



# VEGAN SWEET POTATO & BLACK BEAN TOSTADAS

with Bell Pepper, Salsa & Creamy Guacamole

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Bell Pepper\*



1 | 2  
Sweet Potato



1 | 2  
Onion



1 TBSP | 2 TBSP  
Fajita Spice Blend



1 | 2  
Tomato



¼ oz | ½ oz  
Cilantro



1 | 2  
Lime



1 | 1  
Jalapeño



4 TBSP | 8 TBSP  
Vegan Mayonnaise



4 TBSP | 8 TBSP  
Guacamole



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



16 oz | 32 oz  
Refried Black Beans



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*The ingredient you received may be a different color.

\*\*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: 1360



10 oz | 20 oz  
Ground Turkey

Calories: 1220



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 990



HELLO





## TOSTADAS

Translating to “toasted,” these crunchy, flat tortillas can be piled with all sorts of toppings.

### FORK IT OVER

We prick tortillas with a fork to prevent air pockets and puffiness. Flat tortillas = more surface area for toppings!

### BUST OUT

- Peeler
- Whisk
- 2 Baking sheets
- Can opener
- Medium bowl
- Medium pot
- Small bowl
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 3 TBSP) (1 tsp | 1 tsp)  

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### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper** into strips. Peel and dice **sweet potato** into ½-inch pieces. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings).




### 4 MAKE TOSTADAS

- Drizzle **tortillas** with 1 TBSP oil (2 TBSP for 4 servings); brush or rub to coat both sides. Arrange on a second baking sheet in a single layer. Gently prick each tortilla in a few places with a fork.
- Bake on middle rack, flipping halfway through, until lightly golden, 2-3 minutes per side. (For 4, wait for veggies to finish roasting, then transfer veggies to a large bowl. Divide tortillas between baking sheets and bake on top and middle racks, flipping tortillas and swapping rack positions halfway through.) **TIP: Watch carefully—tortillas can quickly go from toasted to burned!**



### 2 ROAST VEGGIES

- Toss **bell pepper**, **sweet potato**, and **sliced onion** on a baking sheet with a **large drizzle of oil**, **Fajita Spice Blend**, a **big pinch of salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes. (For 4 servings, divide veggies between 2 sheets; roast on top and middle racks.)
-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **beef\*** or **turkey\*** to pan; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



### 5 WARM BEANS

- Meanwhile, heat a **drizzle of oil** in a medium pot over medium-high heat. Add **refried black beans** and cook until warmed through, 1-2 minutes.






### 3 MAKE SALSA & MIX GUAC


- While veggies roast, dice **tomato** into ¼-inch pieces. Roughly chop **cilantro**. Quarter **lime**. Mince **jalapeño**, removing ribs and seeds for less heat.
- In a medium bowl, combine tomato, **minced onion**, cilantro, juice from half the lime, a **pinch of salt and pepper**, and as much jalapeño as you like.
- In a small bowl, whisk together **mayonnaise** and **guacamole**. Whisk in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt**.



### 6 FINISH & SERVE

- Divide **tostadas** between plates; spread each with **refried beans**. Top with **roasted veggies**, **salsa**, and **creamy guacamole**. Serve with **remaining lime wedges** on the side.
-  Top **tostadas** with **beef** or **turkey**
-  along with **veggies**.

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

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