SERVINGS: 12

INGREDIENTS

Tortillas
- 3 ⅓ cups all-purpose Flour
- 1 tsp baking powder
- ⅛ tsp garlic powder
- ⅛ tsp onion powder
- 1/8 tsp salt
- 1 ½ - 2 cups warm water
- ¼ cup canola oil

Refried Beans
- 1 can red beans or pinto beans, low sodium with liquid
- ½ tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp red onion, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp Mexican oregano, dried
- ½ tsp ground cumin
- ½ tsp black pepper
- ½ tsp salt

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 ½ 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 ⅛” 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.

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

Recipe Facts
per serving

$0.10

- 2 oz-equivalent grains
- ½ oz-equivalent protein

“IT’S FILLING AND QUICK TO MAKE. LOVE THE FLAVOR AND TEXTURE OF THIS RECIPE! THE FAMILY ENJOYED TOO.”