

Mexican

Easy Barbecue Tostadas

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Servings: 10

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

10 tostada shells

1 can (16 oz) refried beans

2 pounds shredded barbecue pork or chicken without sauce

Mole Barbecue Sauce (see recipe)

Chipotle Sour Cream (see recipe)

Jicama Slaw (see recipe)

Spread the tostada shells with the refried beans.

Top with the barbecued meat, Mole Barbecue Sauce, Chipotle Sour Cream and Jicama Slaw.

Serve immediately.

Per Serving (excluding unknown items): 158 Calories; 7g Fat (36.6% calories from fat); 4g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 210mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Fat.