



Our Family Recipes

Lou's Chalupa

(Louise Cheran Yerkes Thompson)

Main Dishes

1 package corn tortillas
1 can (1 lb 14 oz) refried beans
1 medium onion, chopped
1 medium tomato, chopped
Shredded lettuce
Grated cheddar cheese

Cook tortillas in hot oil until softened and place three on each individual oven-proof dish
Spoon on heated refried beans
Sprinkle with onion, tomato, lettuce cheese in layers

Place dish in a pre-heated 350° oven for 15 minutes or until cheese melts

Variations:

Avocado, chopped may be added before layer of lettuce. Or spoonfuls of sour cream dotted on top of beans before sprinkling with onions.