Beans & tortillas

About
Beans and tortillas combine to form a complete protein. The tortillas can be made from flour ground from corn, wheat, or even mesquite seeds. Tortillas are ideal for people who live close to the land. They are prepared quickly from ingredients that store well. They replace serving utensils, plates, forks, and napkins. Unlike bread, they can't be smashed in a saddlebag, chuck wagon, or rucksack.

The ideal companion to the tortilla is the bean. Like corn, beans were selectively bred, adapted to regional conditions and tastes by farmers all over the Americas, resulting in over 3,000 varieties of beans today. Beans can be stored dried for years.

Ingredients

For the spinach enchiladas
- 4–8 corn tortillas
- 2 10-oz. boxes frozen spinach, thawed
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 tsp fresh lemon juice
- 1/2 tsp salt

For the refried beans
- 1/2 cup vegetable oil
- 2 cups cooked or canned pinto beans
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp salt
- 1/8 tsp pepper

Directions

For the refried beans
Heat oil in a 10-inch skillet over medium heat until hot. Add beans; cook, stirring occasionally, 5 minutes. Mash beans; stir in chile powder, cumin, salt, and pepper. Add more oil to skillet if necessary; cook and stir until a smooth paste forms, about 5 minutes. Garnish with shredded cheese if desired.

For the spinach enchiladas
Strain spinach and squeeze through a cheesecloth to remove as much liquid as possible; mince; set aside.

In heavy saucepan over medium heat, sauté garlic and onions in butter until golden, about 3–5 minutes. Stir in flour and cook for 1 minute. Slowly whisk in cream and continue cooking until boiling. Once boiling, stir in lemon juice, and salt; stir. Thin if needed with water.

Remove from heat and cool for 5 minutes. Fold in dry spinach.

Layer the tortillas and the filling, sprinkle cheddar evenly over top, then microwave for 60 seconds. Serve with refried beans.

Reference
Bean recipe adapted from [http://homecooking.about.com/library/archive/blv29.htm](http://homecooking.about.com/library/archive/blv29.htm)
Spinach artichoke [http://robbiehaf.com/Recipes/H/77.htm](http://robbiehaf.com/Recipes/H/77.htm)