

Taste of Home



# Pinto Bean Tostadas

★★★★★

*Ready-to-go pinto beans and crispy corn tortillas prove how easy it is to make a healthy meal. Chili powder kicks up the fun, making this a popular pick for vegetarians and meat eaters alike. —Lily Julow, Lawrenceville, Georgia*

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**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 6 servings.

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## Ingredients

1/4 cup sour cream

3/4 teaspoon grated lime zest

1/4 teaspoon ground cumin

1/2 teaspoon salt, divided

2 tablespoons canola oil, divided

2 garlic cloves, minced

2 cans (15 ounces each) pinto beans, rinsed and drained

1 to 2 teaspoons hot pepper sauce

1 teaspoon chili powder

6 corn tortillas (6 inches)

2 cups shredded lettuce

1/2 cup salsa

3/4 cup crumbled feta cheese or queso fresco

Lime wedges

## Directions

1. In a small bowl, mix sour cream, lime zest, cumin and 1/4 teaspoon salt. In a large saucepan, heat 1 tablespoon oil over medium heat. Add garlic; cook and stir just until fragrant, about 45 seconds. Stir in beans, pepper sauce, chili powder and remaining salt; heat through, stirring occasionally. Keep warm.



**2.** Brush both sides of tortillas with remaining oil. Place a large skillet over medium-high heat. Add tortillas in two batches; cook until lightly browned and crisp, 2-3 minutes on each side.

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**3.** To serve, arrange beans and lettuce over tostada shells; top with salsa, sour cream mixture and cheese. Serve with lime wedges.

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