



Sopes with Chorizo Refried Beans and a Tangy Slaw

READY IN



110 min.

SERVINGS



6

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chiles de árbol
- ☐ 0.5 head cabbage shredded
- ☐ 2.5 cups chicken stock see
- ☐ 2 links mexican chorizo
- ☐ 1 bunch cilantro leaves chopped
- ☐ 2 cups corn oil
- ☐ 1 cucumber julienned
- ☐ 1 tablespoon fennel seeds

- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons ground cumin
- ☐ 2 jalapeños with the seeds minced
- ☐ 6 juice of lime juiced
- ☐ 6 servings lime wedges for garnish
- ☐ 4 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 2 tablespoons olive oil
- ☐ 3 cups pinto beans cooked
- ☐ 1 onion red thinly sliced
- ☐ 3 roma tomatoes diced
- ☐ 2 tablespoons salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup onion yellow chopped
- ☐ 0.3 cup onions yellow minced

Equipment

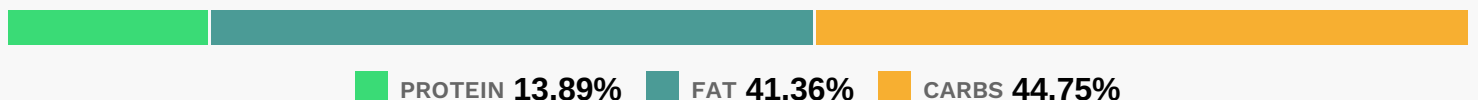
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ potato masher

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the oil in a large pot and heat to 350 degrees F.

- ☐ Mix the masa harina, chicken stock, cumin and salt and form a soft dough. To form the sopas, grab a small ball of dough and form mini "soup bowls" about 4 inches in diameter. Repeat until all the dough has been used.
- ☐ Place on a sheet tray and bake in the oven for 5 minutes, just to set the dough. Set aside until ready to fry.
- ☐ For the beans: In the meantime, pull the sausage from the casings and break apart.
- ☐ Heat a skillet over medium-high heat and add the sausage, breaking it up in the pan, and cook until the fat starts rendering, about 5 minutes.
- ☐ Add the onions and garlic to the pan and sweat for 3 to 5 minutes.
- ☐ Add the pinto beans and cook for another 5 minutes. Using a potato masher, mash the beans into the chorizo mixture, making sure to scrape the bottom of the pan.
- ☐ Mix well and cook for another 5 minutes until everything is incorporated. Season with salt and pepper. Hold warm over low heat, making sure the bottom doesn't burn.
- ☐ For the slaw: In a dry skillet, toast the fennel until fragrant and set aside. In a bowl, mix lime juice, jalapenos, cucumber, cabbage, cilantro and onions. Season with salt and pepper and add the toasted fennel.
- ☐ Let stand to bring the flavors together.
- ☐ For the chile sauce: In a dry pan, toast the chiles until fragrant, remove and set aside. Return the pan to medium heat, add the olive oil, onions and garlic. Sweat until translucent, about 5 minutes. Mince the chiles and add them with the tomatoes. Season with salt and pepper and simmer, about 10 minutes.
- ☐ Let the mixture cool a bit, then add to a blender and puree until smooth.
- ☐ To assemble: Carefully drop the sopas into the hot oil, 2 at a time, and fry until golden brown, about 3 minutes.
- ☐ Remove and hold on a paper towel-lined sheet tray. Repeat with the remaining sopas.
- ☐ Take a sope and layer with the chorizo and bean mixture, then the slaw and drizzle the tomato chile sauce over the top.
- ☐ Serve with lime wedges as garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:70.42, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:40.000435082809%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 864.1kcal (43.2%), Fat: 40.52g (62.34%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 98.63g (32.88%), Net Carbohydrates: 81.89g (29.78%), Sugar: 8g (8.89%), Cholesterol: 44.25mg (14.75%), Sodium: 2497.36mg (108.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Vitamin B1: 1.44mg (95.94%), Folate: 366.62µg (91.65%), Vitamin K: 81.65µg (77.76%), Fiber: 16.74g (66.96%), Vitamin C: 52.84mg (64.05%), Iron: 11.25mg (62.51%), Manganese: 1.15mg (57.68%), Vitamin B3: 10.11mg (50.57%), Vitamin B2: 0.83mg (48.89%), Vitamin B6: 0.87mg (43.35%), Magnesium: 154.52mg (38.63%), Phosphorus: 385.92mg (38.59%), Potassium: 1112.32mg (31.78%), Vitamin E: 4.37mg (29.11%), Selenium: 18.97µg (27.11%), Copper: 0.51mg (25.42%), Calcium: 234.62mg (23.46%), Vitamin A: 997.73IU (19.95%), Zinc: 2.87mg (19.14%), Vitamin B5: 0.75mg (7.46%)