



Frescas Black Bean Multitas Tortillas

An attractive Mexican sandwich with all the trimmings

*Special **Heart Stars** – Black Beans and Avocado*

Easy Black Bean Filling:

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1-1/2 cups vegetable stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1/8 teaspoon red pepper flakes
- 1/2 Tablespoon granulated sugar
- 1-1/2 Tablespoons white wine vinegar
- Salt and ground black pepper as desired
- 1 (14 ounce) can black beans, drained, rinsed

Tortillas:

1 to 2 Tablespoons canola oil
8 fajitas size flour tortillas
1 cup prepared medium tomato salsa
1/2 cup shredded pepper jack cheese
2 small Roma tomatoes, chopped
3 small green onions, chopped
1 avocado, chopped
2 ounces queso fresco, crumbled
1/4 cup minced cilantro

Heat oil in large saucepan, add onion; sauté until softened; add garlic; cook 1 minute; add vegetable stock, cumin, oregano, and red pepper flakes; cook to medium boil, cook about 10 minutes; stir to combine; add sugar and vinegar, cook 5 minutes, reducing liquid; season to taste with salt and ground black pepper.

Mash beans partially, forming a spread with some whole beans. Set aside.

Preheat oven to 350 degrees F. Line a large baking sheet with foil for easier clean-up; set aside.

In 10-inch skillet, heat oil on medium high heat. Fry tortillas one at a time, about 2 minutes on each side until golden brown. Set aside.

To Prepare: Place 4 tortillas on foil lined baking pan. Spread black bean filling onto four of the fried tortillas. Spoon about half of salsa over fillings; sprinkle pepper cheese over salsa; top each with 1 fried tortilla.

Place in preheated 350-degree F oven for 5 minutes or hot. Remove from oven. Top each sandwich with remaining salsa, tomato, green onions, avocado, crumbled queso fresco cheese, and cilantro. Serve warm.
Yield: 4 tortilla sandwiches

Cook's Note: Add salt according to taste. Remember that the processed products you use will probably contain salt. To save some time, prepare the black bean filling ahead of time; just rewarm in the microwave for 1 or 2 minutes on high power in microwave safe bowl.

About the Recipe: Two crisp tortillas hold a layer of mashed black beans, pepper cheese and tomato salsa. Before serving, each sandwich is topped with salsa, onions, avocados, tomatoes, queso fresco crumbled cheese, and cilantro. A delightful dish to serve for a casual party.