Black Bean Tacos with Avocado Sauce
Cheap, Fast, and Healthy – March 2015

Ingredients:
- Two 15 oz. cans black beans
- 1 cup medium salsa
- 8 corn tortillas
- Toppings of choice
- 1 ripe avocado
- ¾ cup fresh cilantro, stems removed
- Juice of one lime
- 1 clove garlic
- 1 tablespoon olive oil
- 1 teaspoon honey
- ¼ teaspoon salt

Directions:
1. Make avocado sauce – add all sauce ingredients to a food processor or blender and blend until combined. Add a splash of water if sauce is too thick. Set aside.
2. Wash, chop, and prepare desired toppings.
3. Prepare black bean mixture – rinse and drain black beans; put in pan over medium heat and add the salsa and cumin. Heat for about 5 minutes, stirring occasionally, until heated through. If desired, mash beans after heating for a creamier filling.
4. Warm tortillas (if desired)
5. Assemble the tacos – spread black bean mixture on center of tortillas, drizzle avocado sauce over top, and add toppings. Can also be rolled into a burrito.