

Veggie Tacos

yield 8

These vegetarian tacos are stuffed with a blend of sauteed cabbage, peppers and black beans so filling, you won't miss the meat. Top with avocado, cheese or a dollop of sour cream

TOTAL TIME: Prep/Total Time: 30 min.

Ingredients

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



Directions

1. In a large skillet, heat oil over medium-high heat; saute cabbage, pepper and onion until crisp-tender, about 5 minutes. Sprinkle with sugar.
2. 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.
3. Serve in taco shells. Top with cheese and avocado.

from Taste of Home

For more vegetarian taco ideas, check out this website:

<https://www.loveandlemons.com/vegetarian-tacos/>