

# 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



**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