

**INGREDIENTS:**

- 6 corn tortillas
- ½ cup of olive oil, divided
- ½ cup of onion, diced
- 15 oz can of unsalted pinto beans, drained
- ¼ teaspoon of ground cumin
- 6–8 lettuce leaves
- 1 tomato, chopped
- ½ cup of queso fresco
- ¼ cup of cilantro, chopped
- 2 jalapeños, chopped (optional)



# Tostada de frijoles y queso (bean and cheese tostada)

**Directions**

1. Preheat the oven to 400 °F. Bake the corn tortillas for 5 minutes or until toasted.
2. Heat one tablespoon of olive oil in a saucepan over medium heat. Add the onion and sauté until translucent. Add the pinto beans and cumin. Cook for 5 minutes.
3. Transfer the bean mixture to a blender and blend with the remaining olive oil to create the “refrito.”
4. Lay tortillas flat and spread the refrito on top of them. Top with lettuce, tomato, queso fresco, cilantro, and jalapeños (if desired). Serve and enjoy!