

Roasted Red Bell Pepper and Avocado Tostadas

Prep to table: 15 to 30 minutes | Serves 2 to 3

Tostadas are essentially open-faced tortillas made of flour or corn. In this recipe, they're the crispy platform for refried beans topped with sweet-savory roasted red peppers and avocados. Not surprisingly, the brand of refried beans used makes a difference. Our testing team liked Amy's Organic Traditional Refried Beans and Goya Organics Refried Black Beans (Vegan). You can buy tostadas or, to make your own, lightly oil a sheet pan, space out corn or flour tortillas, and bake for 10 minutes until crispy, flipping them halfway through.

2 red bell peppers, seeded, chopped
1 yellow onion, chopped
1 to 2 tablespoons olive oil
½ teaspoon salt
1 teaspoon ground cumin
1 teaspoon chili powder
3 garlic cloves, minced
4 to 6 tostada shells
1 (15-ounce) can refried beans (vegan)

Serving suggestion

Radishes, thinly sliced
1 to 2 avocados, chopped
Feta cheese, crumbled
Salsa
½ to ¾ cup chopped fresh cilantro
1 lime, cut into wedges

Sauté the peppers, onion, and seasonings for 5 to 8 minutes in a skillet.

Heat oven to 400 degrees. Place the tostada shells on the sheet pan, spread on a thick layer of refried beans, and top with the roasted red peppers and onion. Roast in the oven until the beans and shells are warm, about 5 minutes.

Serve with avocados, cheese, salsa, cilantro, and lime wedges.

Easy ingredient swaps

- Any hard shredded cheese for the feta
- Roasted cauliflower, cabbage or corn for red pepper (only in a pinch!)
- Lemon wedges for the lime

