

Veggie Tacos

Adapted from [Simply Recipes](#)

Ingredients:

2 tablespoons of butter
1 cup of fresh corn (about 2 to 3 ears)
2 or 3 zucchini (about 1 ½ cups)
1 medium onion, chopped
2 teaspoons garlic, minced finely
1 fresh jalapeño chile pepper, seeds and stem discarded, minced
1 teaspoon cumin
½ teaspoon [Complete Seasoning](#) (Mexican seasoning)
Kosher Salt
1 small to medium tomato, chopped
6 to 8 flour tortillas
½ cup Manchego cheese, grated fine or cotija cheese
handful of cilantro, chopped finely

Preparation:

In a medium Dutch oven, heat the butter over medium high heat. Add the onions and cook until they soften, about 5 minutes. Add the garlic, and cook for 1 minute. Add the zucchini, corn, and jalapeño to the pot. Season with the cumin and complete seasoning, stirring occasionally. Let cook for 5 minutes, until the vegetables have lightly browned.

Stir in the chopped tomatoes and cilantro, and lower the heat to a simmer. Let gently cook for 5 to 10 minutes while you prepare the tortillas.

Serve with preferred tortillas, toppings like sour cream, sliced avocado and salsa.

Yield: 4 hefty servings of veggies

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