

Uru's Crispy Tostadas

Serving Size: 6-8 people

An edible bowl filled with delicious Mexican beans, salad and of course, salsa!

Ingredients

- 10 soft flour tortillas (400g)
- Refried Beans (1 can, 435g)
- Chunky hot salsa (375g bottle)
- 300g Sour Cream
- 1 avocado
- 1 package Mozzarella cheese, grated
- 1 iceberg lettuce
- 3 field tomatoes
- 1 packet chill powder (need a few pinches)
- Salt
- Pepper
- Olive Oil
- **Optional:** Lemon, jalapeño

Instructions

1. Preheat oven to 210 degrees C. Take out 10 small glass bowls and place on two baking trays (you can cut the tortilla wrap into smaller circles and put them in lightly oiled muffin tin pans).
2. Heat one tortilla in the microwave for 10 seconds.
3. Lightly brush both sides with olive oil.
4. Sprinkle with salt and a pinch of chill powder (pepper if you desire)
5. Gently, lift the bread and fold it to the inside so it sits comfortable in the small glass bowl, looking similar to a waffle basket (press down the bottle slightly so it will sit when served).
6. Repeat with remaining pieces of tortilla.
7. Bake the trays, one at a time, for 7-8 minutes or till lightly browned, with hardened, dark brown tops.
8. Let cool for 10-15 minutes so the shells harden.
9. *Meanwhile:* Shred some lettuce and dice the tomatoes
10. Spoon the refried beans out of the can, then liberally pour in salsa - 1/3-2/3 cup.
11. Mix rigorously and heat in the microwave for 30-40 seconds, or till heated.
12. Stir the mixture till well combined.
13. Mash up the avocado (adding in a pinch of salt, and a squeeze of lemon juice turns it into guacamole).
14. Take the sour cream and mozzarella cheese out of the fridge.
15. *Assembly:* Gently remove shells from the glass bowls or muffin tins and put on a plate.
16. Spoon a generous spoon of the beans-salsa filling into the crispy bowl.
17. Sprinkle with as much cheese as desired, then microwave in 2x 10 second bursts in the microwave to melt it.
18. Drop some avocado or guacamole and spread on top of the cheese.
19. Generously place tomatoes and lettuce on top.
20. Dollop with sour cream and garnish with jalapeños if using.
21. Eat while it is hot, messy and delicious!

Notes

- Put extra salsa in-between the salad and guacamole if desired - it's a dish where you put as much or as little of every ingredient as you want!
- If the bowls break slightly during folding that is not a problem, they will be crispy and joint after the oven bakes them!

Buy the ingredients right [here](#)

<http://gobakeyourself.com/2014/07/20/your-fork-crispy-tostadas/>