

The Guccha

Black Bean Taco Salad Recipe

Servings : 2 People

Vegan | Gluten-Free | Refined Sugar-Free

Ingredients:

1 cup cooked Black Beans
1/2 cup Grape Tomatos
1/2 cup Tender Spinach
1-2 Assorted BellPeppers
1/2 Sweet Corn or 1/2 cup Sweet Corn kennels
1/2 Red Onion
2 Lemons
1 Avocado
1-2 Garlic Cloves
Cilantro
Salt
Pepper

Process:

- Get canned black beans (no salt added) or you can cook beans from scratch. To cook, soak beans in water overnight, if you have Pressure cooker or Instapot, cook time will be 10 mins if not add double the quantity of water in a pot and cook for 20-30 mins (with lid closed on medium flame). If using canned beans, wash them well.
- Now take a sauté pan and add 1 tsp of cooking oil, and add 1 chopped garlic. Once the garlic releases the aroma, add cooked beans, salt, pepper(add pinch of salt and pepper) and sauté for 3-4 mins on medium flame. This increases the taste of beans.
- Place the prepared beans in a bowl and in the same pan add 1 tsp of cooking oil and add chopped onions and bell peppers. Sauté till caramelized and keep them aside.
- Get canned sweet corn kennels or just cook the sweet corn by placing it in boiling water for 3-4 mins.
- Now for the dressing, take 1/2 avocado and place in a blender with 1/2 lemon juice, 1/4 cup cilantro and pinch of pepper. And blend till smooth, for creaminess add 1 tsp of olive oil at the end. And the dressing is ready.
- Now arrange the salad, place spinach, cooked beans, caramelized onions and bell peppers, chopped grape tomatoes, chopped 1/2 avocado, cooked sweet corn kennels, 1/2 lemon juice, pinch of pepper in a bowl and mix well with a spatula. Place the salad on a plate or bowl and add dressing as required.

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Thank you for visiting,
Sindhu

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