Refried Bean Picaditas (Sopes)

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

About the Recipe

543 Calories · 29 g Protein · 21 g Fiber
Lunch
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 7 oz low-fat extra-firm tofu
- 1 tsp salt
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tbsp apple cider vinegar
- 1 lime
- 2 cups masa harina
- 4 cups pinto beans
- 1/2 cup vegetable broth
- 1/2 onion
- 2 garlic cloves
- 1/2 head lettuce
- 4 Roma tomatoes
- Tofu queso fresco
- 2 radishes
- Salsa

Directions

1. To make the tofu queso fresco: Press tofu for 15 minutes. Crumble the tofu into a large bowl, add salt, nutritional yeast, garlic powder, apple cider vinegar, and 1 1/2 teaspoons of lime juice. Mix to combine. Place in the refrigerator until ready to use.
2. To make the masa: In a large bowl combine the masa harina and salt, and mix to combine. Add 1 1/3 cups (59 mL) warm water gradually and mix with your hand. Knead for 5 minutes. The dough should have the consistency of soft Play-Doh. It should be soft, but not sticky. Cover with a moist paper towel and set aside.
3. To make the refried beans: Place the broth and the pinto beans (drained) in the blender and process until smooth. They should be slightly runny. Set aside. Heat a large skillet to medium heat. Add 1/4 cup of water and diced onion and saute until the onion begins to brown, 4 minutes. Stir in minced garlic and cook for 1 more minute. If the onion begins to stick to the bottom of the pan, add a little bit of water. Reduce heat to low and pour in the pureed beans. Stir to combine. Simmer for 3-5 minutes or until the beans thicken slightly. They will thicken more as they cool. Season to taste with salt and pepper.
4. To make the sopes: Preheat a comal or griddle to medium heat. Divide the masa into balls. You should have about 12 balls. Use your hands to press the masa balls into thick disks. Place the disks on the griddle and cook for about 2 minutes on each side or until they have brown spots all over. Remove from the pan. Let cool and use your fingers to pinch the edges, forming a rim around the edge of each disk. Put them back on the griddle to heat through.
5. To assemble: Fill the sopes with refried beans and top with shredded lettuce, diced tomato, queso fresco, thinly sliced radishes (1/2 cup), and your favorite salsa.

Nutrition Facts

Per Serving:
Calories: 543
Total Fat: 7 g
    Saturated Fat: 1.2 g
    Calories From Fat: 11%
Cholesterol: 0 mg
Protein: 29 g
Carbohydrate: 96 g

Sugar: 5 g
Fiber: 21 g
Sodium: 632 mg
Calcium: 375 mg
Iron: 7 mg
Vitamin C: 15 mg
Beta-Carotene: 2,308 mcg
Vitamin E: 2 mg