

BLACK BEAN TORTAS WITH COCONUT CHIPOTLE MAYO

Meal C

Inspired by Thug Kitchen

Serves 2

Ingredients

Coconut Chipotle Mayo

- ½ cup canned coconut milk
- ¼ cup of your hot sauce
- ½ teaspoon chipotle powder
- 1 teaspoon honey or maple syrup
- 1 teaspoon ground chia seeds
- ½ teaspoon lemon juice
- ½ teaspoon garlic powder
- Pinch of salt

Creamy Black Beans

- 1 small yellow onion, chopped
- 1 clove garlic, minced
- 1 ½ teaspoons chili powder
- ¼ teaspoon cumin
- 1 can-15 oz black beans, drained and rinsed
- ¾ cup vegetable broth
- Juice of 1 lime
- Salt to taste

Torta Trimmings

- 2 crusty rolls, split and toasted
- Lettuce
- Sliced tomatoes
- Sliced red onion
- Sliced avocado

Directions

Mayo:

Throw all the ingredients into your blender and blend until creamy and smooth.

Beans:

1. In a pot on medium heat, saute onions in a small amount of water until they start look a little brown and wilted.
2. Add in garlic, chili powder and cumin. Cook for another 30 seconds.

3. Add beans and broth and stir everything together. Let it come to a simmer.
4. With a potato masher or big spoon, mash up all the beans the best you can. Add the lime juice and taste. Add more salt or spices as needed.
5. Toast Rolls. Smear on mayo and pile on a bunch of beans. Add whatever toppings you would like. Serve right away.

Per serving: 416 Calories, 20.1g Fat, 88.1g carbohydrates, 5.9g Fiber, 28.2g Protein

Prep Notes: Can be made to order quickly. Alternatively, prepare Coconut Chipotle Mayo and Bean mixture, storing separately until ready to use.

Kid-Friendly: Serve with favorite vegetables, fruit, and/or baked fries. Alternatively, serve "Nachos" style with toasted corn tortillas and favorite toppings.

Lower Calories: Eliminate the mayo and serve with your favorite mustard, veggie toppings or additional salsa.

Up Your Greens: Top with spinach or mixed greens, serve with a side of broccoli.