

Cooking with Bryan IT Style (outlines, technical specifications, and process) Air Fried Vegetarian Tostada – Makes 4 tostadas

Can use refried bean featured in [my previous video](#).
<https://www.youtube.com/watch?v=maVB-7jHIos&feature=youtu.be>

Prepare Potato beyond meat burger mix - done in about 15 to 20 mins!

- 1 packet [taco seasoning](#)
- 2 large potatoes diced
- 6 cloves of garlic minced
- 2 beyond burger patties at room temp - readily available at [Costco in 8 patty pack](#)
- 1/2 ground pepper
- 1/2 tsp seasoned salt



Process

1. Oil large frying pan on medium heat
2. add garlic and stir until lightly browned.
3. add minced potato stir to combine with garlic. Drizzle with cooking oil if not coated evenly. Cover to steam stirring every few minutes
4. After about 5 minutes mix in 1/2 tsp seasoned salt and 1/2 tsp ground pepper. Cover and stir occasionally for an additional 10 minutes until diced potatoes are browned.
5. Remove cooked potatoes from pan and set aside, return pan to medium heat
6. Add 2 beyond burger patties to pan. Use a spatula to break patties down into smaller pieces. Continue to break apart chunks until they are evenly sized.
7. Add in taco mix packet and stir well to combine as "meat" continues to cook.
8. When the meat begins to fry from the taco seasoning, about 3 to 5 minutes add in potato mixture and continue to stir and combine. Once evenly coated remove from heat.

Air Fry Corn Tortilla - no mess, super easy!

- 4 unfried [white corn tortilla](#). - can get these in bulk from Costco in the open refrigerated section.

Process

1. Set air fryer to 400 degrees
2. add tortillas in oven, fry for about 4 to 5 minutes
3. open oven to carefully flip and fry for an additional 3 mins.
4. remove when tortillas are lightly browned. Pay attention once flipped as they cook very quickly and can be easily burned.

Making tostada - easiest part!

- Air Fry Corn Tortillas
- Potato beyond meat burger mix
- 1 cup Refried Beans (can use beans featured in [previous video](#))
- 1/2 shredded cheese
- 1/2 cup shredded cabbage
- salsa

Process

1. in a fried tortilla, put a thin layer of refried beans, a few tablespoons coating tortilla evenly.
2. at couple of tablespoons potato / "meat" mixture
3. top with thin layer of finely chopped cabbage, shredded cheese, sour cream (or plain Greek yogurt), and salsa. Add any other topping you may fancy!
4. enjoy!

Thank you,

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