



Tortillas in Black Bean Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



588 kcal

SAUCE

Ingredients

- ☐ 0.5 cup corn oil for frying ()
- ☐ 18 6-inch diameter corn tortillas white
- ☐ 6 tablespoons crema mexicana sour
- ☐ 1 pound black beans dried rinsed
- ☐ 6 ounces feta cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 large garlic cloves halved
- ☐ 3 pickled jalapeño chiles halved lengthwise

- ☐ 4 large marjoram sprigs fresh
- ☐ 1 cup onion white chopped
- ☐ 1.3 teaspoons in mortar with pestle crushed finely

Equipment

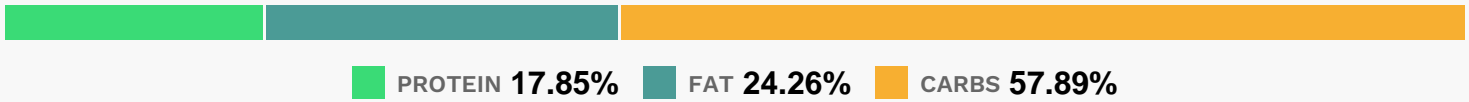
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ tongs

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



Properties

Glycemic Index:34.75, Glycemic Load:15.83, Inflammation Score:-9, Nutrition Score:30.569999860681%

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 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: 588.44kcal (29.42%), Fat: 16.26g (25.01%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 87.29g (29.1%), Net Carbohydrates: 69.87g (25.41%), Sugar: 4.86g (5.4%), Cholesterol: 27.51mg (9.17%), Sodium: 316.23mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Folate: 350.41µg (87.6%), Fiber: 17.42g (69.69%), Phosphorus: 634.12mg (63.41%), Manganese: 1.13mg (56.69%), Vitamin B1: 0.79mg (52.37%), Magnesium: 197.59mg (49.4%), Copper: 0.79mg (39.48%), Potassium: 1379.73mg (39.42%), Calcium: 353.91mg (35.39%), Zinc: 4.62mg (30.77%), Iron: 5.12mg (28.45%), Vitamin B6: 0.49mg (24.38%), Vitamin K: 22.58µg (21.5%), Selenium: 12.99µg (18.55%), Vitamin B2: 0.26mg (15.46%), Vitamin C: 11.92mg (14.45%), Vitamin B3: 2.82mg (14.1%), Vitamin A: 533.92IU (10.68%), Vitamin B5: 0.94mg (9.41%), Vitamin E: 1.33mg (8.87%), Vitamin B12: 0.48µg (7.94%), Vitamin D: 0.77µg (5.1%)