

## **Black bean tacos**

### Ingredients:

- 2 cans black beans
- 2 cans diced tomatoes (or mix it up and try a container of your favorite salsa with 1 can of diced tomatoes, I like Newman's mango or pineapple salsa!)
- 1 small can tomatoes with green chilis
- 1 small pack of mushrooms
- 1 onion
- Olive oil
- Ground pepper
- Garlic
- Mustard
- Vinegar
- Basil
- Chili powder

### Taco toppings:

- Guac
- White rice
- Salsa mix:
  - Diced cucumber
  - Pineapple chunks
  - Green onion
  - Orange pepper
- Tortilla wraps

Step 1: Dice onions and mince garlic (if you don't know what mince means then ask your mom).

Step 2: Pour 1-2 tbsp of olive oil in a large deep pan (you will cook everything in this pan so make sure it's big enough). Set to medium-high heat and let the oil heat up. Put onion and garlic into the pan and sauté (again, ask mom) (about 5 mins or so).

Step 3: Once the onion and garlic is browned up a bit add in everything else minus the taco toppings (step 4).

### Step 4: Add:

- Diced mushrooms
- Beans

- Salsa and/or tomatoes
- Canned corn
- Chili powder
- Basil
- A splash of vinegar
- A little mustard
- More salt and pepper

Step 5: Bring everything to a boil with the lid on. Mix and then bring it down to a simmer (low-medium heat) for 30 mins.

Step 6: Make into tacos. Wrap up in guac, rice, and top with a mix of cucumber, pineapple chunks, green onion, and orange pepper. This meal should be pretty simple and there is a lot of room for creative adding and it should last for the whole week. You can dip some tortilla chips in it or have another veggie or rice on the side.

The turkey meal I am used to making is very similar to this. I just add in a pound of turkey after the onions and garlic are sauteed, don't do the taco option, and put it over rice and serve with a veggie. I've made several different versions of this meal and it leaves a lot of room for creativity. I hope this gives you some ideas.

Also, I try not to get too specific on measurements because this gives you room to experiment and is easier to remember so you don't have to stare at this recipe every time you go to cook it or something similar. EXPERIMENT!