

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein, 19g Fat, 53g Carbs, and 10 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

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1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Turn off the heat but leave the skillet on the stove.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois