

Betty's Veggie Tostadas



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In this video, Betty demonstrates how to make main dish Tostadas. These tostadas are made by filling Betty's Oven-Crisped Flour Tortilla Bowls, which you will find in the upload right before this one. This recipe was inspired by the lunch Rick ordered at Café Magnolia when we were at the Galt House recently celebrating Valentine's Day. That lunch is shown in a previous video.

Ingredients (Use amounts depending on how many tostadas you want to make):

Oven-Crisped Flour Tortilla Bowls (from bettyskitchen)

canned black beans, heated, drained and rinsed

cooked rice of your choice (I used Incredible White to Brown Rice from bettyskitchen. This contains beef broth; if you want to keep this dish vegetarian, you may cook your rice in vegetable stock.)

sautéed yellow and/or zucchini squash (I used Summer Sautéed Zucchini Squash from bettyskitchen.)

guacamole (I used South of the Border Guacamole from bettyskitchen.)

pico de gallo (I used Precocious Pico de Gallo from bettyskitchen.)

sour cream (I used light sour cream, which may be omitted, if you want a vegetarian version.)

pickled jalapeno pepper slices for garnish

Place two Oven-Crisped Flour Tortilla Bowls on an ungreased shallow baking pan. Spoon a portion of heated black beans, hot rice, and hot sautéed squash in individual stripes on the bottom of the bowls. Place the pan in a 350 degree (F) oven for about 5 minutes, until the bowl of ingredients is hot and the tortilla bowl is lightly brown. Place the individual bowls on serving plates and top with a serving of guacamole on one side, pico de gallo on the other side, and sour cream in the middle. Place a few pickled jalapeno slices on top of the sour cream for garnish. Serve immediately! This is my replication of the Tostada that Rick was served for lunch at Café Magnolia at the Galt House in Louisville. It has some differences, but is nearly the same. I hope you enjoy it! We loved it! --Betty ☐