

BEAN & CHEESE TACOS



EQUIPMENT: SMALL POT
LARGE BOWL
ROLLING PIN
POTATO MASHER
COMAL/THICK BOTTOM PAN

2 CUPS FLOUR
1 TSP SALT
½ TSP BAKING SODA

2 OZ SHORTENING
4-6OZ. HOT WATER
1 LG. CAN OF BLACK BEANS
8OZ. HHF CILANTRO PESTO

INGREDIENTS:

METHOD: FIRST

IN THE BOWL, SIFT AND MIX THE SALT, BAKING SODA, AND FLOUR. ADD THE SHORTENING AND RUB INTO THE FLOUR UNTIL IT HAS DISINTEGRATED INTO THE MIX.

SECOND

ADD 4OZ. OF HOT HOT WATER TO THE FLOUR AND BEGIN TO KNEAD. ADD MORE WATER AS NEEDED UNTIL THE MASA HAS FORMED AND IS SLIGHTLY TACKY BUT DOES NOT STICK TO YOUR HANDS OR THE BOWL. COVER WITH A WET AND WARM TOWEL FOR TEN MINUTES.

THIRD

ONCE THE DOUGH HAS RESTED, SEPARATE INTO 2OZ. BALLS OF DOUGH. LET REST ANOTHER FIVE MINUTES BEFORE ROLLING OUT. TO ROLLOUT, TAKE THE BALL AND LIGHTLY FLOUR THE BALL AND WORK SURFACE. ROLL THE DOUGH AWAY FROM YOU STARTING IN THE MIDDLE OF THE DOUGH BALL. TURN 45 DEGREES AND REPEAT. THIS WILL KEEP YOUR TORTILLA IN A ROUND SHAPE.

FOURTH

PRE HEAT YOUR COMAL OR THICK BOTTOMED PAN ON MEDIUM HIGH HEAT. AS YOU ROLL OUT YOUR TORTILLAS, COOK THEM ONE AT A TIME ON BOTH SIDES OF TORTILLA FOR ABOUT A MINUTE EACH UNTIL SMALL AIR BUBBLES FORM AND START TO BROWN. REPEAT THIS PROCESS UNTIL ALL TORTILLAS HAVE BEEN MADE.

FIFTH

NEXT, OPEN THE CAN OF BEANS AND STRAIN THE BEANS INTO THE PAN RESERVING HALF OF THE LIQUID IN THE CAN. ONCE THE BEANS HAVE BEEN HEATED THOROUGHLY, MASH THEM WITH THE POTATO MASHER UNTIL THE DESIRED THICKNESS HAS BEEN REACHED. YOU CAN ALSO USE AN IMMERSION BLENDER OR REGULAR BLENDER IF YOU WANT A VERY FINE PUREE.

SIXTH

AFTER THE BEAN HAVE BEEN MASHED OR PUREED, ADD THE JAR OF HHF CILANTRO PESTO TO THE POT AND STIR INTO THE BEANS UNTIL IT IS FULLY INCORPORATED AND THE CHEESE HAS COMPLETELY MELTED.

SEVENTH

WHILE STILL HOT, SPOON THE BEANS INTO THE TORTILLAS AND ENJOY!

NOTE, TORTILLAS CAN BE MADE A DAY IN ADVANCE. ALSO, YOU CAN JUST BUY STORE MADE TORTILLAS. THE BEAN MIXTURE ALSO WORKS WELL AS A BEAN DIP; ESPECIALLY IF YOU ADD ABOUT 2OZ. SOUR CREAM.