



Recipes

MISSIONFOODSERVICE.COM

Related Recipe(s) on the Following Page(s)

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.



Recipes

MISSIONFOODSERVICE.COM

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.