



Black-Bean Tostados with Roasted Tomatillo Sauce

 Gluten Free

READY IN



12720 min.

SERVINGS



6

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado leaves dried
- ☐ 12 ounce avocado
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.8 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 pound queso fresco fresh crumbled (Mexican cheese)
- ☐ 0.5 cup onion white dry rinsed finely chopped
- ☐ 3 cups the of 1 cos lettuce thinly sliced (from 1 head)

- ☐ 1.8 teaspoons salt
- ☐ 4 serrano chiles fresh coarsely chopped (including seeds)
- ☐ 1 pound tomatillos husked rinsed halved (8 medium)
- ☐ 12 purchased corn tostada shells
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 6 large garlic clove whole peeled coarsely chopped

Equipment

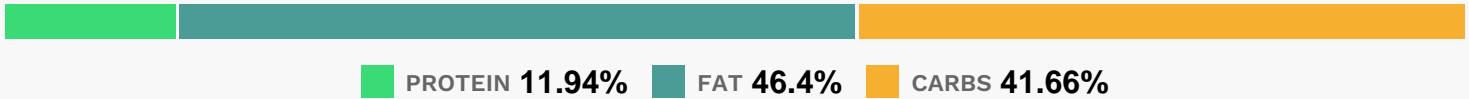
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Line a 10-inch heavy skillet (preferably cast-iron; not nonstick) with foil, then heat over moderately high heat until hot but not smoking.
- ☐ Add 2 whole garlic cloves and half of tomatillos, cut sides down, and roast on top of stove until well browned, 4 to 5 minutes (skillet will begin to smoke at this point). Turn over garlic and tomatillos (tomatillos may stick to foil) and roast until well browned and tomatillos are completely soft, 3 to 4 minutes.
- ☐ Transfer roasted garlic and tomatillos to a food processor. Discard foil, then line skillet with a fresh sheet of foil and roast remaining 2 whole garlic cloves and remaining tomatillos in same manner, transferring as done to food processor. Cool garlic and tomatillos to room temperature in bowl of processor, about 30 minutes.
- ☐ Add chiles, half of cilantro, and 2 tablespoons water to mixture in processor, then pulse until it forms a chunky sauce, adding 1 tablespoon more water if too thick.
- ☐ Transfer to a bowl and stir in onion and 1 teaspoon salt.

- ☐ If using avocado leaves, toast, 1 at a time, in a dry 10-inch heavy skillet (without foil lining) over moderate heat, turning every few seconds, until lightly browned and aromatic, about 1 minute, transferring to a plate as toasted. Bring beans and remaining 2 cups water to a simmer in a 3-quart heavy saucepan, stirring occasionally, then add avocado leaves and simmer, uncovered, stirring occasionally, 20 minutes.
- ☐ Drain beans in a sieve set over a bowl, reserving liquid. Pure beans, 1/4 cup cooking liquid (reserve remainder), avocado leaves (if using), and chopped garlic in a food processor until smooth.
- ☐ Heat oil in a 10-inch heavy nonstick skillet over moderate heat until hot but not smoking, then add bean purée and cook, stirring, until very thick, about 5 minutes. Stir in remaining 3/4 teaspoon salt, then remove from heat and keep warm, covered.
- ☐ Halve and pit avocados, then scoop out flesh in large pieces and cut into 1/2-inch cubes.
- ☐ If necessary, stir some of reserved bean-cooking liquid in to make bean purée soft and easily spreadable. Divide warm beans among tostadas and spread evenly. Spoon about 1 tablespoon tomatillo sauce over each tostada, then divide avocado among tostadas and top with romaine, cheese, and remaining cilantro.
- ☐ Serve remaining tomatillo sauce on the side.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:27.100434614264%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 532.48kcal (26.62%), Fat: 28.66g (44.09%), Saturated Fat: 7.23g (45.17%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 39.99g (14.54%), Sugar: 4.83g (5.37%), Cholesterol: 13.04mg (4.35%), Sodium: 1594.23mg

(69.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.19%), Fiber: 17.92g (71.67%), Vitamin K: 63.1µg (60.1%), Vitamin A: 2546.79IU (50.94%), Folate: 175.75µg (43.94%), Manganese: 0.77mg (38.52%), Phosphorus: 369.87mg (36.99%), Potassium: 1129.07mg (32.26%), Magnesium: 118.37mg (29.59%), Vitamin C: 23.54mg (28.53%), Vitamin B1: 0.43mg (28.45%), Copper: 0.54mg (27.15%), Vitamin B6: 0.49mg (24.7%), Iron: 4.4mg (24.45%), Calcium: 214.58mg (21.46%), Vitamin B2: 0.36mg (21.36%), Vitamin B3: 3.98mg (19.88%), Zinc: 2.33mg (15.53%), Vitamin E: 2.2mg (14.67%), Vitamin B5: 1.38mg (13.8%), Selenium: 7.44µg (10.63%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.51µg (3.4%)