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“Easy Chile Tostada,” *Philadelphia Eagles Winning Recipes*. [UPA/Ph TX 714 .P55 1980]

6 corn tortillas
1 lb. ground chuck
1/2 cup chopped onion
1 4 oz. can green chopped chilies
dash salt
1 can chili with beans
1 cup shredded Monterey Jack cheese
1/2 head iceberg lettuce, shredded
1 large ripe avocado, diced
3 tomatoes, peeled and cut in small wedges
sour cream
(optional) taco sauce

Fry the tortillas whole until slightly crisp. Set aside. Brown beef in fry pan; add onion and cook till onion is limp. Discard any excess fat. Stir in chilies, salt and chili with beans. Cook and stir till hot. To arrange: Put tortillas on baking sheet, spoon equal amounts of meat mixture on them. Put cheese over meat. Broil about 2 minutes, until cheese is melted. Serve immediately. Pass the bowls of lettuce, avocado, tomatoes and top with sour cream. Sprinkle taco sauce over if you like it hotter.

To save a few calories, the tortillas may be heated by wrapping in foil and put in the oven for about 15 minutes at 350°.