



VEGAN



4 SERVINGS
(2 TACOS PER SERVING)



30 MIN

RECIPE OF THE MONTH OF JULY: MEXICAN VEGGIE TACOS

INGREDIENTS

- 8 Soft corn tortillas
- 1 can black beans, drained and rinsed
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 cup corn, frozen or fresh
- 1 avocado, sliced
- 1 cup salsa
- 1 lime
- 1 tbsp oil
- Salt and pepper to taste
- Fresh coriander for garnish

DIRECTIONS

1. Heat oil in a pan over medium heat. Add the onion and bell pepper, and sauté until they are soft.
2. Add the black beans and corn. Cook for another few minutes until they are heated through. Season with salt and pepper.
3. Warm the tortillas as per the instructions on the package.
4. To assemble the tacos, place some of the vegetable mixture on a tortilla. Top with a few slices of avocado, some salsa, a squeeze of lime, and fresh coriander.
5. Repeat with the remaining tortillas and serve.

NOTES

Feel free to add other vegetables or replace some based on your preferences. You can add in some shredded lettuce or chopped tomatoes for added crunch and flavor.