

Sweet Potato and Black Bean Tostadas

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

Kindle Farms Sweet Potatoes

Farmhouse Kitchen prepared, Gundermann Acres Black Beans, thawed

Farmhouse Kitchen Lime-Chili Sauce, stirred well before use

Farmhouse Kitchen Rice Spice

Johnson's Backyard Garden Radishes, greens removed, washed, stem end trimmed

El Milagro Tostadas

Pacific Gulf White Rice

Salt and Pepper

Olive or Vegetable oil, or butter

STEP 1 Bring 1 cup of water, rice spice, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, 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, fill a medium saucepan $\frac{3}{4}$ of the way with water and bring to a boil. Chop the washed and peeled sweet potatoes into 1" cubes. When the water reaches a boil, add 1 tbsp. of salt and the potatoes. Cook until tender, about 20 minutes. To check if the potatoes are tender, insert a paring knife into the center of the potato. The knife should be easily inserted and removed without resistance. Cook the potatoes for 3-5 minutes longer, if needed. Turn off the heat and drain the potatoes in a colander. Return the potatoes to the saucepan and add 1 tbsp. oil or butter. Mash with a potato masher or fork to incorporate the oil or butter and to create a creamy texture. Season with salt and pepper to taste. Cover to keep warm until ready to assemble the tostadas.

STEP 3 Place a saute pan on medium-low heat. Add the black beans to the pan and loosen with 2 tbsp. water. Simmer the black beans for 5 minutes until heated through. Season with salt and pepper to taste. Prepare radish garnish. Cut the radish into matchsticks, as thinly as possible. Set aside.

STEP 4 Prepare the zucchini and watermelon radish garnishes. Cut the radish and zucchini into matchsticks, as thinly as possible. Set aside.

STEP 5 To assemble the tostada, begin with a layer of mashed sweet potatoes. Next, add a layer of black beans. Drizzle the tostada with chile-lime sauce and garnish with radish and zucchini matchsticks. Serve the tostadas with a side of spiced rice.

Enjoy!

Sweet Potato and Black Bean Tostadas

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Kindle Farms Sweet Potatoes

Farmhouse Kitchen prepared, Gundermann Acres Black Beans, thawed

Farmhouse Kitchen Lime-Chili Sauce, stirred well before use

Farmhouse Kitchen Rice Spice

Johnson's Backyard Garden Radishes, greens removed, washed, stem end trimmed

El Milagro Tostadas

Pacific Gulf White Rice

Salt and Pepper

Olive or Vegetable oil, or butter

STEP 1 Bring 1 cup of water, rice spice, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, 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, fill a medium saucepan $\frac{3}{4}$ of the way with water and bring to a boil. Chop the washed and peeled sweet potatoes into 1" cubes. When the water reaches a boil, add 1 tbsp. of salt and the potatoes. Cook until tender, about 20 minutes. To check if the potatoes are tender, insert a paring knife into the center of the potato. The knife should be easily inserted and removed without resistance. Cook the potatoes for 3-5 minutes longer, if needed. Turn off the heat and drain the potatoes in a colander. Return the potatoes to the saucepan and add 1 tbsp. oil or butter. Mash with a potato masher or fork to incorporate the oil or butter and to create a creamy texture. Season with salt and pepper to taste. Cover to keep warm until ready to assemble the tostadas. (Note: The sweet potato may need to be cooked in two batches)

STEP 3 Place a saute pan on medium-low heat. Add the black beans to the pan and loosen with 2 tbsp. water. Simmer the black beans for 5 minutes until heated through. Season with salt and pepper to taste. Prepare radish garnish. Cut the radish into matchsticks, as thinly as possible. Set aside.

STEP 4 Prepare the zucchini and watermelon radish garnishes. Cut the radish and zucchini into matchsticks, as thinly as possible. Set aside.

STEP 5 To assemble the tostada, begin with a layer of mashed sweet potatoes. Next, add a layer of black beans, Drizzle the tostada with chile-lime sauce and garnish with radish and zucchini matchsticks. Serve the tostadas with a side of spiced rice.

Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Sweet Potatoes - Store in a cool, dry place in the kitchen. Use within 5 days.

Black Beans- Store in the refrigerator. Use within 5 days. (Ingredients: Gundermann Acres black beans, Fruitful Hill jalapeno, smoked paprika, New Mexican chili powder, garlic powder, onion powder, salt, pepper)

Chili-Lime Sauce- Store in the refrigerator. Use within 5 days. (Ingredients: sambal sauce, G&S Orchards lime juice, sour cream, salt and pepper)

Rice Spice- Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: onion powder, garlic powder, mexican oregano, smoked paprika)

Zucchini - Store in a plastic bag in the crisper drawer of the refrigerator. Use within 5 days.

Radishes - Remove/use any tops and store in the crisper drawer of the refrigerator. Use within 5 days.

Tostada - Store in a cool dry place in the kitchen. Use within 5 days.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

***Contains dairy, egg, nuts, fish or shellfish containing ingredients.**

****Not made with gluten, dairy, egg, nuts, fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**