

# Blue Corn Bean Tacos



Tacos are so versatile, you can add whatever you please.  
Let's taco!

## Beans

### INGREDIENTS

- 4 cups cooked pinto beans
- 1 cup water
- 1 tablespoon [sofrito](#)
- 3 tablespoons tomato sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

- 1/4 teaspoon turmeric
- 1/8 teaspoon cumin
- 1 tablespoon Nutritional Yeast

## INSTRUCTIONS

- In a medium saucepan, add all ingredients and cook on medium-high heat for about 7-10 minutes, stirring occasionally.
- Using an [immersion blender](#), blend the mixture.

## Tacos

### INGREDIENTS

- Beans
- Taco Sauce
- 1/2 cup vegan creamy [Dill Pickel dressing](#)
- 2 cups lettuce (shredded)
- 1 large tomato (chopped)
- 1/2 cup cheese (shredded)
- 1/4 cup red onion (chopped)
- 1/4 cup green onion (chopped)
- 12 Blue Corn Tacos
- 1 avocado (sliced)
- 1 tablespoon lime juice.

### INSTRUCTIONS

- While the beans are being cooked, preheat the oven to 350° F.
- Toast the tacos for about 5-7 minutes.
- Remove the tacos from the oven.
- Assemble the tacos by adding beans, taco sauce, dill pickle dressing, avocado, lime juice, lettuce, tomato, cheese and cilantro.





Love to use my [immersion blender.](#)



[Vegan Creamy Dill Pickle Dressing](#) This is a such a great element to add.





Enjoy!