



# Beef Tostadas



prep time  
5 minutes



total time  
25 minutes



servings  
8  
tostadas

## Ingredients

- 8 corn tortillas ~ 8 carb servings
- 1/2 tablespoon olive oil ~ 1/2 fat serving
- 1 cup diced onion ~ 2 veggie servings
- 1 pound/450 grams lean ground beef ~ 12.5 protein servings
- 1 tablespoon taco seasoning
- 1 tablespoon tomato paste
- 1 16-ounce can refried beans ~ 7 protein servings, 3 carb servings, 2/3 fat serving
- 1 packed cup shredded lettuce ~ 1 veggie serving
- 1 heaping cup cherry tomatoes, diced ~ 1 veggie serving
- 1/2 heaping cup (60 grams) crumbled queso fresco ~ 1 protein serving, 2/3 fat servings
- salt and pepper, to taste

## Instructions

- 1 Preheat oven to 375 degrees Fahrenheit.
- 2 Cook Ground Beef: Heat a large skillet over medium-low heat, add 1/2 tablespoon of oil, and let it get hot. Add onions and saute for 3-4 minutes until softened. Add beef and break it up. Saute for 3-4 minutes. Stir in taco seasoning, tomato paste, and salt and pepper, and mix to combine. Saute for another 3-4 minutes until browned. Remove from the pan and set aside.
- 3 Make tostadas: Place tortillas in the oven directly on the racks or on a baking sheet. Bake for 7-10 minutes, flipping halfway through, until crispy and hard.
- 4 Warm Beans: Add your beans to the skillet and break them up. Cook for 5-6 minutes, until warmed through, making sure to stir frequently so they don't stick.



- 5 Assemble tostadas. Take one tortilla and spread a large heaping spoonful of refried beans on it and spread it out in a thin layer. Then take a spoonful of taco meat and pile it on top of the beans. Top with shredded lettuce, tomatoes, and cheese. Repeat with remaining tortillas, evenly dividing the beans, meat, cheese, and toppings.

- 6 Enjoy!

Whole Recipe Breakdown:  
20.5 Servings Protein  
11 Servings Carb  
2 Servings Fat  
4 Servings Veggies