

Food Truck Lab # 3 - Wednesday 1/15/2020

Black Bean Tacos

Recipe By: Courtney LeClaire

"The black bean and green sauce tacos take only a few minutes and are tasty and delicious! Great vegetarian dish! Excellent in itself, but also wonderful with tomatoes, avocado, cheese, etc. Add any of your favorite ingredients from Tacos! served as a side dish with another meal. "

Ingredients

- 1 tablespoon olive oil
- ½ cup chopped onion
- 1 (15 ounces) can black beans, rinsed and drained
- 1 (7 ounces) can green sauce (green sauce)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 4 taco shells (1 per person)

Cover each taco with the following:

- Grated Mexican cheese mix (optional)
- Salsa (optional)
- Guacamole (optional)
- chopped lettuce (optional)

Directions (Head and Sous Chef work together to complete)

1. Heat olive oil in a saucepan over medium-low heat; Cook the onion in hot oil until tender, about 5 minutes. Stir the black beans, green sauce, garlic powder, chili powder and cumin with onion. Reduce the heat to low and simmer the mixture until it thickens, 5 to 10 minutes.
2. Place into taco shells, add on top if desired: Mexican cheese, salsa, guacamole and chopped lettuce.