



SERVINGS: 12

INGREDIENTS

Tortillas

- 3 1/2 cups all-purpose Flour
- 1 tsp baking powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp salt
- 1 1/2 - 2 cups warm water
- 1/4 cup canola oil

Refried Beans

- 1 can red beans or pinto beans, low sodium with liquid
- 1/2 tsp olive oil
- 1 clove garlic, minced
- 1 tsp red onion, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp Mexican oregano, dried
- 1/2 tsp ground cumin
- 1/2 tsp black pepper
- 1/2 tsp salt

Baleadas

PREPARATION

Tortilla Dough

1. In a bowl sift together flour, baking powder, garlic powder, onion powder, and salt. Make a well in the center and pour in canola oil and 1 1/2 cups water. Gently work together with hands until dough is formed. If dough is too dry, add more water. If too moist, add more flour.
2. Transfer to a clean and lightly floured area and knead gently for 5-7 minutes, until the dough is soft and flexible.
3. Divide dough into 12 pieces. Grease hands with a small amount of oil and form pieces into balls. Place back into bowl and cover with a clean cloth. Allow to rest for 45 minutes.

Refried Beans

1. Place beans, with liquid, into a blender and blend until smooth.
2. Heat oil in a skillet over medium heat. Add garlic and onion and cook for about 2 minutes. Add pureed beans, garlic powder, onion powder, paprika, oregano, cumin, black pepper, and salt.
3. Reduce heat to medium-low and continue to cook beans, stirring constantly, until mixture has thickened to hummus consistency.

Baleadas

1. Heat a griddle or comal over medium-high heat. Have a small piece of cloth or paper towel available for cooking process.
2. Place each dough ball on a lightly floured surface area. Flatten each piece with a rolling pin until 1/4" thickness and roughly 6 inches in diameter.
3. Place tortilla on hot griddle, flipping after just 10-15 seconds. Tortilla should look pale and opaque. Cook for 1 minute on second side. Flip again and carefully apply pressure using the small cloth or paper towel about 3-4 times. The goal is to "puff out" each tortilla. Remove from griddle and keep covered.
4. To assemble, stuff each tortilla with about 2 tablespoons of refried beans and other desired toppings.



Tester Feedback



"It's filling and quick to make. Love the flavor and texture of this recipe! The family enjoyed too."



Suggested Toppings

- Egg
- Shredded chicken
- Avocado
- Queso Fresco
- Lime crema

Recipe Facts

per serving

\$0.10

2 oz-equivalent grains

1/2 oz-equivalent protein