**SOFT BEAN TACOS**

**Ingredients:**
- 1 tablespoon olive oil
- 1 medium brown onion
- 1 garlic clove, crushed
- 1 red chile, seeded, chopped finely
- 2 medium tomatoes, chopped
- 2 tablespoons tomato paste
- 1 can refried beans
- 1 can red kidney beans
- 2 tablespoons coriander, chopped
- 10 tortillas
- 1 medium avocado
- 4 green onions, chopped
- 1 small red bell pepper, chopped
- 1 teaspoon lime juice

**Time:** 30 minutes  
**Servings:** 10 people (1 tortilla each)

**Directions:**
- Sauté the onion, garlic, & chile until onion is soft.
- Stir in chopped tomatoes & tomato paste. Simmer for 10 minutes.
- Add refried beans & kidney beans, simmer & stir in coriander
- Meanwhile, wrap tortillas in foil & warm in oven.
- Mash avocado with a fork. Mix in green onions, red bell peppers, & lime juice.
- Fill tortilla with bean mixture & avocado mixture.

**Did you know?** In Mexico, the word taco is a generic term like the English word sandwich. Like a sandwich, the filling can be made with almost anything.

**Benefits:** The beans in the filling act as a good source of protein for vegetarians. Beans also have a lot of fiber; therefore, they’re digested slowly, keeping you fuller longer!

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