



## Recipes

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# Enfrijoladas (Black Bean & Tortilla Snack)

Serves 12

### Ingredients:

- 3 cups Cooked Black Beans
- 2 Avocado Leaves (or Bay Leaves)\*
- 1 1/3 cups Minced Onions
- 1 1/2 tsp. Minced Garlic
- 2 Tbsp. Pureed Chipotle Chile in Adobo
- 2 tsp. Salt
- 3 Tbsp. Vegetable Oil
- Chicken Broth (if necessary for thinning out the beans)
- 12 Mission® 6" Yellow Corn Tortillas (06942)
- 1 batch Lime Sour Cream (see Related Recipe)
- 2 cups Crumbled Queso Fresco
- Cilantro Leaves for garnish

### Directions:

1. Place the first four ingredients in a blender or food processor. Add more bean liquid if necessary to blend. Season with salt.
2. In a large skillet or pot, heat 1½ tablespoons lard over medium high heat. Add the pureed bean mixture and cook stirring constantly for 2-3 minutes. If beans are too thick and pasty, add bean liquid or chicken broth to thin out. Beans should be the consistency of a thick sauce and coat the back of a spoon.
3. Heat the remaining lard in a large skillet (a deep fat fryer may be used) and fry the tortillas, one at a time, about 20 seconds. Do not allow the tortillas to crisp up, transfer to a paper towel lined surface to drain. Dip into the bean mixture and fold into quarters. Top with Lime Sour Cream, queso fresco and garnish with cilantro.
4. \*Important Note: Only use imported avocado leaves from a spice supplier or Mexican market. Do not use leaves from a local avocado tree as some varieties are poisonous.



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## Lime Sour Cream

Serves 1

### Ingredients:

- 1/8 cup Sour Cream
- 1/2 tsp. Minced Green Onion
- 1/8 tsp. Salt
- 1/4 tsp. Lime Juice

### Directions:

1. Combine all ingredients. Keep refrigerated.

