

# VEGETABLE & BEAN TOSTADAS

## Ingredients

6 corn tortillas  
1 onion, sliced  
1 red/green pepper, sliced  
1 carrot, diced  
1 tsp salt  
1/2 tsp pepper  
1 tsp cumin  
1/2 tsp paprika  
juice of 1/2 lime  
black beans for topping  
hot sauce for topping  
olive oil

## Instructions

In a pan, heat olive oil over medium high heat and add onion, peppers and carrots. Cook, stirring occasionally, for about 10 minutes, until vegetables are tender and browned. Add seasonings and lime juice, stirring to combine. Remove from heat and set aside on a plate.

Add more oil to the pan, then place one to two or more tortillas down - this will depend in the size of the pan and the size of the tortilla. Let the first side of the tortilla bubble and brown, then flip it over and let it cook the other side. Add more oil when necessary. Continue this process until all the tortillas are crispy.

Spoon vegetables onto the tortillas, then add black beans and hot sauce or salsa, whatever you prefer. Eat this a big nacho, and enjoy!