuce, chopped
- avocado, diced, optional
- hot sauce, to taste
- shredded cheese
- sour cream or use 0% Greek yogurt

Instructions:

Fry the corn in oil until lightly browned and crispy. (*Omit this step if using baked chips or shells.*)

Drain on a paper towel-lined plate. (*I usually sprinkle mine with a little salt after frying, but that is optional.*)

Smash the beans, rinse beans first if using canned beans, and add cumin and salt.

Mix to combine.

Heat in the microwave for 1 minute or warm on the stovetop. (*You could also use this recipe for [Refried Beans](#).*)

Top the tortillas with a spoonful of beans and spread. Top with desired toppings.

Serve with rice and a salad to complete the meal.