

# Super Fresh Tacos



MAKES 6 - 8 SERVINGS

## Ingredients:

- 2 sweet potatoes
- 2, 15 oz cans of black beans (low sodium)
- 1 large onion
- 2 Tbsp avocado oil (or olive oil)
- 2 Tbsp Southwest Chipotle Fresco Spice Blend or Taco seasoning
- 1 head of red cabbage



## Directions:

Dice the sweet potatoes into 1/4 inch cubes. Place the diced sweet potatoes in a mixing bowl with about one tablespoon of avocado oil. Add one tablespoon of Southwest Chipotle Fresco Spice Blend and mix the sweet potatoes, oil, and spices together. Evenly spread the mixture onto one or two cookie sheets and roast in the oven at 400°F for 12-15 minutes until the potatoes are tender. Drain and rinse the two cans of black beans. Dice and sauté the onion in about a tablespoon of avocado oil in a large skillet until onion begins to caramelize (look for a golden brown color on the edges of the diced onion; be careful not to burn). Add the black beans and roasted sweet potatoes. Add one more tablespoon of the spice blend. Mix in skillet and heat until the mixture is warm. Cut off the bottom of the cabbage to make it easy to pull off the leaves to use as taco shells. Place the mixture on top of the cabbage leaf and add toppings to your preference.

Recommended Toppings: Chopped leafy greens (lettuce, spinach, and/or kale), diced tomatoes, chopped onion, chopped cilantro, diced cucumber, salsa, sliced black olives, sliced jalapeños (fresh or pickled), plain Greek yogurt, guacamole, diced avocado, diced sweet peppers, and/or shredded cheese.

Note: Southwest Chipotle Spice Blend has the following ingredients - Chili powder, cilantro, cumin, oregano, salt, basil, garlic, onion, brown chipotle peppers, thyme, smoked paprika, and pepper.