

Herbal Legacy Recipes

Transitional Tacos

Recipe by Doreen Spackman M.H.



Ingredients:

- 1 can black beans* rinsed
- 1 cup frozen corn
- ½ onion chopped
- ¼ of a sweet red bell pepper thinly sliced
- ¼ of a yellow bell pepper thinly sliced
- Corn tortillas or sprouted grain tortillas

Directions:

1. Gently sauté onion in coconut oil or extra virgin olive oil over LOW HEAT!
2. Add black beans and frozen corn, stir and warm.
3. Add chopped peppers on top and don't stir – you want them to still be a little crunchy – let it sit while you do the next step.
4. Warm tortillas on a griddle or in the oven.
5. Serve taco filling on warmed tortillas.

Topping ideas:

- Salsa
- chopped tomato
- sliced avocado
- shredded romaine or red leaf lettuce
- sprouts
- micro greens.

Enjoy Eating!

*1 can of black beans is approximately 1 ¾ cups of cooked black beans.

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