

VeraVia – Beef Tacos with Black Beans, Guacamole, Pico de Gallo and Greek Yogurt

Serves 2

Ingredients:

8 large romaine lettuce leaves
1/2 cup black beans (recipe follows)
1/2 cup cooked ground beef(recipe follows) 1/2 cup guacamole (recipe follows)
1/2 cup pico de gallo (recipe follows)
2 tsp. goat cheddar
2 tsp. full fat greek yogurt
Cilantro

Black Beans

Ingredients:

2 tsp. olive oil
1.5 c. yellow onions, diced
2 cloves garlic, minced
1/4 tsp. salt, or to taste
1/2 tsp. dried oregano
1/2 tsp. dried cumin
1 bay leaf
2 cans black beans, or roughly 4 cups prepared canned black beans
1 cup water
2 tbsp. sherry
1/8 tsp. stevia

Method:

- Heat oil in a medium saucepan over medium-high heat. Add onion and cook, stirring, until translucent, 4 to 5 minutes. Add garlic and cook, stirring constantly, for 30 seconds. Add salt, cumin and oregano and cook, stirring, until fragrant, about 30 seconds more.
- Add beans, water. Stir to combine. Bring to a simmer; reduce heat to medium-low and cook, stirring occasionally for 10 minutes.
- Add sherry and stevia and continue cooking until the beans are slightly thickened.

Guacamole (yields a little over a cup)

Ingredients:

1.5 Haas avocados
1 lime, juiced (reserve a teaspoon of juice)
1/4 tsp. kosher salt
1/4 tsp. cumin, ground
1/4 tsp. chili powder
1/4 large onion, diced
1/2 small jalapeño, sliced in half, seeds and vein scraped out with spoon, diced
1 roma tomato, seeds removed, diced
1 tbsp. chopped cilantro
1 small clove garlic, minced

Method:

- Add avocado to a medium bowl. Using a potato masher, add salt and spices to avocado and mash. Fold in remaining ingredients and drizzle remaining lime over the top.
- Cover and let sit for an hour before serving.

Pico de Gallo (yields 1 cup)

Ingredients:

4 roma tomatoes, roughly chopped
1/2 red or yellow onion, roughly chopped (should equal the amount of tomatoes) 1/2 cup
cilantro leaves, roughly chopped
1 jalapeno, sliced in half, seeds and vein scraped out with spoon, diced
1/2 lime
Salt

Method:

- Place first four ingredients in a bowl. Slice lime and squeeze juice on to ingredients.
- Add salt and set aside for flavors to meld.

Spiced Ground Beef

Ingredients:

1/2 pound ground beef
1 tsp. ghee
1 tsp. chili powder and 1/2 tsp. garlic powder
Salt and pepper

Method:

- Sprinkle seasoning on ground beef and brown in a pan set over medium high heat. Set aside and keep warm.

To Assemble:

- Arrange 3-4 lettuce leaves (faux tortillas) on plate.
- Top with warm ground beef mixture, a little black bean mixture, guacamole, pico de gallo, 1 tsp. goat cheddar cheese, and 1 tsp. greek yogurt.
- Garnish with cilantro if desired.