

# Vegan Tostada

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/soy-curls-thanksgiving-recipe>

## Ingredients:

- 6 corn tortillas
- oil for brushing
- salt
- 4 ounces soy curls Butler, <sup>TM</sup>., about half a package
- 1 teaspoon liquid aminos Bragg's
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon nutritional yeast flakes
- 1/4 teaspoon chili powder or cayenne pepper
- salt to taste
- 1 refried beans recipe for, 1 can store bought
- 1 cup lettuce sliced
- 1 avocado chopped
- 1 medium tomato chopped
- 1/3 cup red onion chopped
- 1/4 cup jalapeno slices
- 6 tablespoons vegan sour cream or store bought
- cilantro for garnish, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 18 grams
3. Fat: 12 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 350 milligrams

8. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Vegan Tostada above. You can see more 19+ soy curls thanksgiving recipe Elevate your taste buds! to get more great cooking ideas.