

Tostadas

Makes 4-6

Ingredients:

- ¼ onion, chopped
- ½ tablespoon olive oil
- ½ cup salsa
- ½ (12 oz.) package “meat” crumbles (I use Quorn)
- 1 teaspoon cumin
- 1 tablespoon minced garlic
- Red pepper flakes, to taste
- Salt & Pepper, to taste

- 4-6 corn tortillas, baked or fried until crisp (I bought premade that were already cooked)
- tomatoes, chopped
- lettuce, chopped
- guacamole & sour cream
- cheese, grated

Directions:

1. Saute the onion in the oil over medium-high heat until tender, 3-4 minutes.
2. Mix in the salsa, crumbles, cumin, garlic, flakes, and salt and pepper.
3. Add 3-4 tablespoons of water, bring to a simmer then reduce heat to medium. Let simmer about 10 minutes (add more water if necessary).
4. Layer the “meat” mixture with any desired toppings onto the tortilla.

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