

Cumin Scented Veggie Tostadas with Chipotle Tofu – By Melinda Pierce DMS II

Ingredients”

Olive oil

Garlic

Onion

Any combination of:

 Zucchini

 Summer Squash

 Eggplant

Cumin seeds

Firm Chinese style tofu

Chipotle sauce (or chipotle peppers in adobo sauce)

Cumin powder

Coriander powder

Canned black beans, rinsed and drained

Red chili pepper flakes

Canned chopped green chilis

Soft corn tortillas

Salt and Pepper

Instructions:

Veggies:

Preheat the oven to 375. Chop the veggies (smaller pieces require more chopping, but less cooking, bigger pieces vice versa). Toss in a roasting pan with a little onion, and about 1 chopped garlic clove for every 2-3 veggies and a tsp of cumin seeds for every one. Add a little olive oil, salt and pepper and roast in the oven till desired doneness. (Most veggies take about 15-20 min)

*Note: This method works for just about any vegetable you can think of, be generous with the salt and pepper and you will have delicious, super easy vegetables any day of the week.

Refried Black Beans:

Heat (on medium heat) some olive oil in a pan with a pinch of red chili pepper flakes. Saute about 2 Tbs onion in this oil until the onion begins to look transparent, then add 2-3 cloves of minced garlic and sauté for another minute or two. Add the chopped green chilis; once they are fragrant (about 1-2 minutes) add the black beans. Continually stir the black beans with a wide, flat wooden spoon, smashing them against the rim of the pan. If they begin to look dry, add a Tbs or so of water (or beer if handy) to keep them moist. Season with plenty of salt and black pepper.

Chipotle Tofu:

Break apart the tofu into 3-4 smaller blocks. Take each individual block and, over the sink, squeeze it between both hands to release as much of the water as you can. Once you think it's dry enough, crumble into a pan of hot olive oil (2-3 Tbs) and stir

continuously on medium high heat. Once the tofu reaches a nice pale ecru shade, pour in about ¼ the can of chipotle sauce. [If you have chipotles in adobo, start with one pepper and about 1 Tbs of the sauce the accompanies them] Cook this down until the sauce is dry on the tofu. Taste. If the heat (picante) of the tofu is not sufficient, add more sauce and cook it down again. If the heat is sufficient but the flavor is still lacking, sprinkle with a little cumin and coriander (about twice as much cumin as coriander) and plenty of salt (especially) and pepper until it tastes perfect to you.

Tostada shells:

Brush both sides of the corn tortillas with olive oil then sprinkle with salt. Bake in a 400 degree oven until crispy and a pale brown.

Assembly:

Assemble your tostadas with black beans smeared onto the shell, a sprinkling of tofu, veggies, lettuce, tomatoes, sour cream and cheese and enjoy!

If this is too messy or time intensive, you can always use one or several of these components in a tasty wrap or salad.