

Refried Bean Picaditas (Sopes)

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

About the Recipe

543 Calories · 29 g Protein · 21 g Fiber

Lunch

Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 7 oz low-fat extra-firm tofu
- 1 tsp salt
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tbsp apple cider vinegar
- 1 lime
- 2 cups masa harina
- 4 cups pinto beans
- 1/2 cup vegetable broth
- 1/2 onion
- 2 garlic cloves
- 1/2 head lettuce
- 4 Roma tomatoes
- Tofu queso fresco
- 2 radishes
- Salsa

Directions

Sugar: 5 g

Fiber: 21 g

Sodium: 632 mg

Calcium: 375 mg

Iron: 7 mg

Vitamin C: 15 mg

Beta-Carotene: 2,308 mcg

Vitamin E: 2 mg