

BLACK BEAN TACOS W/ MANGO AVOCADO SALSA

Recipe by Chef Thomas Stevens | www.brickhousepantry.com

INGREDIENTS

TACOS

- 1 tsp olive oil
- 1 clove garlic, minced
- 1/2 yellow onion, finely diced
- 1/2 red onion, sliced
- 15 oz can black beans, drained and rinsed (or about 1 1/2 cups cooked)
- 6 leaves Boston or green leaf lettuce
- 6 flour tortillas

MANGO AVOCADO SALSA

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| 1 mango, peeled and diced | 1/4 red onion, diced |
| 1 avocado, peeled and diced | 1 tbsp lime juice |
| 1/2 cucumber, peeled and diced | 1/3 cup chopped cilantro leaves |
| 1/2 jalapeño, seeds removed and minced | Salt and pepper to taste |

TACO SEASONING

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|-------------------------|-------------------------|
| 1 1/2 tbsp chili powder | 1 1/2 tbsp chili powder |
| 1/2 tsp smoked paprika | 1/2 tsp smoked paprika |
| 1/2 tsp cumin | 1/2 tsp cumin |
| 1/4 tsp oregano | |

DIRECTIONS

1. First prepare the salsa. Combine all ingredients in a bowl and mix well. Add salt and pepper to taste. Set aside.
2. In a small bowl, combine all taco seasoning ingredients. The tacos come together quickly, so I like to do this before anything goes on the stove.
3. Add olive oil to a large pan over medium heat. Once shimmering, add garlic and onion and sauté until soft, 4-5 minutes.
4. Pour in black beans and taco seasoning and stir to coat. Sauté, stirring occasionally, until beans are heated through and some of the water is evaporated, 2-3 minutes.
5. Serve with lettuce leaves to be used as taco shells and mango avocado salsa.
6. Enjoy!

