

Tuna Filling – *Relleno de atún*

Ingredients

2 cans tuna fish, drained
2-3 tomatoes; washed, stem spot removed,
and chopped (approximately 2 cups)
½ white onion; peeled, and chopped
1 clove garlic; peeled, and finely chopped
¼ cup parsley, leaves only; washed, and chopped
2 bay leaves
1 tsp dry oregano; crumbled
2 tbsp olive oil
¼ cup water
Salt and pepper, to taste

In a large pan, warm up olive oil over medium heat; add onions and sauté for a few minutes, until translucent. Add garlic and bay leaves, and cook, stirring, for a few seconds (photo below, left), then incorporate tomatoes. Allow to cook for five minutes, stirring occasionally, then add, crumbled dry oregano, and water. Stir to incorporate, then reduce heat to low, and cover pan (second photo, below). Allow to cook for ten minutes. Uncover pan, and add drained tuna (third photo, below); stir to incorporate, then add chopped parsley. Cook for a couple more minutes, stirring to avoid burning, until there is no liquid at the bottom of the pan. Season with salt and pepper, to taste (photo below, right). Remove from heat; discard bay leaves.



Use in tacos, tostadas, or to stuff patties, such as fried *pescadillas* (first two photos, below) and *empanadas hojaldradas* (flaky patties, last two photos, below):

