

CHILE TOSTADAS



Ingredients (Chili Beans):

- 3 Tbsp olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 3 C dry ground TVP (pre-soaked)
- 1 Tbsp tomato paste
- 1 can 7 oz chipotle peppers in adobo sauce
- 3 cans 14.5 oz diced tomatoes
- 1 can 15.5 oz kidney beans, rinsed & drained
- 1 Tbsp chili powder
- 1 tsp oregano, preferably Mexican
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 Tbsp salt
- 1 tsp black pepper
- 1 tsp cane sugar
- 2 C water

Directions for making Chili Beans:

1. Preheat a medium, heavy bottomed saucepan. Add the oil, onion, garlic. Cook, & stir until lightly browned & fragrant (3 minutes)
2. Add the chili powder, oregano, cumin, coriander, cloves. Cook & stir until dark and fragrant (45 Seconds)
3. Add the TVP, tomato paste, chopped tomatoes, & coarsely chopped peppers. Cook & stirring, until the mixture is dark red (3-5 minutes)
4. Add the beans & water. Bring to a boil.
5. Lower the heat & simmer, stirring occasionally, until sauce is thick and fragrant (15 minutes)
6. Tostada layer with 2 Tbsp Chili Beans, chopped ice lettuce, & salsa.