

# Smoky Bean Tacos

*From - Ornish Kitchen*

## INGREDIENTS:

- 28-oz can fire-roasted diced tomatoes
- 1 c yellow onion, peeled and diced
- 1 c fresh poblano chile, seeded and diced
- 1 tbsp garlic, pressed or minced
- 1 tbsp fresh oregano  
or 1 tsp dried
- 1 tsp ground cumin
- 1-1/2 tsp chipotle peppers in adobo sauce  
mash or puree before measuring
- 1/8 tsp fine sea salt
- 1-1/2 c cooked black beans  
or one 15-oz can no salt added black beans, rinsed and drained
- 1 1/2 c cooked pinto beans  
or one 15-oz can no salt added pinto beans, rinsed and drained
- 2 c yellow corn fresh or frozen
- 12 6 1/2-in corn tortillas
- 1/3 c fresh cilantro chopped
- 3 c romaine lettuce finely chopped

## DIRECTIONS:

1. In a medium-sized skillet over medium heat, combine tomatoes, onions, poblano peppers, garlic, oregano, cumin, chipotle puree, and salt. Cook, stirring occasionally, until onions are softened and flavors have begun to meld, about 10 minutes.
2. Stir in beans and corn. Bring to a simmer and let cook, stirring occasionally, for 10 minutes.
3. While beans are cooking, warm tortillas, either in the oven or on the stovetop. To warm in the oven, preheat oven to 375°F. Wrap corn tortillas in aluminum foil and place in the oven. Heat until tortillas are warmed through, about 10 minutes. Alternatively, turn a stovetop gas burner to high. Place tortilla directly over the flame. Let tortilla cook for 2–3 seconds, then turn, using tongs. Repeat, turning the tortilla every 2–3 seconds, until warmed through and browned along the edges. Repeat with remaining tortillas.
4. Just before serving, stir cilantro into corn and bean mixture. Taste for seasoning and add additional salt and/or chipotle puree, as needed.
5. To serve, spread 1/2 cup romaine lettuce on each warm tortilla, followed by 1/2 cup bean filling. Garnish with cilantro sprigs.