

Black Bean Tacos
(EatSomethingVegan.com)

1 can black beans, drained & rinsed	8 corn tortillas
½ c. salsa	1 small tomato, diced
½ t. cumin	¾ c. guacamole or mashed avocado
1/3 t. salt	1 c. lettuce
¼ t. pepper	

INSTRUCTIONS

1. Place the black beans, salsa, cumin, salt, and pepper into a small sauce pan and simmer for 10 minutes. (While the beans are simmering, this is a great time to prepare the toppings).
2. After 10 minutes, turn off the heat and, using a potato masher or a fork, mash the beans gently, leaving some whole beans as well.
3. Using a non-stick skillet, heat the corn tortillas one-by-one over medium heat for about 30-45 seconds on each side, or until they are pliable and some brown spots start to appear. You can also use a small amount of oil (about ½ tsp.) to fry the tortillas.
4. Place about two-three tablespoons of the bean mixture in the middle of the tortilla. Top with a spoonful of guacamole, diced tomatoes, and some shredded lettuce. Serve