

**Black Bean & Charred Cabbage Tostada
with Tomato & Chile-Lime Avocado Sauce**

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Tenaza Organics Cabbage, outer leaves and core removed, washed
Fruitful Hill Farms or Johnson's Backyard Garden Radishes, washed, leaves and stem end trimmed
Village Farms Tomato, washed and cored
El Milagro Tostadas
Gulf Pacific White Rice
Farmhouse Kitchen-prepared Gundermann Acres Mashed Black Beans
Farmhouse Kitchen Spiced Tomato Puree
Farmhouse Kitchen Chile-Lime Avocado Sauce
Sea salt and fresh cracked black pepper
Olive or vegetable oil, or butter

STEP 1 Bring 1 cup of water and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice and the spiced tomato puree. Stir to dissolve the puree, cover, reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 2 Meanwhile, prepare the vegetables. Cut the cabbage into 1/4" thick slivers and set aside. (Note: Use half of the cabbage to begin with and chop more to your preference. Store any remaining cabbage in plastic wrap for a future meal.) Cut the radish into matchsticks or rounds, as thinly as possible, and set aside. Slice the tomato into rounds, about 1/4" thick and set aside.

STEP 3 Place a large saute pan over medium-high heat. When the pan just begins to smoke, add 1 tbsp. oil. Add the cabbage slivers and season with 1/4 tsp. salt and pepper. Allow the cabbage to sear for 2-3 minutes or until charred. Stir the cabbage and sear for an additional 2-3 minutes. Transfer the cabbage to a bowl and cover with a lid or foil to keep warm.

STEP 4 Return the saute pan to the stove and reduce heat to medium-low. Add the mashed black beans to the pan and loosen with 2-3 tbsp. water. Simmer the mashed black beans, stirring frequently, for 5 minutes until heated through. Season with salt and pepper to taste.

STEP 5 To assemble the tostada, begin with a layer of mashed black beans. Next, add a tomato slice and press down gently. Season the tomato with salt and pepper. Top with the seared cabbage. Drizzle the tostada with chile-lime avocado sauce and garnish with radish. Serve the tostadas with a side of spiced rice. Enjoy!