

Email a grocery list

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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

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INSTRUCTION

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.
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, <400mg Na, < 13.4g fat, <4.4g sat, <2.2g trans, <90g sugar, <10g 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 / Vegetarian](#), [less than 20](#), [Dry Flavoured Rice](#)

MORE RECIPES LIKE THIS



[Lime Chili Fish Tacos](#)

Cooking time

20 min

Ingredients

11 items

[SEE DETAILS](#)



[Taco-Licious Chicken Skillet with Wholegrain Brown Rice](#)

Cooking time

40 min

Ingredients

18 items

[SEE DETAILS](#)



[Cheesy One Pan Beef Enchilada Meal](#)

Cooking time

20 min

Ingredients

5 items

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