



HOME CHEF

Double Decker Poblano Tostadas

With Spanish Rice



This meat-free dish is as hearty as they come, with hand-mashed black beans, roasted poblano peppers, sliced avocado, and queso fresco all layered between oven-crisped tortillas. The double-decker is paired with a side of cilantro-lime rice for a dish perfect for those extra hungry nights. *Chef's tip: ripen hard avocados in 2-3 days by leaving them on your counter in a tightly closed paper bag. Add a banana, apple, or tomato to the bag to ripen even faster.*

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 984
Carbohydrates: 157g
Fat: 29g
Protein: 31g
Sodium: 650mg
per serving

DIETARY



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Michelada
Chardonnay

INGREDIENTS

2 Roma Tomatoes
1 Red Onion
1 Lime
2 Cilantro Sprigs
2 Avocado
13 ½ oz. Canned Black Beans
2 Poblano Pepper
8 Corn Tortillas
1 Cup Parboiled White Rice
2 tsp. Minor's Vegetable Base,
Gluten-Free
3 oz. Queso Fresco

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

2 Baking Sheets
Medium Pot
Medium Pan
Colander

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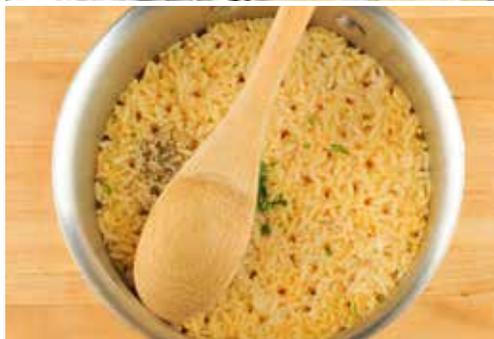
Prepare the Ingredients

Preheat oven to 400 degrees. Prepare 2 baking sheets with foil. Thoroughly rinse produce and pat dry. Core and dice **Roma tomatoes**. Peel and cut **red onion** into thin strips. Zest and halve **lime**. Stem and coarsely chop **cilantro**. Halve and pit **avocado**. Scoop out flesh with a spoon. Cut avocado lengthwise into ¼" slices. Drain and rinse **black beans**.



Bake Tortillas and Poblano

Place **poblanos** on baking sheet. Brush with **olive oil** and bake for 15 minutes, or until soft. After removing, enclose foil around peppers so they can steam for 5-10 minutes, which will loosen the pepper's skin from the flesh. Skin, stem, seed, and slice pepper into thin strips. Brush both sides of eight **tortillas** with 1 tsp. **olive oil** each, then place on 2nd baking sheet, overlapping slightly. Bake for 10 minutes, or until crisp. Remove tortillas from oven and season with a pinch of **salt** and **pepper**.



Cook the Rice

Bring **rice**, 2 cups of **water**, and **vegetable base** to a boil in a medium pot. Cover, reduce to a simmer, and cook for 15 minutes, or until rice is tender. Remove from heat, season with a pinch of **pepper**, half the **cilantro**, and juice of half the **lime**. Set aside.



Cook the Beans

In a medium pan, place **half the beans** and ½ cup **water** over medium heat. Mash the beans with a fork while cooking. Cook for 5 minutes or until beans are warmed through and water is absorbed. Add the other half of the beans and cook for an additional 3 minutes. Season with a pinch of **salt** and **pepper**.



Plate the Dish

Spread a thin layer of **beans** on a **tostada**, then top it with **sliced avocado**, **diced Roma tomatoes**, strips of **poblano pepper**, and **sliced red onion**. Place another tostada on top and repeat the sequence of ingredients, finally topping with **queso fresco**. Garnish with **lime zest** and remaining **cilantro**. Repeat for second serving. Squeeze remaining **lime juice** to taste. Place a serving of **rice** next to the stacked **tostadas** and dig in!