



## Tia Tencha's Timely Tostadas

By Mero Cocinero Karimi

Tia Tencha from Ohio, had to make food for many people. She never had time because she had to work 3 jobs, so she always found shortcuts in the kitchen. Her favourite dish, Tostadas was always made quickly because she always said "On your tostads, which is your starch, You have to put This Much vegetables (50% of your tostada space), this Much protein of your choice (25% of your tostada space).

### Elements

Tostada Shells

Underwater Pinto Beans (see recipe)

Tinga (see recipe)

1 zucchini

1 bunch of beets

Beet greens from the bunch of beets

1 box of button mushrooms

Buy a bottle of Tamari or Soy Sauce and use a 1-2 T

Buy a bottle of olive oil and use a 1-2 T

1 bunch of cilantro

1 onion, chopped

1 clove of garlic, sliced thinly

1 bunch of radishes sliced thin (garnish)

1 cup of cotija cheese (garnish)

4 tomatoes diced (garnish)

1 heads of Romaine Lettuce or 1 bunch of Spinach (garnish)

### Process

- Make beans
- Make tinga
- Make the sautéed veggies:
  - Add olive oil to pan (cover bottom)
  - Add onions, when translucent, add garlic
  - Add zucchini, mushrooms, beet greens and soy sauce (you can add cilantro here, or use cilantro for garnish)
  - Mix until soft and greens wilted
- Chop/slice/dice all the garnish
- Serve separately: beans, tinga, sautéed veggies, tostada shells, garnishes