VEGGIE TACO

by The Food Next Door - SWELL

Ingredients

Makes 4-6 tacos

2 Tbsp olive oil

1 small onion, sliced

2 garlic cloves, minced

1 cup mushrooms, sliced

1 cup Anasazi beans, cooked and mashed

1/2 cup beefsteak tomato, diced

1/4 cup onion, thinly chopped

Handful cilantro, chopped

Salt and pepper to taste

1 avocado, sliced

1 lemon, wedges

Directions

Using a medium sized sauté pan, sauté sliced onion with olive oil until translucent. Add garlic and mushrooms, sauté for 10-15 minutes or until mushrooms are browned. Season with salt and pepper to taste.
In a separate bowl, mash the cooked Anasazi beans, add salt and dried herbs of preference.

Plate a bed of mashed beans, with a cover of mushrooms over a Blue Corn homemade tortilla and garnish with tomato, onion, fresh cilantro and avocado.

Add-ons: You could add 1 cup of this week's ground beef with the onions, make sure meat if well cooked and follow the rest of the instructions.

We believe that health starts with good food, but good food does not exist without real farms.
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Mother Earth will thank you too, and you will feel the difference!

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