

# Hibiscus Flower and White Bean Vegan Tostadas

## Ingredients

- 1 heaping cup dried hibiscus flowers
- 7 oz. firm tofu, drained and pressed
- 1 tsp. white miso paste
- ½ tbsp. apple cider vinegar
- 1 ½ tsp. soy sauce, divided
- 1 tsp. nutritional yeast
- 1 small onion, divided
- 5 cloves of garlic, divided
- 1 15 oz. can white beans, drained and rinsed
- ½ tsp. smoked paprika
- ½ tsp. epazote
- ½ tsp. ground cumin
- ½ tsp. Mexican oregano
- 8 small corn tortillas
- 1 cup arugula
- 1 ripe avocado, thinly sliced
- Vegetable oil, for frying
- Olive oil, as needed
- Salt, to taste

## Steps

1. Rinse the hibiscus flowers, and place in a medium pot of water. Bring the water to a boil, and allow to boil for 5 minutes. Turn off the heat and let sit for 30 minutes or more. Strain the liquid from the solids (save the liquid to drink!), and rinse the solids under cool water until the water draining off is no longer red, but clear or almost clear. Cut into bite-sized pieces and set aside.

2. In the meantime, start with the tofu. Bring two cups of water to a boil, and add 1 tbsp. salt, 1 tsp. soy sauce, along with the miso paste and apple cider vinegar. Whisk well. Crumble the tofu into the brine, in pieces about the size of a penny. Let boil for 5 minutes, then drain. Toss the tofu in the nutritional yeast, and set in the fridge to cool.



3. Start on your beans- add a small amount of oil to a pot, and sauté 2 cloves of minced garlic and ½ an onion, diced. Once slightly softened, add the drained beans and ½ cup of water. Simmer for a few minutes, then puree with an immersion blender until smooth. Season with salt, to taste, and set aside.

4. Head back to the hibiscus flowers- add a little olive oil to a pan, and add the remaining garlic, minced, and the other onion half, cut into thin slices. Once the onions have softened, add the epazote, smoked paprika, cumin and Mexican oregano, and stir. Next add the drained hibiscus and soy sauce, and sauté for around 10 minutes, until the hibiscus is nice and soft.

5. Next it's time to make the tostada shells- heat about 1 inch of vegetable oil in a skillet or pot a little larger than your tortillas. Once its hot, place a tortilla in the hot oil, flipping it after a minute or so. Once the tortillas have become golden, remove the tortilla from the oil, set on a draining rack and sprinkle with salt. Repeat with the remaining tortillas.

6. It's finally time to assemble the tostadas! Place a large spoonful of white bean puree on the tostada shell and spread to the edges. Add a small pile of arugula. Next add a couple tablespoons of the hibiscus meat. On top of that add a few slices of avocado. Finally sprinkle some of the tofu crumble on top and serve with your favorite hot sauce.