



# ABUELA MAMA Y YO

FORTALECIENDO LA SALUD DE TRES GENERACIONES

## Vegetarian Tacos

### Ingredients for 5 tacos:

- ¼ cup of cooking oil
- 1 can of low sodium black beans
- 1 small container of mushrooms cut into 1 cm cubes
- 1 small onion - cut into 1cm cubes
- Salt & Pepper to taste
- Optional: Cumin & Dry chili peppers

### Preparation:

1. At medium heat in a medium size saucepan add the oil.
2. Add onion to oil and caramelize
3. Add the mushrooms and cook for 3 minutes.
4. Add the beans and heat for 3 minutes.
5. Add seasonings.
5. Serve when ready on top of warm tortillas or rice.
6. You can add avocado and(or) cabbage on top.