Soft Tortilla Folds in Pinto Bean Sauce

6 soft tortilla folds; 3 per serving with half the cabbage · Active 20 min · Total 35 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely diced (100 g)
- 1 teaspoon ground cumin (2 g)
- 1 can pinto beans (15 oz/425 g), drained and rinsed to give 240 g
- 3/4 cup water (180 ml)
- 1/2 teaspoon fine salt (3 g), divided
- 6 small corn tortillas, 6 inches/15 cm across (150 g total)
- 1/3 cup grated cheddar (40 g)
- 2 cups finely shredded cabbage (150 g)
- 1 tablespoon cider vinegar (15 ml)

Set out

Blender or stick blender, Small saucepan, Dry skillet, Mixing bowl, Tongs

Allergens

Milk, Check tortilla label for wheat or cross-contact. Check labels and substitutions.

Make it

1. Toss cabbage with vinegar and half the salt; set aside while cooking.

2. Heat oil in the saucepan over medium heat. Cook onion for 6–7 minutes until soft. Stir in cumin for 30 seconds. Add beans, water and remaining salt; simmer for 4 minutes.

3. Blend the bean mixture until smooth using a suitable blender and safe hot-liquid instructions. Return to low heat and adjust with a tablespoon of hot water if needed so the sauce is pourable.

4. Warm tortillas in the dry skillet for about 20 seconds per side until flexible. Dip each briefly into warm bean sauce using tongs, fold into quarters and place three on each plate.

5. Divide remaining sauce and cheddar over both plates. Add half the cabbage salad alongside each and serve immediately.

The sauce finishes the can

Use all the drained beans in the sauce and all the sauce across the two plates. A small amount of cheese works because the beans carry the main substance. The cabbage portion is included in the ingredient list, so the complete meal does not rely on an unplanned extra side.

A useful detail

Use a plain corn tortilla that folds easily when warmed. A very dry tortilla may need a few seconds longer in the skillet, but do not toast it crisp.

Keep it well

Best assembled just before eating. Refrigerate bean sauce and cabbage separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C, and use within 2 days. Reheat sauce to 165°F/74°C and warm fresh tortillas. Refrigerated assembled folds soften considerably.