

Taquitos de frijoles

by Jonathan Dillanes

Growing up, most of our dishes consisted of mostly veggies, and some form of beans as a protein. So I grew up already eating lots of vegetarian dishes, and learned that with a few simple swaps we can easily make the delicious recipes fully plant-based. These taquitos take my frijoles de la olla and transform them into crispy pockets of goodness that are simple and an easy weeknight dinner.

Ingredients

- 2 cups black beans (cooked and strained) OR [frijoles de la olla](#)
- 1 serrano
- 1/4 onion
- 3-4 garlic cloves
- Neutral oil
- Corn tortillas
- Lettuce
- Onions
- Tomatoes
- Salsa
- Salt and pepper to taste

Instructions

1. Heat up 1/2 tbsp oil, and fry your onions, garlic, and serrano until fragrant.
2. Add in your beans and let those come to a simmer over medium heat. Add about 1/2 cup of your bean water.
3. Season with salt and pepper to taste, bring to a simmer, and cover for about 10 mins.
4. Blend until smooth and allow to cool. You want it to thicken up a bit so it stay in the tacos while frying.
5. Lightly warm your corn tortillas, add some of your beans, fold, and repeat till you're out of beans.
6. Fry over medium heat until tortillas are nice and golden brown. Remove onto wire rack.
7. Add tomatoes, onions, lettuce, and salsa on top or inside and enjoy!