



Tortillas in Black Bean Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



587 kcal

SAUCE

Ingredients

- 0.5 cup corn oil for frying ()
- 18 6-inch corn tortillas white
- 6 tablespoons crema mexicana sour
- 1 pound black beans dried rinsed
- 6 ounces queso fresco crumbled
- 0.5 cup cilantro leaves fresh chopped
- 2 large garlic clove halved
- 3 jalapeno halved lengthwise

- 4 large marjoram fresh
- 1 cup onion white chopped

Equipment

- frying pan
- sauce pan
- pot
- blender
- tongs

Directions

- Place beans in heavy large pot.
- Add enough cold water to cover by 2 inches.
- Add 1/2 cup onion, epazote, lard, garlic, and aniseed; bring to boil over high heat. Reduce heat to low, cover, and simmer until beans are just tender, adding more boiling water by cupfuls if less than 1 inch of water covers beans, and stirring occasionally, about 1 hour (beans should have soupy consistency). Season beans generously with salt; continue to simmer until very tender, about 15 minutes longer. (Can be made 2 days ahead. Cool slightly, cover, and chill. Rewarm beans before continuing.)
- Drain beans, reserving bean cooking liquid.
- Place 3 cups beans (about half) and 1 1/2 cups bean cooking liquid in blender. Puree until smooth.
- Transfer sauce to large saucepan. Repeat with remaining beans and bean cooking liquid (supplementing with water if necessary). Season sauce with salt and pepper. Bring sauce to simmer; reduce heat and keep warm over low heat.
- Heat oil in heavy medium skillet over medium heat.
- Add 1 tortilla and heat 20 seconds. Using tongs, turn tortilla over and cook until beginning to bubble and soften, about 20 seconds longer. Dip tortilla into warm bean sauce to coat.
- Place tortilla on plate; fold into quarters. Repeat with remaining tortillas and sauce, arranging 3 folded tortillas in center of each of 6 plates. Spoon additional bean sauce over. Top with cheese, remaining 1/2 cup onion, cilantro, and crema, then pickled jalapeño chile half.
- *Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts

PROTEIN 17.85% FAT 24.23% CARBS 57.92%

Properties

Glycemic Index:33.92, Glycemic Load:15.82, Inflammation Score:-9, Nutrition Score:30.426086633102%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 587.03kcal (29.35%), Fat: 16.19g (24.91%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 87.08g (29.03%), Net Carbohydrates: 69.72g (25.35%), Sugar: 4.86g (5.4%), Cholesterol: 27.51mg (9.17%), Sodium: 316.17mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.69%), Folate: 350.37µg (87.59%), Fiber: 17.36g (69.45%), Phosphorus: 632.28mg (63.23%), Manganese: 1.12mg (56.21%), Vitamin B1: 0.78mg (52.28%), Magnesium: 196.88mg (49.22%), Copper: 0.79mg (39.29%), Potassium: 1373.72mg (39.25%), Calcium: 351.22mg (35.12%), Zinc: 4.59mg (30.62%), Iron: 4.97mg (27.59%), Vitamin B6: 0.48mg (24.24%), Vitamin K: 22.58µg (21.5%), Selenium: 12.96µg (18.52%), Vitamin B2: 0.26mg (15.39%), Vitamin C: 11.83mg (14.34%), Vitamin B3: 2.81mg (14.03%), Vitamin A: 532.63IU (10.65%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 1.33mg (8.87%), Vitamin B12: 0.48µg (7.94%), Vitamin D: 0.77µg (5.1%)