

Tacos with black beans, peppers and coriander

A delicious combination which is also vegan and healthy (until you serve with lots of cheese!). Serve with a taco, salsa, lettuce and cheese. It is also great as a non-meat filling for enchiladas and quesadillas.

- 1 medium onion, chopped
- 2 tbsp oil
- 4 cloves garlic, crushed
- 2 red or yellow peppers, chopped
- 2 tbsp tomato puree
- 1 carton mexican spice blend (hot or mild, depending on taste)
- 2 tins black beans, drained (or 350g cooked beans)
- Handful fresh coriander
- lime juice and salt

1. Heat the oil and gently fry the onions for a few minutes.
2. Add the garlic and peppers and cook gently until soft. Stir in the spices, cook briefly and then leave to cool.
3. Place the above in a blender with the tomato puree, black beans and coriander, and blend. How lumpy you have it is a question of personal taste, but a bit of texture is good!
4. Add lime juice and salt to taste.
5. Pile some onto a warm taco, add some cheese, lettuce and your favourite salsa.

Cook's notes

- Feta works really well with this recipe, but use whatever cheese you prefer!
- To use in a vegetarian enchilada: wrap some hot mixture in a tortilla and pour hot [red enchilada sauce](#) over. Sprinkle some cheese and place under the grill for a few minutes.