



CRISPY BEAN TACOS

"Your new favorite snack!"

INGREDIENTS:

¼ c. bean flakes

Pinto Bean Flakes, Seasoned (500262)

Chipotle Black Bean Flakes (600681)

Black Bean or Pinto Bean Flakes *seasoned to taste.*

¼ c. water

4 corn tortillas

2 - 4 T. olive oil

½ c. grated cheese (*your choice*)

cherry tomatoes (*optional side*)

sour cream (*optional side*)

avocado or guacamole (*optional side*)

DIRECTIONS:

1. Add **olive oil** to a pan, heat to medium.
2. In a microwave-safe dish, add **water** to **bean flakes** and microwave on high for 1 minute.
3. Spread rehydrated bean flakes on half the **corn tortilla** and top with cheese.
4. When the olive oil has heated, gently place the tortillas with beans and **cheese** in the pan. After a few seconds, when the tortilla has softened, fold the unfilled half of the tortilla over. Fry until golden and crispy. (**1-2 minutes**) Turn taco over and fry until that side is golden and crispy. (**1-2 minutes**)
5. Cover a plate with paper towels, remove the tacos and place them on the paper towels to absorb the excess oil.
6. Place the tacos and selected sides on a plate. Serve.