

Title of Dish

[Pinto bean enfrijolada](#)

Date: 08/18/22

Chefs name: Sharif Villa Cruz

Ingredients:

Pinto Bean Sauce

1 bag of cooked Pinto Bean  
1 yellow onion  
.5 cups garlic  
4 ancho chiles  
1 gl chicken stock  
Salt and pepper

Stuffing

.5# bottom mushrooms  
1 yellow onions  
1 Nappa Cabbage  
1# Zucchini

Tortillas

1 pack of corn tortillas

Mexican Crumble

1 cup chapulines  
1 cup Chicatana ants  
2 cup amaranth

Instructions:

Sauce

1.- using a large saucepan. Cook the onions and garlic to a golden brown, add the ancho chiles cooked for 10min then add the beans and stock. Let it cook for about 45min, in medium heat.  
2.- Using a blender puree the sauce to a smooth consistency and adjust seasoning with salt and pepper

Stuffing

1.- Using a large sauté pan. Hard sear to all the vegetables, season with salt and pepper and cut in small pieces.  
2.- Pan fry tortillas for about 10 seconds just to get them soft.

Mexican crumble

1.- Mix all the ingredients together and lightly season with salt.

