



In your box

- 1/3 cup Red Lentils
- 2 oz. Guacamole
- 1 Red Onion
- 18 oz. Sweet Potato
- 4 tsp. Mirepoix Base
- 2 tsp. Chipotle Seasoning
- 4 Small Flour Tortillas
- 2 oz. Sour Cream
- 1/2 oz. Crispy Jalapeños
- 1 oz. Queso Fresco



Campeche Sweet Potato Tostadas

with mashed red lentils and guacamole

NUTRITION per serving—Calories: 805, Carbohydrates: 116g, Fat: 28g, Protein: 22g, Sodium: 1420mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ● ○
Intermediate

Spice Level ● ○ ○ ○
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Small Pot, Mixing Bowl, Large Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Cook the Lentils

- Bring **lentils** and $\frac{3}{4}$ cup **water** to a boil in a small pot.
- Reduce to a simmer and cover. Cook until lentils are tender and water is absorbed, 7-10 minutes.
- Remove from burner. Add $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper** and mash until coarsely mashed. *If texture is too thick, stir in additional water 1 Tbsp. at a time.* Set aside.
- While lentils cook, prepare ingredients.



2

Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Peel and cut **sweet potato** into $\frac{1}{2}$ " dice.
- In a mixing bowl, combine **sour cream** and **guacamole**. Set aside.



3

Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **sweet potato** and **onions** to hot pan. Stir occasionally until starting to brown, 2-3 minutes.
- Add $\frac{1}{4}$ cup **water**, **mirepoix base**, and a pinch of **salt**. Cover, and stir occasionally until potatoes are tender, 8-12 minutes.
- Remove from burner and stir in **chipotle seasoning**.
- While vegetables cook, make tostada shells.



4

Make the Tostada Shells

- Poke **tortillas** with a fork all over, 10 times for each tortilla.
- Place tortillas on prepared baking sheet and drizzle with 1 tsp. **olive oil**. Massage oil into tortillas.
- Toast in hot oven until browned and crisp, 4-6 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **tortilla shells** with **mashed lentils**, **guacamole-sour cream**, **vegetables**, **cheese**, and **crispy jalapeños** (to taste). Bon appétit!