

Black Bean Breakfast Tostadas

In an effort to switch up our breakfast routine, I decided to blend two cultures into one. These tostadas are filling, packed with both protein and fiber. For a slight flavor change, swap out mozzarella cheese for queso fresco (the crumbly cheese).

Ingredients

Main

- 8 tostada shells, 6" & crispy
- ½ **tbsp** olive oil
- ½ **large** yellow onion, diced
- 1 jalapeño, small diced
- 4 **large** garlic cloves, minced
- 1 **cup** chicken broth, or vegetable
- 1 **can** black beans, 16 oz., drained & rinsed
- ½ **tsp** savory
- ½ **tsp** thyme
- ½ **tsp** tarragon
- juice from 1/2 lime, can add more
- salt and pepper, to taste

Toppings

- 8 **tsp** chipotle mayonnaise
- 8 **large** eggs
- 1 **dash** smoked paprika
- 2 **cups** cabbage, thinly sliced
- 2 **cups** mozzarella cheese, shredded
- 2 Roma tomatoes, diced
- 1 **bunch** parsley



Method

1. Dice the onion, jalapeño, and mince the garlic. Over medium heat, sauté the onion and jalapeño in olive oil. Add the garlic after a few minutes to prevent it from burning.



2. Add the chicken broth, black beans and let cook until beans are heated and soft (about 10 minutes). While beans are cooking, slice the cabbage and dice the tomatoes. Heat a separate pan for frying eggs.



3. Flavor the eggs by sprinkling with salt, pepper, and smoked paprika.

While eggs are frying, add the savory, thyme, tarragon, and lime juice to bean mixture. Use a large spoon, potato masher, or immersion blender to mash the beans together and form a chunky paste. Salt and pepper if needed. Divide beans into 8 equal portions.



4. Complete the tostada by spreading 1 tsp chipotle mayo of crunchy tostada shell, followed by the black beans, cheese, and then the egg. On top of the egg, add the cabbage, tomatoes and some parsley leaves. Serve warm and enjoy!



Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: [Chris Mower \(TheCookingDish.com\)](https://www.thecookingdish.com) (Servings: 4 | Yield: 8 tostadas)