



35 MINUTE RECIPE



Chipotle Veggie Tostadas

with Refried Beans & Guacamole

2 <OR> 4 SERVINGS

-  4 | 8 Flour Tortillas
-  1 | 2 15.5-oz can Pinto Beans
-  1 | 2 Poblano Pepper
-  1 | 2 Red Onion
-  2 | 4 Scallions
-  4 | 8 oz Grape Tomatoes
-  2 | 4 Tbsp Grated Cotija Cheese
-  1/4 | 1/2 cup Sour Cream
-  2 | 4 tsp Chipotle Chile Paste
-  1/4 | 1/2 cup Guacamole
-  1 | 2 Tbsp Light Brown Sugar

CUSTOMIZED OPTIONS:

-  10 | 20 oz Pork Chorizo
- or
-  10 | 20 oz Boneless Chicken Breast Pieces



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (Large for 4)
Sheet Pan
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt
Pepper

Chef's Note

FEATURED INGREDIENT 🔥🔥🔥🔥

Chipotle paste is made from dried, smoked jalapeños, so it packs a kick! Customize your spice level by adding or reducing the amount of chile paste.



Blue Apron

x

Prepared by Melissa



We're partnering with **Melissa Ben-Ishay** on an exclusive selection of meals that embody her philosophy of balanced, approachable eating. (And cupcakes, duh.)

Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, navigate to the orders tab in the Blue Apron app or at blueapron.com and select the recipe, then click on NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. Food safety handling information: blueapron.com/food-safety

SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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1. Prepare the ingredients

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- ☐ Drain and rinse the **beans**.
- ☐ Halve the **tomatoes**.
- ☐ Halve, peel, and medium dice the **onion(s)**.
- ☐ Cut off and discard the stem of the **pepper(s)**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.
- ☐ In a bowl, combine the **guacamole** and **1 tablespoon of the sour cream**; season with salt and pepper.



2. Cook & mash the beans

- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- ☐ Carefully add the **drained beans** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently and mashing the beans with a potato masher (or the back of a spoon), 4 to 5 minutes, or until slightly thickened.
- ☐ Transfer to a bowl; stir in the **remaining sour cream**. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- ☐ Rinse and wipe out the pan.



3. Toast the tortillas

- ☐ Place the **tortillas** on a sheet pan.
- ☐ Using a fork, prick the tortillas all over to prevent air bubbles from forming. Drizzle with **olive oil** and season with salt and pepper; turn to coat. Arrange in an even layer (it's okay if they're overlapping).
- ☐ Toast in the oven 4 to 6 minutes, or until lightly browned and crispy.
- ☐ Remove from the oven.



[Look for customized instructions before the next step!](#)

4. Cook the vegetables

- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **halved tomatoes, diced onion(s), and diced pepper(s)** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- ☐ Carefully add the **sugar, 2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are coated and softened.
- ☐ Turn off the heat. Taste, then season with salt and pepper if desired.



5. Assemble the tostadas & serve your dish

- ☐ Assemble the tostadas using the **toasted tortillas, mashed beans, and cooked vegetables**.
- ☐ Serve the **tostadas** topped with the **creamy guacamole**. Garnish with the **cotija** and **sliced green tops of the scallions**. Enjoy!



Customized Steps

CHORIZO

ADDITIONAL STEP:

- ☐ Meanwhile, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **chorizo**; break the meat apart with a spoon. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 4 to 5 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.
- ☐ Use the same pan to cook the vegetables.

CHICKEN

ADDITIONAL STEP:

- ☐ Meanwhile, pat the **chicken** dry with paper towels. Season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.
- ☐ Use the same pan to cook the vegetables.