



Bean Tlacoyos with Nopalitos

Ingredients

For the tlacoyos:

- 1 ½ cups of MASECA® corn masa flour
- 1 teaspoon of salt
- 1 cup of hot water
- ¾ cup of refried pinto beans, cold

For garnish:

- Queso fresco or panela, crumbled
- Your favorite salsa

For the nopalitos salad:

- 1 pound of cooked cactus strips
- ½ cup of white onion, chopped
- 2 roma tomatoes, chopped
- ¼ cup of fresh cilantro, chopped
- 1 teaspoon of salt
- ¼ teaspoon of black pepper

Preparation

For the nopalitos salad:

1. Combine cactus, onion, tomato, cilantro, salt and pepper in a medium bowl. Stir with a fork to combine.

For the tlacoyos:

1. Whisk together MASECA® corn masa flour and salt in a large bowl. Stir in hot water ¼ cups at a time.
2. Stir with a large spatula or with your hands until thoroughly combined and dough forms a smooth ball. Dough should not be sticky. Cover with plastic wrap and let rest for 20 minutes.

3. Divide masa into 8 masa balls. Keep them covered to avoid drying.
4. One ball at a time, press on the palms of your hands to form a ¼-inch disc.
5. Make an indentation in the middle of the disc with your fingers and place 1 to 2 tablespoons beans on the indentation. Fold the disc in half, bring the edges of the disc together. Seal the edges of the disc with your fingers. Press gently between the palms of your hands to flatten into ¼-inch tlacoyo. Repeat with remaining masa.
6. Heat a comal or griddle over high heat. When the comal becomes very hot, decrease heat to medium low. Place 2-3 tlacoyos on comal and cook for 90 seconds then flip to other side. Cook for 2 minutes then flip again for another 90 seconds. Transfer to a plate and keep them warm by placing a clean kitchen towel over them.
7. Serve tlacoyos with nopalitos salad on top and a sprinkle of queso fresco or queso panela.

Makes 8 tlacoyos