

## Betty's Oven-Crisped Flour Tortilla Bowls



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In this video, Betty demonstrates how to make Oven-Crisped Flour Tortilla Bowls. These cups may be used for serving salads or Mexican-style combos.

### Ingredients:

refrigerated 10-inch flour tortillas (Each tortilla makes one bowl. Using fresh tortillas will give the best result, because the tortillas are pliable. I used some older ones, which tend to crack, but this is an excellent use for tortillas that you have had in the refrigerator for awhile!)  
extra virgin olive oil, enough to spread on both sides of each tortilla.

Spread both sides of each flour tortilla with olive oil. Choose matched ovenproof bowls for shaping the tortillas into bowls. Place a flat, prepared tortilla over a bowl, letting it droop downward. Make about 4 pleats in the outer edge of the tortilla, so that it is in roughly the shape of the bowl it rests on. Use toothpicks to secure the pleats. Continue to make the bowls, as needed. Place about two on a baking pan, and bake at 350 degrees (F) for about 7 minutes, until lightly browned. Remove from the oven, and let cool to the point where you can remove the tortilla bowl from the bowl it rests on. You may need to use a knife to loosen it. Peel it slowly off, so that there are no holes. Invert the tortilla bowl on a tray while you prepare your filling. You may fill the Oven-Crisped Tortilla Bowl with Taco Salad, dinner accompaniments like heated chili beans or black beans, Spanish rice, whole kernel corn with peppers, guacamole, pico de gallo -- even dessert. These are easy and fun to make and to serve food in! Enjoy!!! --Betty ☐