

BREAKFAST TOSTADA

Serves 1

1 Egg \$0.20
1 Corn Tortilla \$0.02
1/4 cup pinto beans \$0.50
1/2 jalapeno \$0.05
1/4 of an onion \$0.05
1 tsp cumin \$0.01
1/2 garlic clove \$0.02
2 tsp salt \$0.01
2-3 cups water \$0.01
4-5 Cilantro leaves \$0.05
1 tsp chili powder \$0.01



Total = \$0.93

Directions

In a small pot on medium heat, add 1/2 of a jalapeño to the dry pot and cook for 4-5 minutes on all sides. Then add 2 cups of water along with 1/4 cup of hydrated pinto beans (soak beans in water for 3 hours), 1 garlic clove, 1 tsp of cumin, 2 tsp salt, and 1/4 of an onion. Cook for 2 hours on medium-low heat until the beans are extremely tender. Give the beans a quick mash with a potato masher or large spoon and set aside.

Once the beans are finished get a small non-stick saute pan on med-high heat, add 1 tbsp of canola oil to the pan, swirl the oil around, then add in the corn tortilla and cook on both sides until lightly crisp.

Next, using the same non stick saute pan that's on medium-high heat, give it a clean wipe with a towel to clear out any burnt tortilla bits, add one tbsp canola oil to the pan, then crack one egg in to the pan and cook for 4-5 minutes or until the whites are completely cooked and the yolk is just starting to get hot. If you'd like the yolk to be a bit more cooked than what a typical sunny side egg would be, cover the pan for the last 2 minutes of cooking time.

After the egg has finished cooking, place the crispy tortilla down onto your plate, spoon a generous amount of the refried or mashed beans right on top on the crisp tortilla, then place the egg right on top of the beans. Garnish with a few leaves of cilantro and a small sprinkle of chili powder.

Video: <https://www.youtube.com/watch?v=1rHzS0d4YHs>