



Enfrijoladas are a popular [Mexican dish](#) that consists of corn tortillas soaked in a creamy bean sauce and filled with cheese or other ingredients. They are then folded or rolled and garnished with toppings like crumbled queso fresco, cilantro, and sliced onions. This dish is commonly enjoyed for breakfast, lunch, or dinner and is a fantastic way to use leftover beans.

The origins of **enfrijoladas** can be traced back to rural Mexican kitchens where beans are a staple ingredient. They are often compared to enchiladas because of their similar structure, but instead of chili sauce, a thick bean puree is used. This results in a creamy, hearty, and comforting dish that is easy to prepare and incredibly satisfying.

How to Make Enfrijoladas: Step-by-Step Recipe Guide

Making **enfrijoladas** at home is straightforward and requires only a few ingredients. Follow this step-by-step guide to create the perfect enfrijoladas.

Ingredients:

- 2 cups cooked black beans or pinto beans
- 1 cup bean broth (from cooked beans or vegetable broth)
- 2 chipotle peppers in adobo sauce (optional for spice)
- ½ teaspoon salt (or to taste)
- 8 corn tortillas
- ½ cup queso fresco (or vegan cheese alternative)
- 2 tablespoons vegetable oil (for frying tortillas)
- ½ white onion, thinly sliced
- ¼ cup fresh cilantro, chopped
- 1 avocado, sliced
- ¼ cup Mexican crema or sour cream
- Jalapeño slices (optional for extra heat)

Instructions:

Step 1: Prepare the Bean Sauce

1. In a blender or food processor, combine the cooked **beans**, **bean broth**, chipotle peppers, and salt.
2. Blend until smooth, creating a thick yet pourable bean sauce. If it's too thick, add more



bean broth until it reaches the consistency of a creamy soup.

3. Transfer the **bean sauce** to a saucepan and warm over low heat, stirring occasionally.

Step 2: Fry the Corn Tortillas

1. Heat the vegetable oil in a skillet over medium heat.
2. Fry each **corn tortilla** for about 30 seconds per side until they become slightly crispy but still pliable.
3. Place the fried **tortillas** on a paper towel to drain excess oil.

Step 3: Assemble the Enfrijoladas

1. Dip each **tortilla** into the warm **bean sauce**, ensuring it is fully coated.
2. Place the coated **tortilla** on a plate and add about 2 tablespoons of **queso fresco** to the center.
3. Fold the **tortilla** in half or roll it up, depending on your preference.
4. Repeat with the remaining **tortillas**.

Step 4: Garnish and Serve

1. Drizzle the prepared **enfrijoladas** with additional **bean sauce**.
2. Sprinkle with sliced **onions**, chopped **cilantro**, and crumbled **queso fresco**.
3. Add avocado slices, jalapeño, and a drizzle of **Mexican crema** for extra flavor.
4. Serve warm and enjoy!

Best Ingredients for Authentic Enfrijoladas

To make the best **enfrijoladas**, using high-quality ingredients is essential. Here are some tips to choose the right ones:

Beans:

- Black **beans** are the most traditional option, but pinto **beans** also work well.
- Use **homemade frijoles de la olla** for the best flavor, but canned **beans** can be used as a shortcut.

Corn Tortillas:

- Always use **corn tortillas** instead of flour tortillas, as they absorb the **bean sauce**



better.

- Fresh **corn tortillas** from a local Mexican market enhance the authenticity of the dish.

Cheese:

- Queso fresco adds a mild, crumbly texture, but you can substitute with Monterey Jack, cotija, or a vegan alternative.

Broth:

- Use **bean broth** from the cooked **beans** for a more authentic taste, or substitute with vegetable broth for added flavor.

Delicious Variations: How to Customize Your Enfrijoladas

Enfrijoladas are incredibly versatile, and you can customize them to your liking. Here are some variations:

Protein-Packed Enfrijoladas

- Add **shredded chicken, chorizo, or carne asada** for a heartier meal.
- Top with a fried **egg** for a breakfast version.

Vegetarian Options

- Stuff with sautéed **spinach, mushrooms, or calabacitas** for extra nutrients.
- Use vegan **queso fresco** and **plant-based crema** for a dairy-free option.

Spicy Enfrijoladas

- Blend in extra **chipotle peppers** or a dash of hot sauce for heat.
- Garnish with sliced **jalapeños** or a sprinkle of **chili flakes**.

Tips for Storing and Reheating Enfrijoladas

If you have leftovers, storing and reheating **enfrijoladas** properly ensures they maintain their delicious taste.



Storing:

- Keep leftover **enfrijoladas** in an airtight container in the refrigerator for up to **3-4 days**.
- Freeze assembled **enfrijoladas** in a single layer for up to **4 months**. Store the **bean sauce** separately for best results.

Reheating:

- **Oven Method:** Place **enfrijoladas** in an oven-safe dish, cover with foil, and bake at **400°F (200°C) for 15 minutes**.
- **Microwave Method:** Heat for **3-4 minutes**, covered, to prevent drying.
- **Skillet Method:** Reheat over low heat, adding a bit of broth to keep them moist.

Final Thoughts: Why You Should Try Enfrijoladas

Enfrijoladas are a simple yet flavorful dish that brings the heart of Mexican cuisine to your table. Whether you enjoy them plain with cheese or packed with your favorite fillings, they offer a delicious way to use pantry staples like **beans** and **corn tortillas**. With endless customization options, **enfrijoladas** are perfect for a quick and satisfying meal. Try this recipe today and savor the rich, comforting taste of [traditional Mexican flavors](#)!

Frequently Asked Questions

What beans are best for enfrijoladas?

Black beans and pinto beans are the most commonly used, but any type of soft-cooked beans can work.

Can I use flour tortillas instead of corn tortillas?

Corn tortillas are recommended for authenticity and texture, as flour tortillas may become too soft.



How can I make enfrijoladas spicier?

Increase the amount of chipotle peppers or add chopped jalapeños to the bean sauce.

Are enfrijoladas gluten-free?

Yes! Corn tortillas and beans are naturally gluten-free, making enfrijoladas a great option for those with gluten sensitivity.

What's the difference between enfrijoladas and enchiladas?

Enchiladas are covered in chili sauce, while enfrijoladas are smothered in a smooth bean sauce, making them a unique alternative.