

MULTICOLORED SOPEES WITH NOPALITOS

SERVE 4

Ingredients:

- 1lb masa (or tortilla flour)
- 2 tbsp lard or cooking oil
- 1 can Frijoles Refritos La Costeña
- 1/2 cup queso fresco or grated cheese
- 1 cup Salsa Verde La Costeña
- 1 cup Salsa Roja La Costeña
- 1 can Nopalitos La Costeña
- 1/2 cup shredded lettuce

Nutrition:

- Calories: 313
- Fat: 8.4g
- Carbs: 52.3g
- Protein: 9.8g



MULTICOLORED SOPES WITH NOPALITOS | PREPARATION

Hydrate the tortilla flour according to the instructions to create a firm dough. Divide the masa into 8-10 balls. Gently press them to form half-inch thick disks.

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Place a flat griddle or “comal” over high heat. Cook the masa disks for one minute on each side and remove from heat.

Once cooled until manageable (around one minute), pinch the edges to give the sopes their final casserole shape. Add the lard or cooking oil into the griddle and gently fry the shaped sopes for a few seconds on each side.

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While still warm, spread the refried beans on the sopes. Drizzle half the sopes with green salsa and the other half with red salsa.

Coat with queso fresco or grated cheese, shredded lettuce and nopalitos. Serve immediately and enjoy!

5