

# Black Bean and Feta Tacos

## Ingredients

- 1 can of black beans
- 1 teaspoon chili powder
- ½ teaspoon paprika
- 12 oz crumbled feta cheese
- 10-12 small tortillas
- 1 bag of shredded lettuce
- 3 Tablespoons lime juice
- 1 Tablespoon olive oil
- 1 teaspoon garlic salt
- 1 Roma tomato chopped
- Hot sauce
- 1 Avocado sliced (optional)

## Directions

1. Drain the beans and pour into a bowl.
2. Season beans with chili powder and paprika.
3. Mix in seasoning and gently smash the beans.
4. Preheat a pan on the stove with a light coat of non-stick spray or olive oil.
5. Lightly heat/toast one side of the tortilla in the pan. Flip the tortilla, a place spoonful of beans along the diameter of the tortilla, fold the tortilla in half along the line of beans, lightly grill each side of the tortilla until you can see some browning. Store the tortilla with beans in a warm place, such as a cookie sheet in the oven (in the winter I'll set the oven to 150 degrees if I'm cooking for a crowd, but this is not necessary for the summer). Continue this process until all the beans are used. Once you get a rhythm you can begin step 6.

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6. Combine the shredded lettuce, chopped tomatoes, olive oil, lime juice, and garlic salt in a bowl. Gently stir. I also love to taste test the coleslaw mixture with a tortilla chip or two here.

7. Fill your taco by adding feta, coleslaw, and hot sauce to the beans. (Or allow guests to create their plate as desired, my sister-in-law will cover the bean filled taco with coleslaw and feta cheese and eat with a fork and knife.)