

Tlacooyo de Frijol o Habas



Ingredients

Masa Dough

- 1 ½ cup masa harina
- 1 ½ cup hot water
- ½ teaspoon table salt

Nopalitos Salsa

- 15 ounces cooked Nopalitos or 15 oz store bought jar diced into small cubes
- ¼ cup diced white or yellow onion.
- 1 large roma tomato diced into small cubes
- ¼ cup chopped fresh cilantro
- Salt and pepper to taste

Optional Fillings

- ½ cup refried beans or ½ cup of pureed lima beans

Optional Toppings

- Cactus Salsa
- Avocado, lettuce, radishes
- Crumbled queso fresco and Mexican crema

Instructions

Make the Masa Dough

1. **In a large bowl, whisk** together the masa harina and salt. Stir in water a little bit at the time to thoroughly combine. Knead dough just until it comes together into a smooth ball, about 2 minutes.

2. Keep the dough in the bowl and cover with a towel. Let rest for 15 minutes.

Form The Tlacoyo

1. Fill a shallow dish with water to keep handy when working with the masa.
2. Make a masa ball, the size of a very large golf ball and with your wet fingertips, press a deep indent into the ball, then work it into a thick tortilla (about $\frac{1}{4}$ inch-thick).
3. Place about 1 to 2 tablespoons of beans into the middle area. Using moist fingers, carefully bring edges of dough together, enclose filling, and press to seal. Roll the ball in your hands until smooth.
4. Carefully and very lightly press the Tlacoyo with your hands flipping it side to side, until they form into a football shape. About $\frac{1}{4}$ inch-thick. If edges crack, smooth them with a wet finger tip. Place Tlacoyo on a plate and set aside.
5. Repeat procedure with remaining dough and filling.

Cook The Tlacoyo

1. Heat a comal, large cast-iron skillet or griddle over medium-high heat. Once it becomes very hot, lower the heat to medium.
2. Cook the Tlacoyos in batches: Cook for one minute then flip them. Cook for 2.5 minutes. Then flip them again and cook for another 1-2 minutes.
3. Place them on a plate lined with a kitchen towel and cover with the same towel to keep them warm and not dry out.

Make the Nopalitos Salsa

1. Mix the nopalitos, onions, tomato, cilantro and season with salt & pepper to taste.

Serve

1. Serve the Tlacoyos warm by layering with the nopalitos salsa and the toppings of your choice.

Enfrijoladas de queso y espinaca



Ingredients

- 2 cups cooked black or pinto beans with cooking liquid or 2 cans black or pinto beans (undrained)
- 1-2 cups of leftovers bean broth from cooking, water or chicken stock
- 12-16 corn tortillas
- 1 cup Mexican cream or heavy cream
- 1 garlic clove (peeled)
- 1 small white onion, chopped
- 1 tbs of mexican oregano or mexican epazote leaf
- Salt to taste
- 2-4 Tbsp olive, canola or grapeseed oil
- 3-4 cups of spinach
- 1 cup queso fresco, or fresh cheese, or farmers cheese, or a mild feta
- 1-3 Chipotles in adobo sauce or dried chile de arbol
- Optional toppings: avocado slices, raw white or red onion, queso fresco

Instructions

1. Add the black beans, chipotle peppers, $\frac{1}{2}$ onion, garlic, broth, epazote or oregano, salt to a blender. Blend until completely smooth.
2. Pour the pureed bean sauce in a medium cooking pot to a gentle simmer.
3. For spinach filling: Cook spinach, chopped onion in a small skillet until onion is translucent and spinach is wilted.
4. Heat a comal or dry skillet over medium heat with 1-2 tbs of oil.
5. Taking one tortilla at a time, heat on the comal or skillet for about 30 seconds per side. Take the tortilla with a pair of tongs and immerse it in the bean puree. Place it on a plate, fill with spinach filling and 1 tbs of cheese then fold it as if it were a quesadilla or a turnover.
6. Top with 1-2 tbs of cream, sprinkle of cheese and other optional toppings