

Rice & Bean Tostada Bowls
RECIPE

Rice & Bean Tostada Bowls



<?xml version="1.0"?>

TIME

15 min

INGREDIENTS

6 items

MAKES

6 servings

Fuss-free and ready to eat in no time, serve up some smiles with hearty and fun black bean and Mexican-style rice tostadas – a creative and delicious way to feed up to six people. SHARE

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INGREDIENTS

- 1 pouch (250g) Ben's Original™ Bistro Express™ Mexican Style Rice
- 6 8-inch Corn tortillas
- 2 cups (500 mL) Canned black beans, drained and rinsed
- 2 cups (500 mL) Frozen corn, thawed
- 2 cups (500 mL) Tomatoes, diced
- 1/4 cup (60 mL) Cheddar or Monterey Jack Cheese, shredded & divided

PRODUCTS USED



BEN'S ORIGINAL™ BISTRO EXPRESS™ Mexican Style Rice, 250g

SEE DETAILS

Buy now

INSTRUCTION

1. 1

Begin by washing your hands. Turn a 12-cup muffin tin upside down. Nestle 6 corn tortillas in the space between the cups to form a "bowl." Kids will enjoy helping form the bowls. Bake in a pre-heated oven at 375°F until firm and beginning to brown, about 10-15 minutes. Transfer to a wire rack to cool.

2. 2

Cook BEN'S ORIGINAL™ rice according to directions on the pack. Transfer the hot rice into a large bowl and mix in black beans, corn, tomatoes, and 2 tbsp. of the cheese. Let your children be in charge of sprinkling the cheese into the mixture.

3. 3

Fill the shells with the rice and bean mixture then top evenly with remaining cheese. Garnish with lime if desired.

4. Tip

Make this tostada into a taco salad! Fill the crisp tortilla shells with shredded lettuce and fresh cilantro before adding the beans and rice mixture. Finish with a dollop of sour cream, guacamole, and prepared tomato salsa if desired.

Nutrition Guidelines

*Nutrients to limit	Full meal	<600 cal, <600mg Na, <20.1g fat, <6.6g sat, <2.2 trans, <90g sugar, <15g added sugar
	Light meal	$<\!400$ cal, $<\!400 mg$ Na, $<13.4 g$ fat, $<\!4.4 g$ sat, $<\!2.2 g$ trans, $<\!90 g$ sugar, $<\!10 g$ added sugar
**Foods to include	Vegetables	> 2 servings (full meal) or $>$ 1 servings (side dish or light meal) of vegetables/fruits/or legumes per recipe serving required
	1 veg. serving =	1/2 c chopped or 1 c leafy vegetables

CATEGORIES:

Vegetable / Vegeterian, less than 20, Dry Flavoured Rice

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Cooking time

20 min

Ingredients

11 items

SEE DETAILS

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Taco-Licious Chicken Skillet with Wholegrain Brown Rice

Cooking time

40 min

Ingredients

18 items

SEE DETAILS

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Cheesy One Pan Beef Enchilada Meal

Cooking time

20 min

Ingredients

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