

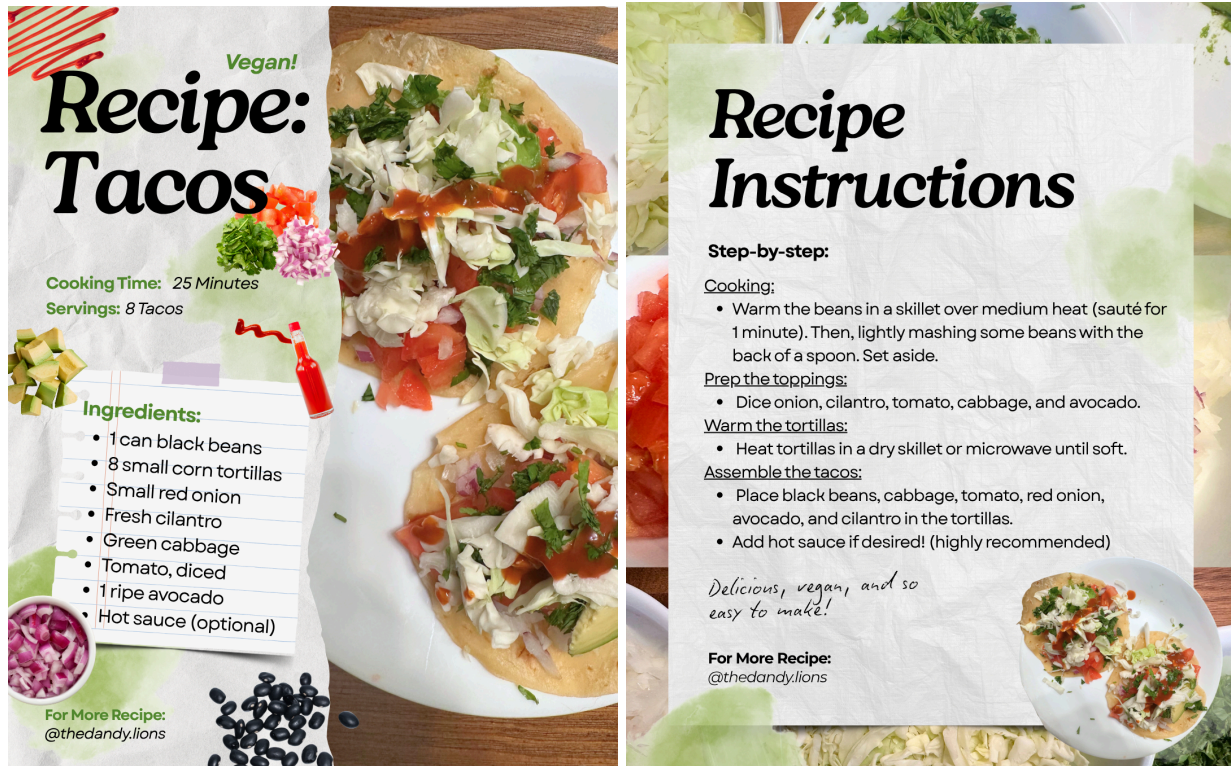
Day 20

Food Recipe Card

The Dandy Lions
60 POINTS

Instagram Post Link:

<https://www.instagram.com/p/DQDrCGHDhoY/?igsh=NTc4MTIwNjQ2YQ==>



Ingredients:

- 1 can black beans
- 8 small corn tortillas
- Small red onion (organic)
- Fresh cilantro (garden)
- Green cabbage (organic)
- Tomato, diced (organic)
- 1 ripe avocado (organic)
- Hot sauce (optional)

Recipe Instructions:

Cooking:

- Warm the beans in a skillet over medium heat (sauté for 1 minute). Then, lightly mashing some beans with the back of a spoon. Set aside.

Prep the toppings:

- Dice onion, cilantro, tomato, cabbage, and avocado.

Warm the tortillas:

- Heat tortillas in a dry skillet or microwave until soft.

Assemble the tacos:

- Place black beans, cabbage, tomato, red onion, avocado, and cilantro in the tortillas.
- Add hot sauce if desired! (highly recommended)

Short Reflection:

Cooking simple meals like these vegan black bean tacos has shown me that eating well can be easy, affordable, and most importantly so delicious! I love sharing plant-based food with friends because it always brings people together, whether they're vegan or not. There's something so connecting about being able to enjoy food that's good for our bodies, our budgets, and the planet. It feels amazing to fuel myself and others in a way that fuels the Earth too!