

Black Bean Tacos with Avocado and Spicy Onions

45 minutes

Recipe by Melissa Clark



Ingredients

SPICY ONIONS

1 lime
1 red onion
1/2 jalapeño
Pinch of sugar
Pinch of salt

BLACK BEANS

Olive oil
1 onion
1 red pepper
2 cloves garlic
1/2 jalapeño
Seasoning (tomato paste,
chili, oregano, cumin)
2 cans black beans

Corn tortillas
Cilantro
1 Avocado
Optional (salsa/
sour cream)



Instructions

1. Make the spicy onions: squeeze the lime into a bowl and add thinly sliced red onion, 1/2 of the jalapeño (also thinly sliced), a pinch of salt and a pinch of sugar.
2. Finely dice onion and red pepper. Mince the other 1/2 of the jalapeño and garlic cloves. Set aside.
3. Prepare the beans: heat a large skillet, and add 2 tbsp of oil. When hot, add onions and pepper. Sauté until soft and golden, about 10 minutes.
4. Add garlic and jalapeño and sauté for 1 minute before stirring in the jar of seasoning (tomato paste and spices). Cook for 1 minute then add drained and rinsed black beans and 1/4 tsp of salt. Simmer for 15 minutes.
5. Cut avocado in half and remove pit. Using a knife slice the avocado into cubes, careful not to go through the skin, then use a spoon to remove cubes from the peel. Set aside in a bowl alongside the pickled onions and washed and chopped cilantro.
6. Season beans to taste, and serve on warmed tortillas (can warm in oven, microwave or a pan) with cubed avocado, pickled onions, and cilantro. Other garnishes such as sour cream or salsa are optional.