



# GARLIC BLACK BEAN TACOS

with **CABBAGE SLAW**

SERVES 4

## CABBAGE SLAW

- 4 cup cabbage (any color), chopped
- ½ cup shredded carrot
- ⅔ cup cilantro, chopped
- 2 green onions, chopped
- 1 clove minced garlic
- ½ teaspoon cumin
- ½ teaspoon coriander
- salt to taste
- ⅛ teaspoon red pepper flakes, or to taste
- ¼ cup lime juice
- 2 teaspoon neutral oil

## BLACK BEANS

- 1 tablespoon neutral oil
- 3 medium cloves garlic, minced
- (1) 28oz. can black beans
- salt to taste
- ½ teaspoon red pepper flakes

## ASSEMBLY

- corn tortillas, 4 minimum
- cheese, to taste (feta / what's handy)
- salt to taste
- optional garnishes -hot sauce, avocado, sliced radish

Put a little bit of the lime juice with the cabbage in a large bowl and massage until it begins to soften. Add carrot, cilantro, and spring onions. In a separate bowl, mix garlic, spices, remaining lime juice, and the oil and pour over the vegetable mix.

Heat the garlic in oil briefly. As soon as it begins to turn golden, add beans, a ¼ cup water, salt, and pepper flakes. As the beans heat up, mash them slightly.

Heat a small amount of oil in a skillet, then add a tortilla. Fry tortillas until browned and crispy.

Spread black beans on warm tortilla, add cabbage mixture, and top with crumbled/shredded cheese and hot sauce to taste.

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