



<http://TheFrugalChef.com>

- Get 2 tostadas for every person. If you don't have store bought deep fry 2 corn tortillas per person. They will fry very quickly so be careful not to burn them. Drain them well on paper towels.
- Season 1 pound of ground beef with salt & pepper. Brown and drain.
- Wipe the skillet and add some olive oil. Heat. Add a small chopped yellow onion. Cook for 8 minutes until lightly browned. Add 2 minced garlic cloves and mix well. Add 1 small chopped tomato. Return the beef. Mix well. Add 1 TBS ground cumin, 1 TBS oregano and 1 TBS chopped cilantro. Season with salt & pepper. Add ¼ cup water. Mix well. Simmer for 15 to 20 minutes.
- Heat a 30 Oz. can of refried beans.
- Smear the tostadas with some beans. Top with the beef. Top with salsa.
- Top with finely chopped iceberg lettuce and chopped tomatoes.
- Top with shredded Mexican cheese blend.
- Top with some diced avocado. You will need 1 avocado per every four people.
- Spoon a dollop of sour cream and garnish with chopped cilantro if desired.
- Enjoy!