

Kick'n kidney bean tacos

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For kidney bean crumble

- 3 1/3 cups canned kidney beans, drained and rinsed
- 3/4 cup Panko breadcrumbs
- 1 tsp salt
- 1 tsp low-sodium taco seasoning
- 1/4 cup canola oil

For coleslaw dressing

- 1/3 cup vegan mayonnaise
- 2 tsp lime juice
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin

For coleslaw

- 2 2/3 cups cabbage, coleslaw mix
- 1/2 cup canned whole-kernel corn
- 1/4 cup red onions, diced small
- 1 tbsp fresh cilantro, chopped

For service

- 8 each 6" corn tortillas
- 1/2 cup premade guacamole
- 4 tsp fresh cilantro, chopped (optional)

Instructions

For kidney bean crumble

1. In a food processor, pulse beans, bread crumbs and seasoning until mixture has broken down into a crumble but not a paste.

*Crumble can be made the day ahead, store in a wrapped container and hold until service.

2. On a flat-top grill, or large skillet, heat oil over medium-high heat. Cook crumble while constantly stirring for 8-10 minutes or until mixture is golden brown and crispy. Hold hot for service.

For coleslaw dressing

1. In a small mixing bowl, combine mayo, lime juice and spices. Set dressing aside in cooler.

For coleslaw

1. In a large mixing bowl, combine corn, red onion and cilantro until combined and then fold in cabbage. Add reserved dressing to coleslaw and toss to coat.

For service

1. On a flat top, heat tortillas on both sides until slightly charred. About 1-2 minutes on each side. Or bake at 375°F for 5-7 minutes flipping halfway.

2. Spread 1 ounce of guacamole on top side of tortillas. Top with 1.5 ounces of coleslaw and 2.5 ounces of kidney bean crumble. Garnish with 0.5 ounces of cilantro.

Notes

Each serving provides 2 meat/meat alternatives, 2 ounce grain equivalent and 1/2 cup other vegetables.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 11.84oz | Calories: 508kcal | Carbohydrates: 63g | Protein: 14g | Fat: 23g | Saturated Fat: 2g | Sodium: 1019mg | Fiber: 13g | Sugar: 5g