

# Black Bean & Avocado Tacos



## Menu Description:

Crispy corn taco shells filled with seasoned black beans, guacamole, and Napa cabbage create a delicious vegetarian alternative that is packed with protein.

Suggested Price: \$4.99

Approx. Cost: \$1.04

PROFIT: \$3.95

Prep Time: 20 minutes

Cook Time: 40 minutes

Yield: 50 tacos

## Ingredients:

- 1 package Santiago® Seasoned Vegetarian Black Beans, prepared
- 6 cups Guacamole
- 50 each Corn tortilla shells
- 4 cups Scallions, thinly sliced
- 8 cups Napa cabbage, shredded (1 large head)

## Instructions:

1. Prepare Santiago® Seasoned Vegetarian Black Beans according to package directions. Hold hot. Heat shells according to directions.
2. Layer each shell with 2 Tbsp beans, 1 Tbsp guacamole, 1 Tbsp cabbage, and 1 Tbsp scallions. Serve immediately.

## Nutritional Information per Serving:

Calories – 410

Fat – 16 g

Iron – 15 %

Vitamin A – 25 %

Protein – 14 g

Carbs – 56 g

Sodium – 800 mg

SatFat – 6 g

Fiber – 14 g