

Tortillas in Bean Sauce – *Enfrijoladas*

Ingredients (for four portions)

- ½ onion; peeled, with half of it coarsely sliced, the other half, thinly sliced
- 1 cup cooked beans (homemade *de la olla*, or canned)
- 1 cup broth from the beans (if using liquid from the can, add water as needed)
- 12 corn tortillas
- 2 tbsp vegetable oil, plus more for frying the tortillas
- 1 cup unripen cheese, such as *panela*, *añejo*, or light Feta; crumbled
- Pickled jalapeño peppers (*en escabeche*); sliced (homemade, or canned)
- Mexican cream (or sour cream diluted with a little milk), optional

Warm up two tablespoons of oil in a pan over medium heat; add coarsely sliced onions and sauté until translucent. Continue cooking until lightly caramelized; remove from the pan and reserve, and remove pan with the oil from the heat, and reserve. Process beans and broth in the blender until very smooth, then add the caramelized onions. Process for another ten to twenty seconds, to blend the onions into the sauce. Return the reserved pan with oil to the stove, and warm it up again over medium heat. Pour bean sauce in the pan; stir and bring to a boil, then reduce heat and simmer for a couple of minutes, stirring constantly to avoid sauce sticking to the bottom of the pan. The sauce should have the consistency of pasta or enchilada sauce. Turn off the heat, but keep pan on the hot burner, covered. In a frying pan, pour just enough oil to cover the bottom; warm up over medium heat. One at a time, warm up the tortillas by placing them in the oil for about ten seconds, then flipping to warm up the other side for another ten seconds; transfer to a plate and tent with foil. This step will ensure the tortillas do not break and get too soggy in the thick bean sauce. Again, one at a time, dip tortillas in the bean sauce by placing them flat over the sauce. Flip the tortilla, placing it again flat over the sauce, to coat the other side, then fold in half; fold it in half again, into a quarter of a circle. Remove from the sauce, repeat with more tortillas, arranging three per serving plate. Pour more bean sauce to cover, and top with cheese, cream (if using), and thinly sliced onions. Finish with a few slices of pickled jalapeño peppers:

This is a great vegetarian dish; by omitting cream and cheese, it becomes vegan and remains nutritious, providing a full protein from the corn and bean combo.

