
Let's Taco 'Bout It

Epic Vegetarian Tacos

These meatless tacos will please even the most adamant carnivores in your life. Truly amazing vegetarian tacos featuring easy-to-make refried beans, quick-pickled onions, and creamy avocado sauce! Recipe yields 8 hearty tacos (about 4 servings).

Adapted from www.cookieandkate.com

INGREDIENTS

For pickled onions

- 1 medium red onion, very thinly sliced
- 1/2 cup water
- 1/4 cup distilled white vinegar
- 1/4 cup apple cider vinegar or additional white vinegar
- 1 1/2 tablespoons maple syrup or honey
- 1 1/2 teaspoons fine sea salt
- 1/4 teaspoon red pepper flakes (optional, for heat)

For refried beans

- 1 tablespoon olive oil
 - 2 cans (15 ounces each) pinto beans, rinsed and drained, or 3 cups cooked pinto beans
 - 1/2 cup finely chopped yellow or white onion (about 1/2 small onion)
 - 2 cloves garlic, pressed or minced
 - 1/2 teaspoon chili powder
 - 1/4 teaspoon ground cumin
 - Lime
 - Cilantro
 - 1/2 cup water
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- Avocados (sliced or made into guac)
 - 8 corn tortillas
 - Salsa Verde
 - Shredded green cabbage (for extra crunch)
 - Crumbled Cotija cheese



INSTRUCTIONS

Prep the onions

1. Pack the onions into a 1-pint mason jar or similar heat-safe vessel. Place the jar in the sink, to catch any splashes of hot vinegar later.
2. In a small saucepan, combine the water, both vinegars, maple syrup, salt, and pepper flakes. Bring the mixture to a gentle simmer over medium heat, then carefully pour the mixture into the jar over the onions.
3. Use a butter knife or spoon to press the onions down into the vinegar and pop any air bubbles in the jar. Let the pickled onions cool to room temperature (about 20 to 30 minutes), at which point they should be sufficiently pickled for serving
4. Slice avocados or make into a simple guacamole.

Make the refried beans

1. In a medium saucepan over medium heat, warm the olive oil until shimmering. Add the onions and salt. Cook, stirring occasionally, until the onions have softened and are turning translucent, about 5 to 8 minutes.
2. Add the garlic, chili powder and cumin. Cook, stirring constantly, until fragrant, about 30 seconds. Pour in the drained beans and water. Stir, cover and cook for 5 minutes.
3. Reduce the heat to low and remove the lid. Use a potato masher or the back of a fork to mash up about at least half of the beans, until you reach your desired consistency. Continue to cook the beans, uncovered, stirring often, for 3 more minutes.
4. Remove the saucepan from the heat and stir in the cilantro and lime juice. Taste, and add more salt and lime juice if necessary. If the beans seem dry, add a very small splash of water and stir to combine. Cover until you're ready to serve.

Build the tacos

1. Once they're ready, warm the tortillas in a large skillet over medium heat in batches, flipping to warm each side. Alternatively, you can warm them directly over a low flame on a gas range. Stack the warmed tortillas on a plate and cover with a tea towel to keep warm.
2. To assemble the tacos, spread refried beans down the center of each tortilla. Top with avocado dip and onions. Finish the tacos with garnishes of your choice and serve immediately.

Chicken Tinga Tacos

Spicy, saucy, simple, and so fresh, these tacos use many of the same ingredients as the vegetarian tacos above, but add a bit more spice and fun for the go of it.

Adapted from The Minimalist Kitchen Cookbook

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup roughly chopped sweet onion
- 2 cloves garlic, minced
- 1–2 chipotle peppers in adobo sauce, chopped or canned adobo sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 3/4 cup canned crushed fire-roasted tomatoes
- 1/4 cup chicken stock
- 1/2 teaspoon salt
- 1 lb. of chicken breasts
- Sliced radishes (optional)



INSTRUCTIONS

1. Blend all sauce ingredients in a blender. Add sauce to Instant Pot along with about a pound of chicken breasts. Cook on high pressure for 10-15 minutes on high. Shred chicken in sauce and serve.
2. Prepare the garnishes. To assemble, top the tortillas with the chicken and garnish with the avocado slices, cilantro, red onion, and cotija and pickled onions from recipe above. Serve with a lime wedge for squeezing.

NOTES: If you want to make with precooked shredded, chicken, follow steps below.

Make Sauce: Heat a large skillet over medium. Once warm, add the oil and onion. Sauté for 4 minutes or until tender, stirring occasionally. Add in the garlic and cook for 30 seconds more. Stir in the chipotles, oregano, and cumin, and toast for 1 minute. Add in the tomatoes, stock, and salt. Bring to a simmer and cook for 7 minutes.

Blend: Place the tomato mixture in a high-powered or regular blender, and blend until smooth.

Chicken: Return the blended sauce to the pan over low heat. Add the chicken and cook for 5 minutes. Taste and add more salt if necessary.

Spiciness: For optimal “medium” spiciness. If you want a mild version, just use one chipotle pepper. If you want it hot hot hot, go for three.