



Food Next Door SWELL RECIPE

UCSS Local Veggie Tacos

Ingredients

Makes 4 Servings

- 3/4 cup Pinto beans, dry (Dove Creek, CO)
- 3/4 cup quinoa, dry (White Mtn. Farms, Mosca, CO)
- 1 onion or leek (UCSS Farm)
- 2 medium sweet peppers (UCSS Farm)
- 1 jalapeno/Serrano pepper (UCSS Farm)
- 2 medium summer squash (UCSS Farm)
- 1 medium eggplant (UCSS Farm)
- 2 garlic cloves (Hobbs Family Farm, Avondale, CO)
- 2 Tbsp. olive oil (Lodi, CA)
- 1 tsp. each cumin/chili powder
- 12 small corn tortillas (Raquelitas, Denver, CO)
- Fresh tomato and pepper salsa (UCSS Farm)
- Sunlight goat cheese (Haystack, Longmont, CO)
- Garnish with fresh greens (UCSS Farm)



Recipe is posted on Dining and Hospitality Services Facebook page



Directions

Soak dry beans overnight. The next day, drain and cover with fresh water, bring to a boil, reduce heat to a simmer, and cook for 45 minutes, or until soft. Drain and set aside to cool. In a saucepan, combine 1.5c water and quinoa, bring to a boil, cover, reduce heat, and let simmer for approx. 20 minutes or until the quinoa has absorbed all of the water.

Wash all veggies. Chop onions, peppers, squash, and eggplant into

bite size pieces. Mince garlic. In a skillet, sauté the garlic and olive oil until garlic slightly browns. Add the onion and sauté for 2-3 minutes. Add the peppers, squash, and eggplant and sauté for an additional 1-2 minutes. Season veggies and beans with salt, pepper, and cumin to taste.

Build your taco with beans, quinoa, veggies, topping with fresh salsa, goat cheese, and greens. Enjoy!

Food Next Door is a student-operated adventure that brings everyone together on the journey from farm to fork.

Come join us for a local lunch inside UCSS's Café 65 every Tuesday and Wednesday from 11-

2pm

