

CHILAQUILES CON FRIJOLES

(BEAN AND TORTILLA CASSEROLE)

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 3 Cups Cooked Black Beans
- 1 Cup Chicken Broth Or Vegetable Stock
- 1 White Onion, chopped
- 2 Cloves Garlic, chopped
- 1 Chipotle Chile (canned in adobe), chopped
- 1 Epazote Stem, with leaves (can substitute cilantro)
- 20 Corn Tortillas
- ¼ Cup Mexican Crema (or ¼ Cup Sour Cream thinned with 2 Tbsp. Milk)
- ½ Avocado, chopped
- ¼ Cup Queso Fresco Cheese, Crumbled



Instructions:

1. Separate tortillas into 3-4 stacks and slice into ¼" strips to form "noodles." Place on baking sheet in 300 degree oven for 45 minutes, stirring every 15 minutes until they are dried out and crunchy. Remove from oven and save about a cup of the chips to use as a topping. Place the remaining strips into a 9x13" casserole dish.
2. Cook beans, chicken broth, onion, garlic, chipotle, and epazote. Bring to a simmer and cook until the beans are tender. Puree and add broth as needed until you have the consistency of a cream soup.
3. Pour bean mixture onto tortilla strips in the casserole dish and stir to combine. Garnish with avocado, mexican crema, queso fresco and the tortilla strips that were set aside. You can also add additional chopped up chipotle chilis for added heat.

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