



SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



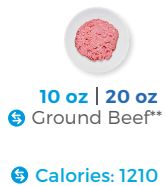
ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



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PREP: 10 MIN | COOK: 35 MIN | CALORIES: 880



HELLO FRESH

HELLO



SMASHED BLACK BEANS

Simmering then mashing these beans makes them extra-creamy.

FORK IT OVER

Pricking tortillas with a fork prevents them from forming air pockets and puffing up. Flat tortillas = more room for toppings!


BUST OUT

- 2 Small bowls
- Potato masher
- Baking sheet
- Large pan (or 2 Large pans) 
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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 *Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP & MAKE TOPPINGS

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (**4 TBSP for 4**). Dice **tomato**. Roughly chop **cilantro**. Quarter **lime**. Halve, core, and thinly slice **green pepper** into strips. Drain and rinse **beans**.
- In a small bowl, combine **minced onion**, tomato, half the cilantro, and a **squeeze of lime juice**. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream** with a squeeze of lime juice. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



4 TOAST TORTILLAS

- Drizzle **tortillas** with **1 TBSP olive oil** (**2 TBSP for 4 servings**); brush or rub to coat all over. Arrange on a baking sheet in a single layer (**divide between 2 sheets for 4**). Gently prick each tortilla in a few places with a fork.
- Bake on top rack, flipping halfway through, until lightly golden, 4-5 minutes per side. (**For 4, bake on top and middle racks; flipping tortillas and swapping rack positions halfway through.**) **TIP: Watch carefully to avoid burning.**

-  Heat a **drizzle of oil** in a second large pan over medium-high heat. Add **beef*** or **organic beef***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until cooked through, 4-6 minutes.




2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**, **sliced onion**, and **half the Southwest Spice Blend** (**you'll use the rest in the next step**). Cook, stirring occasionally, until lightly charred and softened, 5-7 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate.



5 BUILD TOSTADAS

- Once **tortillas** are toasted, remove sheet from oven. Carefully spread each tortilla with **smashed beans**, then top with **veggies** and **Mexican cheese blend**.
- Return to top rack until cheese melts, 2-3 minutes.
-  After spreading **tortillas** with smashed beans, top with **beef** or **organic beef** along with **veggies** and **cheese**. Cook through the rest of this step as instructed.



3 MAKE SMASHED BEANS

- Heat pan used for veggies over medium-high heat. Add **beans**, **Tex-Mex paste**, **remaining Southwest Spice Blend**, and **¼ cup water** (**½ cup for 4 servings**). Bring to a simmer and cook, stirring occasionally, until liquid has mostly evaporated, 3-4 minutes.
- Remove from heat; gently mash beans with a potato masher or back of a spoon. Stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. (**TIP: If mixture is too thick, stir in a splash of water.**) Season with **salt** and **pepper**.



6 SERVE

- Divide **tostadas** between plates. Top with **pico de gallo**, **lime crema**, and **remaining cilantro**. Serve with **remaining lime wedges** on the side.