Smoky Black Bean and Corn Tortilla Pan

2 generous portions · Active 15 min · Total 40 min

Skills: Easy

Ingredients

- 2 flour tortillas, 8-inch (100 g), cut into triangles
- 1 tablespoon olive oil (15 ml), divided
- 1 small onion, finely chopped (100 g)
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1 can black beans, 15 oz (425 g), drained and rinsed
- 1/2 cup canned corn, drained (80 g)
- 1 can chopped tomatoes, 14 oz (400 g)
- 1/4 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons chopped cilantro (5 g)

Set out

10-inch (25 cm) nonstick skillet; use extra batches if the triangles will not lie flat, Plate, Spatula

Allergens

Wheat. Check labels and substitutions.

Make it

1. Use half the measured oil across two tortilla batches over medium heat. Toast triangles in a single layer for 1–2 minutes per side per batch until crisp; transfer to a plate. Use an additional batch if needed for your pan rather than overlapping triangles, allowing more time.

2. Add remaining oil and onion to the pan. Cook 5 minutes, then stir in paprika and cumin for 30 seconds.

3. Add beans, corn, tomatoes and salt. Simmer uncovered for 7–8 minutes until thick. Stir in lime.

4. Fold in half the tortilla triangles briefly. Top with the rest and cilantro and serve immediately.

Use the plate twice

The plate holding toasted tortillas can become the serving plate once they have been added. Keep it away from raw-food preparation and the hot burner.

Timing

Includes two tortilla-toasting batches, the onion and spice stage, heating and reducing the tomato-bean mixture, and final assembly. A smaller usable pan base may require another tortilla batch and several extra minutes.

A useful detail

The tortillas soften quickly once mixed with sauce; keep the final assembly close to eating.

Keep it well

Refrigerate bean base within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Store tortilla pieces dry and separate for 1 day. Reheat base to 165°F/74°C before adding tortillas.