

# VEGGIE TACOS

Preparation: **15** minutes | Cooking: **15** minutes | Servings: **6**

## INGREDIENTS

*8 taco shells, warmed*  
*1 medium ripe avocado, peeled and sliced*  
*3 cups shredded cabbage*  
*1/2 cup shredded cheddar*  
*1 medium sweet red pepper, julienned*  
*1 medium onion, halved and sliced*  
*1 can (15 ounces) black beans, rinsed and drained*  
*1 cup salsa*  
*1 can (4 ounces) chopped green chiles*  
*2 tablespoons canola oil*  
*2 teaspoons sugar*  
*1 teaspoon minced garlic*  
*1 teaspoon chili powder*  
*1/4 teaspoon ground cumin*



## INSTRUCTIONS

In a large skillet, heat oil over medium-high heat; sauté cabbage, pepper and onion until crisp-tender, about 5 minutes. Sprinkle it with sugar. Stir in beans, salsa, chiles, garlic, chili powder and cumin; bring to a boil. Reduce heat; simmer, covered, until flavors are blended, about 5 minutes. Serve in taco shells. Top with cheese and avocado.