

## **Baleadas – Honduras**

(Flour Tortillas – with refried beans, scrambled eggs, crema and queso fresco)

### **Flour Tortillas** – Makes 8-10 tortillas

3 cups all-purpose flour  
¼ cup oil (I prefer to use vegetable/olive oil)  
1 tsp. baking powder  
¼ tsp. salt  
1 cup room-temperature water

Combine the flour, oil, baking powder, and salt in a mixing bowl. Slowly add the water to combine all the ingredients and massage the dough. Knead the dough for 10 minutes, and once you reach a smooth consistency, create individual dough balls. Allow dough to rest for 20 - 30 minutes.

### **Refried Beans**

1 can Old El Paso Traditional Refried Beans  
1 Tbsp. Olive Oil  
Goya Chicken Bullion – to taste

While we wait for the dough – prepare the refried beans by blending beans, olive oil, and bullion to taste.

### **Scrambled Eggs**

3-4 eggs  
1 Tbsp. unsalted Butter  
Salt & Pepper to taste

In a skillet over medium heat, add butter/oil. Crack eggs and scramble. Season salt and pepper. Set aside.

### **Toppings**

Queso Fresco or Cotija Cheese, grated  
Cacique Crema (other brands include Crema Mexicana or Crema Salvadorena)  
\*\*\*Note that you can also make your own Crema using sour cream, fresh lime juice, salt & pepper

To prepare tortillas: Oil countertop slightly with Olive Oil. Roll dough balls out into circles of about 9.5" in diameter. On a large skillet or griddle, over medium to high heat, cook tortillas for about 30 – 40 seconds and then flip to other side for an additional 30 – 40 seconds. Set aside as each is finished and cook all tortillas.

Once the tortillas are cooked – we create the Baleadas using our refried beans, scrambled eggs, queso, and crema. Enjoy!