



HOMESTEAD MEXICAN FOOD



A Recipe For Enfrijoladas Made With Black Beans, Avocado, and Cotija Cheese

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A simple, tasty, vegetarian, and gluten-free lunch is a corn tortilla coated in black bean sauce, folded in half, and filled or topped with whatever you like, including cheese and avocado.

One of Mexico's greatest solutions to the "what should I make for dinner that's fast and healthy?" issue is enfrijoladas, which are cooked with corn tortillas and bean sauce. It is a cheap and simple to prepare dinner that is both filling and healthy.

If you're a vegetarian, gluten-free, bean-lover, or anyone else who could be tempted by a platter of enfrijoladas, you're in luck. You'll want to prepare it again and again because of the simple comfort it provides.

To begin, what exactly are Enfrijoladas?

Enfrijoladas are related to enchiladas, although they are more like an aunt or uncle. What is the distinction? Instead of using tomatoes or tomatillos, the sauce is created with beans. In contrast to traditional enchiladas, which are always rolled up tightly with the fillings inside, enfrijoladas are typically folded in half, with the fillings either inside or on top.

Though it originated in Oaxaca, this breakfast meal is now widely consumed all over Mexico. Although beans are always included, enfrijoladas can have a wide variety of other ingredients, depending on the chef. In addition to chicken, typical toppings include cheese, onion, cilantro, and, of course, cilantro. Occasionally, cooked eggs or crumbled chorizo will be included.

With its foundation of black beans and corn tortillas, this recipe is a very classic take on enfrijoladas. Corn tortillas are preferable to flour ones since they are more resistant to breaking down in the sauce. The chipotle peppers in adobo sauce called for in the recipe give a subtle smokiness and a quick burst of flavour without overwhelming the meal with heat.

Instructions for Preparing Enfrijolada Sauce

The first step in making the sauce is to saute onions and garlic in oil. Black beans, lime juice, chipotle chili in adobo sauce, cumin, and salt are then blended together. Canned beans are an excellent time saver and work wonderfully in this dish.

Beans can be cooked from dried beans if you have the time and the ingredients. One cup of the bean cooking liquid should be reserved. The recipe calls for water to be added along with the bean cooking liquid. The quantity is flexible; you want the sauce to have the consistency of thick soup, which will vary based on the beans you choose.

Substitutes & Swaps for Recipes

The ingredients and seasonings for enfrijoladas can be changed up to suit your tastes and the contents of your kitchen cupboards. Here are some suggestions:

- Black beans can replace pinto beans in this recipe. Since certain bean varieties are more starchy than others, you might need to play about with the water content.
- In order to make this dish vegan, you'll need to exclude the cheese and sour cream or replace them with non-dairy options.
- Depending on how spicy you like it, add more (or less) chipotle.
- Cheese shreds can be used in place of cotija in the filling. Before rolling up each enfrijolada, sprinkle a couple of tablespoons of shredded Monterey Jack cheese inside.
- Sauté some fresh spinach and fold it and the Jack cheese into the enfrijoladas.

Delicious and Healthy Vegetarian Meal

Enfrijoladas are not only delicious and simple to prepare, but they are also highly nutritious. The nutritional profile of black beans includes high amounts of fibre and folate. Black beans are a great option for vegetarians and vegans since they include protein in addition to iron and zinc, which are typically found in meat and other animal products. Corn tortillas provide entire grains, while avocado provides healthy fats, making for a well-rounded meal.

Suggestions for Plating

Enfrijoladas are so versatile, you can eat them at breakfast, lunch, or dinner. The dish can be eaten as is or topped with a poached or fried egg for a hearty breakfast. Serve them with a light and refreshing salad for dinner, like this Jicama Salad or this Nopalitos Salad. If you're not on a vegetarian diet, you can put some shredded chicken on top of the avocado and onion in each enfrijolada. If you have any fresh cilantro in the fridge, use that instead.

Ingredients

- Extra-virgin olive oil, 1 tbsp.
- Divide 1 large red onion into thin slices.
- two huge garlic cloves, peeled and sliced thinly
- a single chipotle pepper marinated in adobo

- Black beans, 2 (15-ounce) cans (not drained) or 3 Add 1 cup of bean cooking liquid to 1/2 cup of cooked beans to get the appropriate amount for this recipe.
- 1 ounce of fresh lime juice
- Just about half a teaspoon of ground cumin
- 1.5 grams of table salt
- A handful of maize tortillas, 8.
- 2 medium-sized avocados, sliced
- The equivalent of half a cup of crumbled cotija cheese
- 1/4 of a cup of Mexican salsa
- Sour cream, about a third of a cup
- Approximately a third of a cup of chopped cilantro

Instructions on how to make Enfrijoladas:

1. Brown the onion and garlic:

Olive oil should be heated over medium heat in a big skillet. After about 5 minutes of cooking time, add three-quarters of the sliced onion and stir. To soften the garlic, add it to the pan and cook for 2 minutes.

2. Combine the ingredients for the sauce:

Once the onion and garlic have finished cooking, add them to a blender along with the beans (and any liquid from the can), chipotle, lime juice, cumin, salt, and 1/2 cup water. Incorporate all ingredients and mix until a creamy consistency is reached. Add extra salt if desired, taste, and blend again.

3. To prepare the sauce, heat it:

Reheat the beans in the big pan they were cooked in over low heat. Maintain a low simmer for 4–6 minutes. The sauce ought to have the consistency of a hearty soup. If the mixture is too thick, you can dilute it by adding more water.

4. Put together the meal:

To blister a tortilla, heat it with a pair of tongs over a gas flame or in a dry skillet over high heat. Fill the tortilla up to the brim with bean sauce and smother it. Fold it in half with a spatula and place it on a platter for dinner. Sprinkle a heaping spoonful of cotija on top, then add an avocado slice or two and a jumble of raw sliced onions. Carry on with the remaining tortillas and bean sauce, serving 2 enfrijoladas for each person.

5. Serve:

Guests can customize their dish with the addition of salsa, cilantro, sour cream, and any residual bean sauce.

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