

## Easy Veggie Tacos

### Ingredients

#### Sauce:

Olive oil

1 clove of garlic

1 onion

A few teaspoons of cumin

2 x cans of kidney beans

2 x cans of chopped tomatoes

2 or 3 slabs of tempeh, grated

#### Salad:

1 (unless you want more!) box of tacos

Lettuce

Carrot

Cheese

Shallots

#### Sour Cream

### Method

Chop the onion and garlic finely. Heat a large pan with a good dollop of olive oil in it, on a medium heat. When the oil is warm (you don't want the onion to fry and burn) add the onion and garlic. At this point you can add the cumin. Stir for a minute or two or until the onion turns translucent. Tip the kidney beans into a colander, and then add to the pan. After a short time, add the canned tomato. Keep the pan on a medium heat for about five minutes, then add the grated tempeh. Cook for another 5-10 minutes, making sure that the beans are not sticking to the bottom.

Now you can heat the tacos in the oven. Grate the carrot and cheese, and slice lettuce. When the tacos are ready bring everything to the table, and you can start assembling your taco. This dish is a fun and easy meal that gets salad into you while still being delicious!

Serves 4-5 adults, depending on how hungry you are.

Enjoy!



<http://thecapcrew.ca/Images/Recipes-Veggie-Tacos.jpg>