

Enfrijoladas

by Jonathan Dillanes

This is a traditional dish from my childhood that proves that beans are truly the star of the show. The beans are turned into a beautiful silky smooth slightly spicy sauce that's used to cover tortillas, and topped with a creamy silken tofu "crema" for a dish that's packed with flavor AND protein.

Ingredients

30 oz ~ 4 c pinto or black beans (strained)

16 oz vegan/vegetable broth

1 Roma tomatoes (rough-chopped)

5-6 garlic cloves

1/2 small onion (rough-chopped)

1-2 serranos

2 tbsp neutral oil

corn tortillas

1/2 tsp oregano

1 tsp pepper

1/4 tsp cumin

Silken Tofu crema

1/2 a block of silken tofu

1 serrano

Handful cilantro

Salt and pepper to taste

1 tsp garlic powder

1/2 an avocado

Toppings

Lettuce

Tomatoes

Cilantro

Red onions

Instructions

1. Add 1 tbsp oil to a skillet over medium heat. Add in your serrano, tomatoes and onions. Allow them to fry for a few mins before adding in the garlic.
2. Add in your strained beans and broth. Season with 1 tsp salt, oregano, and cumin. Bring to a simmer, reduce heat to medium low and cook for 10-15 mins, until peppers are softened.
3. While that cooks, blend together the ingredients for your crema.
4. Once peppers and beans are soft, add them to a blender, and blend until very smooth.
5. Add a bit more oil to the same skillet, once it's hot add in your beans sauce.
6. Adjust consistency by adding some water until it's slightly more watery than you would like. It's gonna cook for a bit so it will get thicker! I used about 2 cups.
7. Adjust seasonings to taste and let it cook for 5 mins on low.
8. Warm some tortillas in a lightly oiled pan. Once they're ready, dip them into the beans.
9. If you'd like, you can add any fillings you want, and then add desired toppings and your crema.