

# LOVE THY CARROT

*real food made with love*

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## VEGAN MEXICAN BLACK BEAN WRAPS WITH AVOCADO LIME DRESSING

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**This recipe serves: 2 - 3**

### INGREDIENTS

#### **For the Filling:**

- one 15 oz. cans black beans, (rinsed and drained)
- 1/2 cup salsa (I used store bought from the refrigerator section in your grocery store)
- 1/2 cup corn, fresh or frozen
- 1/2 tsp. cumin
- dash of cayenne pepper
- Boston lettuce, wash and set aside in the fridge wrapped in paper towels until ready to use
- Lime wedges for squeezing on top

#### **Ingredients For the Avocado Lime Dressing:**

- 1 large ripe avocado
- 3/4 cup cilantro, stems removed, (or parsley)
- Juice from 1 lime, or more to taste
- 1 clove garlic
- dash of cayenne pepper
- 1 Tbsp olive oil
- 2 tsp honey
- 1/8 tsp salt, or more to taste
- a bit of water if need to thin out

### DIRECTIONS

1. Make the avocado sauce: in a food processor or blender add all sauce ingredients and blend well. Add a touch of water to thin if necessary. Taste to adjust the seasonings. Set aside.

2. In a pan over medium heat, add black beans, (mash some of the beans with a potato masher), corn, salsa, cumin and cayenne. Heat for about 5 minutes stirring occasionally, until heated through.
3. While the beans are heating, chop and prepare your toppings.
4. Assemble the tacos, spoon the black bean mixture in the centre of the lettuce leaves, drizzle a small amount of avocado sauce over the top, and add your toppings.

### **T O P P I N G S :**

- hot sauce
- chopped cilantro
- sprouts
- chopped onions
- yogourt or sour cream
- olives
- pickled jalapeno peppers

### **C O O K S   N O T E S**

- You can use filling in corn wrap or any wrap you like.
- If you have any leftover avocado sauce store in the fridge and use as a dip or salad dressing.