

RECETAS FACIL, RAPIDAS y ECONOMICAS

ENTOMATADAS

Entomatadas are a typical Mexican dish made of a folded corn tortilla which has first been fried in oil and then bathed in a tomato sauce made from tomatoes, garlic, onion, oregano, chile serrano and salt.



INGREDIENTS

- 1 - 28 oz. can, whole peeled (stewed or diced) tomatoes
- 2 cups white onion, finely diced (1/2 c for sauce, 1.5 c for cheese mixture)
- 1 serrano pepper, charred on comal
- 1 to 2 teaspoons garlic powder, to taste
- 1 to 2 teaspoons ground cumin, to taste
- 1 teaspoon oregano
- Salt to taste
- 12 corn tortillas
- 3 tablespoons oil (vegetable, corn or canola)
- 2 cups, queso fresco

PREPARATION

1. Empty can of stewed tomatoes, add ½ cup onion, charred serrano pepper, garlic powder, cumin powder and oregano into blender. Blend until very smooth. Pour mixture into saucepan. Cook over medium heat and simmer for about 6-8 minutes. Season with salt to taste.
2. Mix the 1.5 cup of the onion with the crumbled cheese and set aside.
3. In a separate skillet, heat the rest of the oil over medium heat and briefly fry the tortillas one by one and dip them one by one into the warm tomato sauce. Make sure to flip the tortilla to cover both sides with the tomato sauce.
4. Place tortilla onto plate and spoon some cheese and onion mix. Fold the tortilla and proceed with the rest of the tortillas. Repeat 2-3 times. Once you have all your entomatadas ready, spoon some of the leftover sauce over them and top with more cheese and onion mix. Serve at once. Makes 3-4 servings.

ENFRIJOLADAS

Enfrijoladas are one of Mexico's most common 'dinner in a hurry' meals of warm corn tortillas drenched in a chili-infused bean puree



INGREDIENTS

- 2 -15 oz cans, black beans
- ½ to 1 teaspoon garlic powder, to taste
- 1 to 2 teaspoons ground cumin, to taste
- ½ to 1 teaspoon ground mild chili powder (more to taste)
- Salt to taste
- 12 corn tortillas
- 3 tablespoons oil (vegetable, corn or canola)
- 1/2 white onion, sliced in half moon slivers
- 1/2 cup, queso fresco, sour cream or crema fresca
- Small bunch of cilantro for garnish (optional)

PREPARATION

1. Empty black beans into sauce pan. Add garlic powder, cumin, chili powder and salt. Cook over medium for 5 minutes. Using an immersion blender or a potato masher coarsely puree the beans. The mixture should retain some texture and the consistency should be thick and creamy. Heat through, stirring the bottom of the sauce pan so the beans don't stick. Taste and adjust salt. Keep warm.
2. Slice onion half crosswise into thin half-moons and cover with cold water while you assemble the enfrijoladas.
3. In a separate skillet, heat the rest of the oil over medium heat and briefly fry the tortillas one by one and place on a plate with paper towels to absorb any excess oil.
4. To assemble the enfrijoladas– place 3 fried tortillas (folded in half) or 4 fried tortillas folded in quarters in overlapping rows onto plate. Spoon black bean puree over the top of the tortillas. arranging the quartered bean-coated tortillas. Drain and rinse the onions, dry briefly on paper towels and sprinkle over the bean sauce. Garnish with queso fresco, sour cream, or crema fresca and cilantro. Serve at once. Makes 3 or 4 servings.