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Enfrijoladas | by Jason Wyrick

From [21-Day Weight Loss Kickstart](#)

Photo By [Eco-Vegan Gal](#)



4 corn tortillas
1/2 yellow onion, diced
Water
2 cloves garlic, minced
2 cups cooked black beans, with liquid
1/4 teaspoon salt
2 teaspoons chopped fresh oregano

Options: 1/4 teaspoon anise seed
1 chipotle in adobo sauce
2 teaspoons smoked paprika or chili powder
1 Roma tomato, diced

Instructions:

Over medium heat, toast the tortillas in a dry pan for about 30 seconds per side, then set them aside. Over medium-high heat, sauté the onion in a dry pan until it turns dark brown. Add a very thin layer of water to the pan, no more than 1/8 inch. Stir immediately. Reduce the heat to medium. Add the garlic, sautéing it for 1 minute. Add the beans and liquid, salt, oregano, and any or all of the optional ingredients you desire. Simmer this for about 5 minutes, adding more water as the liquid cooks out. Puree the beans and simmered ingredients, adding enough water to make a semi-thick sauce. Place a tortilla on a plate and cover it with a quarter of the bean sauce. Place another tortilla on top of this and cover it with another quarter of the bean sauce. Repeat this for a second plate. Add diced tomato to garnish each serving.

The Gourmet Touch: The anise seed is actually a substitute for mango leaves, which can be difficult to find. However, if you do find them, toast them for about 10 seconds and then add them to the bean sauce, using them as you would a bay leaf.

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