

# Betty's Tasty Mexican Tostadas Recipe



Uploaded on 13 Jan 2010

In this video, Betty demonstrates how to make her Tasty Mexican Tostadas. These are crisp tortilla shells, topped with refried beans, a spicy Mexican-style sauce, shredded Cheddar cheese, shredded lettuce, and chopped tomatoes. It is a great party food—you might want to consider serving it at a game day party! It is also an appealing and hearty meal, but it is easily put together and easily served. Don't forget this tasty treat at Super Bowl time!

Ingredients (for 12 tostadas):

12 tostada shells

1 pound lean ground beef (You may use 1 pound of chicken breast meat, cooked in 2 tablespoons of butter or olive oil, if you prefer.)

¼ cup chopped onion

2 cups pre-made jarred salsa (any brand, hot or mild)

1 package taco seasoning (any brand)

16 oz. can refried beans, heated

3 cups fresh lettuce, shredded

3 medium fresh tomatoes, chopped

3 cups finely shredded Cheddar cheese

Heat tostada shells at 350 degrees for about 5 minutes. (I placed my on an oiled baking pan, but the oil is not necessary.) In a large skillet, cook 1 pound ground beef (or chicken) with ¼ cup chopped onion until browned and cooked through. Drain, if needed. Add 2 cups salsa and 1 package taco seasoning mix. Simmer, uncovered, over low heat for about 10 minutes. Now assemble your tostadas: Spread about 1 tablespoon of heated refried beans on each tostada shell. Spoon about ½ cup of hot beef (or chicken) mixture on top of that. Sprinkle finely shredded Cheddar cheese on top of the hot beef (or chicken) mixture. Next, top with shredded lettuce and chopped tomatoes, as desired. Place tostadas in a single layer on a large platter to serve. This is \*perfect\* for a Super Bowl (or other game) party! Enjoy!!! --Betty