



SMASHED BLACK BEAN TOSTADAS

with Green Pepper, Pico de Gallo & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



¼ oz | ¼ oz
Cilantro



1 | 2
Lime



1 | 2
Long Green
Pepper



1 | 2
Black Beans



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



1 TBSP | 2 TBSP
Southwest Spice
Blend



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



4 oz | 8 oz
Pico de Gallo



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WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*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.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 1280



10 oz | 20 oz
Ground Turkey

Calories: 1140



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 900



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

- Strainer
- Potato masher
- Small bowl
- Baking sheet
- Large pan
- 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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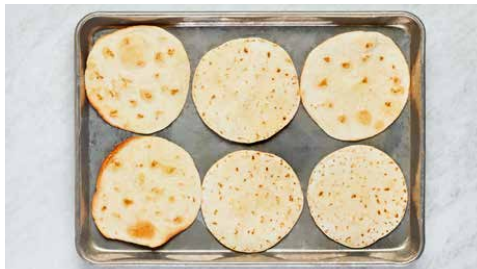
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1 PREP & MAKE CREMA

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Quarter **lime**. Halve, core, and thinly slice **green pepper** into strips. Halve, peel, and thinly slice **onion**. Drain and rinse **beans**. Roughly chop **cilantro**.
- In a 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.

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef*** or **turkey***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until lightly browned, 3-5 minutes (**it will cook through in Step 5**). Turn off heat; transfer to a plate. Carefully discard any excess grease from pan if necessary. Wipe out pan.



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.**



2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper**, **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.

Use pan used for beef or turkey here.



3 MAKE SMASHED BEANS

- Heat pan used for veggies over medium-high heat. Add **beans**, **Tex-Mex paste**, **remaining Southwest Spice Blend**, and **1/4 cup water** (**1/2 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**.



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.

- Add **beef** or **turkey** to **tortillas** along with **veggies**, then top with **Mexican cheese blend**. Cook through the rest of this step as instructed.



6 SERVE

- Divide **tostadas** between plates. Top with **pico de gallo** (**draining first**), **lime crema**, and as much **cilantro** as you like. Serve with **remaining lime wedges** on the side.

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

*Ground Turkey is fully cooked when internal temperature reaches 165°.