

BLACK BEAN BURGER

TIME: 50 MINUTES

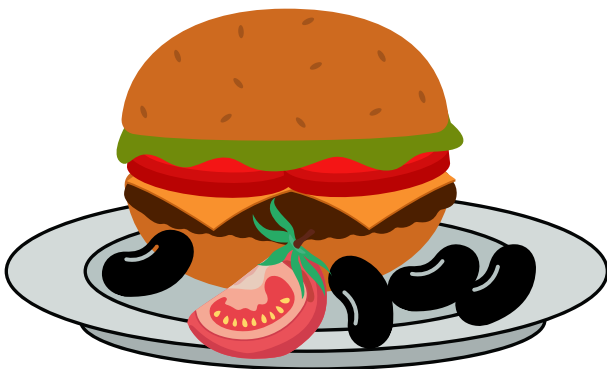
SERVINGS: 5

INGREDIENTS

- 1.5 cups dry black beans
- 1 bay leaf (for boiling beans)
- 2 cups corn tortilla chips, whole
- ½ medium onion
- 3 garlic cloves
- ½ tbsp ground cumin
- 1 tsp smoked paprika
- ½ cup green onions, just the green part, finely chopped
- 1/3 cup fresh cilantro leaves, chopped
- 1 generous pinch of chili flakes
- 1 large egg, whisked
- Vegetable oil to fry
- Salt and pepper to taste
- 5 burger buns

DIRECTIONS

1. Soak black beans in water over night.
2. Rinse & cook in salted water with one bay leaf, salt and pepper for 30 to 40 min, or until tender. Drain and reserve.
3. Grind corn chips in a food processor, reserve on the side.
4. In a frypan with one tbsp oil, sauté finely chopped onion and mashed garlic cloves, stir to combine. Add cooked beans, cumin, smoked paprika, chili flakes, green onions and cilantro; cook for 5 minutes and adjust seasoning. Mash the bean mixture either with a fork, potato masher or food processor until desired consistency.
5. Add ground chips to the bean mixture and incorporate one beaten egg to the mixture. Add extra breadcrumbs if mixture is too wet or vegetable oil if mixture is dry. Adjust seasoning.
6. Measure ½ cup of the bean mixture and shape into 4-inch wide patties, place onto a baking sheet.
7. Heat vegetable oil in a nonstick skillet over medium-high heat. Add patties, cook until browned and crisp, about 4-5 minutes on each side.
8. Serve with burger buns and desired toppings (e.g. sliced tomatoes, sliced red onions, lettuce, salsa, etc.)



TORTILLA SOUP

TIME: 45 MINUTES

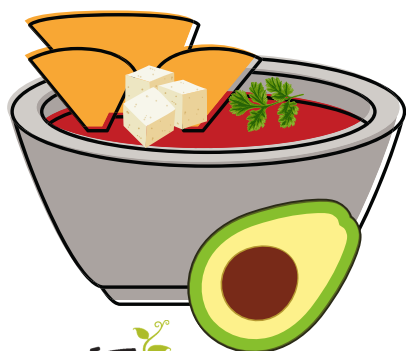
SERVINGS: 6

INGREDIENTS

- 20 corn tortillas
- 1 Ancho, Pasilla or Guajillo chili pepper, deveined and seeded
- 1.5 tbs vegetable oil
- ¼ medium onion
- 3-5 garlic cloves
- 5 red Roma tomatoes, cut into wedges
- 3 cups vegetable broth
- 2 ½ tbsp epazote, or to taste, in a teabag to steep (optional)
- Salt and pepper to taste

Toppings

- 1 avocado, cubed
- ¼ fresh cheese, cubed
- Sour cream, as desired
- 1.5 limes halved
- Cilantro



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DIRECTIONS

1. Cut 7 tortillas into 1.5 inch strips
2. Fry chilies in 1.5 tbs vegetable oil over medium heat for about 3 min. Reserve.
3. Then, add cut tortillas to pan and cook until lightly gold. Reserve.
4. In the same pan, you can add and roast onions and garlic until lightly brown. Add wedged tomatoes until cooked.
5. In a blender, combine fried tortillas, chilies, roasted vegetables and 2 cups of broth. You can add more broth according to your desired texture.
6. Blend well and put the mixture into a pot with salt and pepper to taste. Bring soup to a boil, then reduce to low-medium heat and cook for about 25 min. 10 min before the time is up, add the epazote previously packaged into a teabag; be sure to discard the teabag before serving. Adjust salt and pepper as needed.
7. Meanwhile, fry the rest of the tortillas in hot oil until brown, place fried tortillas onto a paper towel sheet to dry off any excess oil.
8. To plate, use bowls with fried tortillas, soup, sliced avocado and cheese; top with few more fried tortilla pieces and a dollop of sour cream; serve with a piece of lime.