

# Crispy Black Bean Tacos

RECIPE BY "PLANT-BASED RD"

## Directions:

- Preheat oven to 425F. To a large rimmed baking sheet, drizzle about 2 tablespoons of oil and brush to evenly coat.
- Heat up a medium sized sauté pan over medium heat and add 1 tablespoon of oil to the pan to warm through. Add the onions along with a pinch of salt and sauté until softened. Stir in the garlic, sauteing until fragrant.
- Sprinkle in the paprika, coriander, oregano, and thyme and stir to combine. Add in the black beans and chipotle peppers and continue to sauté for 2-3 minutes.
- Pour in the vegetable broth and lightly mash your beans until the mixture starts to bind together then remove from heat. If the mixture is loose, cook for an extra 2-3 minutes and allow to sit for a few minutes to thicken. Adjust salt and pepper to taste.
- Wrap the stack of tortillas in a damp paper towel and microwave for 15-30 seconds to steam them. Take each taco and place on the greased baking sheet, giving a flip to coat both sides in oil. To each tortilla, spread about 2-3 tablespoons of the mashed black beans over half a tortilla and fold it over. To make sure your taco stays closed after folding, carefully flip the taco over so the filling placed on the bottom of the taco is weighing down on the other side.
- Arrange the folded tortillas on the greased baking sheet in a single layer with space between the tacos. Place in the oven to bake for 8 minutes, then carefully flip the tacos and bake for an additional 8-10 minutes until nice and golden. Remove from the oven and allow to cool for 3-5 minutes to allow them to crisp up more and enjoy served with extra lime and salsas of choice.



## Ingredients:

- Avocado oil for cooking
- 1/2 medium onion, finely chopped
- 4 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/2 tsp dry oregano
- 1/4 tsp dry thyme
- 2, 15oz cans black beans, drained
- 2 chipotle peppers from a can packed in adobo sauce, minced
- 1/2 cup vegetable broth
- 8-10 corn tortillas
- Salt and pepper to taste
- Lime wedges for serving
- Avocado slices or Cilantro Lime Sauce for serving

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# Zesty Lime Marinated Black Bean Bowl



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## Ingredients:

- 2, 15 oz cans of black beans, rinsed and drained
- 1 1/2 cups frozen fire roasted corn, thawed
- 1 red bell pepper, diced
- 1/4 cup diced red onion, about half a small onion
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, minced
- Tortillas or Tortilla Chips

## For Lime Dressing

- Juice and zest of 2 limes
- 2 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar or white wine vinegar
- 1 tbsp maple syrup or agave, adjust amount based on preference
- 2 cloves garlic, crushed
- 1/2 tsp ground cumin
- 1-2 tsp smoked paprika, chipotle powder or chili powder
- 1/4 tsp salt or more to taste

## Optional Topping Ideas:

- Pickled Jalapenos
- Pickled Onions
- Vegan Sour Cream
- Salsa Verde
- Shredded Cabbage



## Directions:

- To a large mixing bowl add in the black beans, cherry tomatoes, red onion, bell pepper, and cilantro then sprinkle with a pinch of salt.
- In a separate jar or to the same bowl add in the lime zest and juice, oil, apple cider vinegar, maple syrup, garlic, cumin, smoked paprika, and a pinch of salt. If combining separately, give the dressing a really good mix then pour it over the black bean mixture.
- Toss the black beans and dressing together, making sure it has been coated with the dressing then cover the bowl and place in the fridge for up to one hour, stirring occasionally to redistribute the dressing.
- When ready to serve, place a wrap or pita on a flat plate and spread with your favorite spread then top with the chickpea salad and serve.

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# Lentil Bolognese



RECIPE BY "THE IRON YOU"

## Ingredients:

- ½ cup / 3.5 oz / 100 gr green lentils, rinsed and picked over
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 carrot, peeled and finely chopped
- 2 tablespoons olive oil, divided
- 1 (28 oz / 800 gr) can diced tomatoes, (I used Muir Glen)
- 1 glass of red wine
- 1 teaspoon dried oregano
- 1 teaspoon fine grain salt
- ½ teaspoon ground black pepper



## Directions:

- In a large saucepan combine lentils and 2 cups of water.
- Bring to a rapid boil over medium-high heat, reduce to a gentle simmer and cook, uncovered for about 20 to 25 minutes. Add water as needed to make sure lentils are covered.
- Once cooked, drain, and transfer to the bowl of a food processor (or blender). Pulse a couple of times to make a coarse puree. Set aside.
- Heat 1 tablespoon of olive oil in a large saucepan over medium-high heat. Add onion, celery, and carrot and sauté for about 8 to 10 minutes, or until the onion is translucent.
- Add diced tomatoes, salt, and pepper. Bring to a simmer and cook for 5 minutes. Add red wine and cook for 5 further minutes.
- Add pureed lentils, give a good stir, and cook over low heat for 10 to 15 minutes. Take a taste and adjust seasoning as needed.
- If the sauce looks too dry, add more water however keep in mind that bolognese is not meant to be a 'saucy'.
- Remove from the heat, add remaining 2 tablespoons of olive oil and oregano.
- Serve over your favorite pasta (it's great over zoodles) or eat by the spoonful.

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# Dominican Spiced Mashed Chickpea Salad



RECIPE BY "PLANT-BASED RD"

## Ingredients:

- 1, 15 oz can chickpeas, rinsed and drained
- 2 cloves garlic
- 3 tbsp good quality tahini
- 1/2 tsp adobo seasoning
- 1/2 tsp sazon or 1 tsp smoked paprika
- 1/2 tsp oregano
- 1/4 tsp dry thyme
- 1/2 tsp better than bouillon vegetable base or 1/2 veggie bouillon cube
- 1/2 small red onion, finely diced
- 1 bell pepper, finely diced
- 3 tbsp Spanish Olives, minced
- 1/4 cup cilantro, minced
- 1/4 cup parsley, minced
- Juice of 1 lime
- 1 tbsp apple cider vinegar
- 1 tbsp water

## For Sandwich:

- 6 slices of whole grain bread
- Mashed avocado
- Tomato slices
- Plantain Chips
- Vegan Ketchup Mayo
- Salt and pepper to taste



## Directions:

- In a bowl add in your chickpeas and mash them to your liking. Add in the garlic, tahini, spices and bouillon then mix together until fully combined.
- Stir in the diced onion, bell pepper, herbs, lime juice, apple cider vinegar, and water. Mix well until the mixture starts to clump together. Taste and adjust seasonings based on preference.
- To assemble the sandwich, mash avocado on to one slice of bread then top with the mashed chickpea salad mixture, fresh tomato slices, and plantain chips. Spread some vegan ketchup mayo on the other piece of bread and use it to top the sandwich before enjoying.

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