

Quelites with Tomatoes

Recipe provided by Chef Teresa

Ingredients

Probably the most common way of preparing quelites in Sonora is with tomato. Another common variation is to substitute red chile for tomato. Frijoles de la olla (boiled beans) are sometimes added.

- 6–8 cups of quelites
- ½ onion finely chopped or 5 green onions, chopped
- 1 tomato, chopped
- 2–4 cloves garlic, finely chopped
- 1 tablespoon oil or lard
- Salt, to taste
- 2 or 3 dried red chiles (optional)
- ½ cup of cooked beans, without juice



Preparation

The quelites can be parboiled for a minute and set aside before beginning. Sauté garlic until golden and set aside. If chiles are being used, lightly sauté and set aside, being careful not to burn as they become bitter. Sauté flour until golden, add onion, and continue cooking until transparent. If using tomato, add to pan. Add quelites, garlic, and chiles. Add water as needed to maintain sufficient moisture. If using beans, add to the pan. Cook for about 20 minutes. When quelites are soft, they can be either mashed or lightly blended to a smooth texture. If a very smooth texture is desired, they can be blended. Add salt and chiltepin, to taste. Top with any type of fresh cheese, such as queso fresco, requeson, or queso panela. Serves 4.