

# **Black Bean Tacos with Air Fried Green Tomatoes and Daikon Avocado Relish**

- **Mommy's Best Beans - Component One (makes 8-10 servings)**

- 1 head garlic, minced
- 1 onion, chopped
- 2 bell peppers of choice (red, yellow, or orange)
- 1 seeded, minced jalapeno
- 2 cups chopped tomatoes, or one can diced tomatoes
- 8 cups cooked black beans
- 1Tbsp chipotle puree
- 1Tbsp sriracha
- 3 bay leaves
- 2tsp cumin
- 1tsp dried Mexican oregano
- 1-2tsp salt or more to taste
- 1tsp Wright's Liquid Applewood Smoke
- Pinch of mushroom powder
- Freshly ground pepper to taste
- 1/4tsp red wine vinegar
- Pinch of sugar

Sauté garlic and onions for 1 minute. Add peppers and cook another minute. Add tomatoes, beans and all seasonings except for the red wine vinegar and sugar. Simmer gently until thickened, 40-50 minutes. Remove from heat, add vinegar and sugar. Stir to incorporate.

- **Air Fried Green Tomatoes - Component Two (makes 4-8 servings)**

- 3c green tomatoes, diced largely
- Bowl 1: 50/50 Brown Rice flour and cornstarch, season with salt, black pepper, white pepper
- Bowl 2: 2 eggs, 1/2c buttermilk
- Bowl 3: 50/50 cornmeal and gluten free breadcrumbs with pinch of salt

Dredge tomato pieces through bowl 1, then bowl 2, then bowl 3. Place in air fryer basket and cook at 375 degrees for 6-8 minutes until browned. Remove and set aside.

- **Daikon Avocado Relish - Component Three (makes 4-8 servings)**

- 3c daikon, small dice
- 3 avocados, small dice

- Juice of 4 limes
- ½ - 1 whole red onion, fine dice (to taste)
- Sprinkle of salt
- Optional splash of red wine vinegar

Combine all ingredients in a large bowl and gently mix to combine.

- **Heated Tortillas - Component Four (makes as many as needed)**
  - blue corn or any taco sized tortilla of choice
  - avocado oil spray, or spray of choice

Heat a large electric skillet or regular skillet. Lightly spray tortillas with oil and heat. Flip during cooking to lightly brown both sides.

### **Assembling the Tacos**

Spread black beans evenly over each tortilla. Add 3-6 pieces of tomato, depending on size. Top with relish and serve.