



Crunchy Black Bean Tacos



Ingredients:

- 2 C. black beans, cooked
- ½ C. red onion, minced
- 1 tsp. cumin
- 1 tsp. paprika
- 2 Tbsp. cilantro, chopped
- 4-6 ounces pepper jack cheese, grated
- 2 Tbsp. olive oil
- 1 avocado, sliced
- Pinch of salt and pepper
- 8 corn tortillas
- Hot sauce
- Salsa and sour cream for garnish

Method:

1. In a medium bowl, add beans along with red onion, cilantro, and spices. Add a pinch of salt and lightly mash all of the ingredients together. Grate your cheese and have it ready as well.
2. In a large, non-stick or cast iron skillet, add a few tablespoons of oil and heat over medium-high heat.
3. Add one corn tortilla at a time and let each get hot in the oil for a few seconds. Then add about ¼ cup of the bean filling to one half of the tortilla. Top with grated cheese.
4. Using a spatula, carefully fold the tortilla over so it forms a shell. Press down lightly on the tortilla so it holds its shape.
5. As the first tortilla cooks, move it to the side and do a second one. Depending on the size of your pan, you should be able to get 2 or 3 tacos at once. If you have a griddle, you can do even more at once.
6. Cook each taco for about 3 minutes per side until they are nicely browned and crispy.
7. When flipping the taco to cook on the other side, use a spatula and flip the taco toward the fold so the filling does not fall out.
8. Serve tacos with toppings like hot sauce, salsa, avocados, and sour cream.

Note: Corn tortillas are resilient to heat. Do not worry about burning them. They are very flexible. Just be sure to cook them on each side long enough to get them really crispy.