




Cooking Made Easy



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## Chipotle Black Bean Tacos



Bring back Taco Tuesdays with these delicious (and vegetarian!) black bean tacos. We've added smoky heat with chipotles in adobo and a touch of creaminess with feta cheese and fresh avocado mash.



30 min



level 1



veggie



nut free



extra spicy



gluten free



Black Beans



Chipotles in Adobo



Cumin



Red Onion



Garlic



Roma Tomato



Avocado



Radish



Lime



Feta Cheese



Corn Tortillas

Ingredients	2 People	4 People
Black Beans	1 can	2 cans
Chipotles in Adobo	1 can	2 cans
Cumin	1 T	2 T
Red Onion	1	2
Garlic	2 cloves	4 cloves
Roma Tomato	1	2
Avocado	1	2
Radish	3	6
Lime	1	2
Feta Cheese	7)	2 oz
Corn Tortillas	6	12
Olive Oil*	1 T	2 T

\*Not included

Allergens

7) Milk

Ruler

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**Nutrition per person** Calories: 715 | Carbs: 92 g | Fat: 32 g | Protein: 29 g | Fiber: 22 g



**1** Halve, peel and finely chop the **onion**. Mince or grate the **garlic**. Zest the **lime** and then cut into wedges. Thinly slice the **radishes**. Dice the **tomato**, removing the tough core. Drain and rinse the **beans**.



**2** Heat ½ tablespoon **olive oil** in a pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **tomato**, **garlic**, **cumin**, and 1 tablespoon **adobo sauce** from the can. Cook for 2 minutes, until fragrant. **HINT:** If you like the extra heat, remove 1 **chipotle pepper** and roughly chop, then add to the pan to taste.



**3** Add the **beans** to the pan and reduce the heat to low. Cook for about 10 minutes, stirring occasionally.



**4** Meanwhile, halve, pit, and scoop out the **avocado** with a spoon. Coarsely mash it in a bowl and mix with a squeeze of **lime juice**, **lime zest**, and ½ tablespoon **olive oil**. Season with **salt** and **pepper**. Set aside.

**5** Heat **tortillas** in a dry pan or oven until soft and pliable, about 3 minutes on each side.

**6** Serve the **black bean filling** in the **tortillas** and top with **feta** and **radishes**. Serve with **avocado mash** to the side.

**Tip** Save those extra chipotles! Transfer to an airtight container and freeze. Making guacamole? Add a chopped chipotle for some spice. You can even add it to your favorite BBQ sauce for that special smoky flavor.