



## RED BEAN & AVOCADO TOSTADAS WITH CREAMY CILANTRO SAUCE

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### INGREDIENTS FOR TOSTADAS:

Corn tortillas (I used two)

Avocado (I used one avocado)

Red bell pepper, Sliced

Red beans (you may substitute black or  
kidney beans)

Shredded cheese (Cheddar, Monterrey Jack,  
Mexican Blend--whatever)

Cilantro (a handful - adjust to fit your  
tastes)

Taco seasoning



Queen Esther's  
KITCHEN



**INGREDIENTS FOR CREAMY CILANTRO SAUCE:**

**1/3 cup Light sour cream (you may substitute  
Greek or plain yogurt)**

**1 teaspoon chopped garlic**

**Salt and pepper to taste (I also used Cayenne  
pepper)**

**Olive oil**



*Queen Esther's*  
**KITCHEN**



### **DIRECTIONS:**

**Preheat oven to 350.**

**Lightly coat both sides of the corn tortillas with cooking spray. Bake for 4-5 minutes on each side. Switch oven to broil. Evenly divide the cheese over the tortillas and broil until cheese is melted and bubbly, 2-ish minutes (Watch closely to avoid burning your tostadas!). Remove from heat and set aside.**

**In a small bowl, mash avocado with some salt and taco seasoning until it resembles guacamole. Set aside. Heat some olive oil in a small frying pan and add the sliced red bell pepper, some taco seasoning, and a bit of Cayenne pepper for a little heat. Saute for about 2-4 minutes.**

**For the sauce:**

**In a food processor or blender, puree the cilantro, sour cream/ yogurt, garlic, and salt, adjusting the seasoning with more cilantro/salt/yogurt to your tastes.**

**To assemble:**

**Top the crispy tortillas with beans, avocado, bell peppers, and a little cheese. Drizzle with cilantro sauce.**

**Eat Like *Royalty***