



Taco Class Equipment and Ingredient List

Ingredients

- 1 each - Onions Yellow, small
- 1 each - Red Bell Pepper, small
- 2 cloves - Garlic
- 1 each - Lime
- 1 bunch - Cilantro
- 1 each - Jalapeno
- 2 oz - Cheese, cotija and feta
- 1 cup - Heavy Cream

- 2 cups - Masa Harina (see picture below)
- 1 can - black beans
- 2 Tbsp - Olive Oil
- 1 Tbsp - Avocado Oil or other
- 2 tsp - Salt and Black Pepper
- 1 tsp - Chile Powder
- 1 tsp - Cumin Powder
- 1-¼ cup - Sugar, Granulated
- 1 tsp - Vanilla Extract

Equipment

- 1 - non stick skillet 12"
- 1 - 3 qt pot
- 1 - bowl large (masa dough making)
- 1 - whisk
- 1 - measuring cups
- 1 - spatula
- 1 - knife
- 1 - cutting board
- 4 - plates for eating
- 1 - plate for mise en place
- 1 - heat proof container (for caramel)
- 1 - gallon zip lock (for corn tortilla)
- 1 - tortilla press (**optional**) or an extra skillet with flat bottom





Black Bean Tacos

SERVES: 4

Pillars of Nutrition: All in For Whole Grains

Ingredients

Corn Tortillas - for 8 tortillas

- 1 cup masa harina, plus more for kneading
- ½ tsp salt
- 1 Tbsp olive oil
- ¾ cup hot tap water, plus more if needed

Filling

- 1 tbsp avocado oil (or canola)
- 1 small onion, diced
- ½ small red bell pepper, diced small
- 1 tsp each, chile powder, cumin powder, salt
- 2 garlic cloves, minced
- 1 can black beans, drained and rinsed
- 1 each lime
- Pinch black pepper ground

Garnish

- ¼ cup cheese crumbled (cotija or feta)
- ¼ cup cilantro, rough chopped
- ¼ cup jalapeno, sliced

Variations to Try

- Try different beans like pinto or anasazi
- Add shrimp, chicken, turkey or beef. Chopped small or ground, about 6 oz.
- Add roasted veggies like sweet potatoes, cauliflower or winter squashes
- Other recipes for corn tortillas: tostadas, enchiladas, chips, chilaquiles, nachos

Something to **Chew** On

- Masa harina is a good source of dietary fiber which supports digestive health and can help regulate blood sugar. It also provides essential minerals.
- Masa is also naturally gluten free
- Use masa in breads, pancakes and to thicken stews and sauces

Prepare dough:

1. In a large mixing bowl, briefly whisk together masa harina and salt. Add oil and gradually add water, and stir the mixture with a wooden spoon or silicone spatula until an evenly-mixed dough begins to form. Use your hands to knead the dough for 2-3 minutes in the mixing bowl until it is smooth and forms a cohesive ball. The dough's texture should feel springy and firm, similar to Play-Doh. If the dough feels too wet and is sticking to your hands, add in a few extra tablespoons of flour. If it feels too dry and crackly, add in an extra tablespoon or two of hot water.
2. Cover with a damp towel and let the dough rest at least 10 minutes.

Black Bean Tacos con't

Black Bean Filling:

3. Heat oil in a skillet over med high heat. Add onions and cook until translucent. Add the peppers and cook for another minute. Add the spices, salt and garlic.
4. Add the black beans and heat through. Remove from heat and adjust seasoning with spices, salt, lime juice and black pepper. Set aside and keep covered while making tortillas.

Making tortillas:

5. Form into golf ball (2 tbsp) sized balls and roll. Flatten in between plastic (ziploc bags are best) with a tortilla press OR using a flat bottom skillet OR with a rolling pin. Peel gently and cook right away.
6. Have a cast iron or thick bottomed pan preheated over med high heat. Gently place the tortillas and cook about 1 minute per side. It's good if it bubbles up.
7. Remove from the skillet and place in a bowl wrapped in a dry towel to keep warm. Continue with each dough ball and stack cooked on top in the towel. Use the bottom tortilla first.
8. Fill the tortillas with the filling, top with garnish and enjoy.



Caramel Sauce

YIELDS: 1 CUP

Ingredients

- ½ cup water
- 1-¼ cup sugar, granulated
- ½ tsp salt
- 1 cup heavy cream, room temperature
- 1 tsp vanilla extract (optional)

Things to dip

- **apples**
- bananas
- pretzels
- cookies

Variations to Try

- ❑ Try with a variety of fruits

Something to **Chew** On

- ❑ Homemade indulgent treats are better than store bought
- ❑ Hersey's caramel syrup ingredients: Corn Syrup, High Fructose Corn Syrup, Sweetened Condensed Skim Milk (skim Milk, Sugar), Water, and contain 2% or less of Disodium Phosphate, Sodium Citrate, Artificial Flavor, Salt, Caramel Color, and Xanthan Gum. It also contains Artificial Color, such as Yellow 6 and Yellow 5

Directions

- In a 3-quart stainless steel pot, combine water, sugar, and salt over medium heat. Stir with a fork or whisk until syrup comes to a boil, about 4 minutes, then simmer without stirring until syrup is honey-colored, roughly 6 minutes, shaking and swirling as needed to ensure even caramelization.
- Continue cooking until syrup is light to medium amber, a minute more. Immediately add cream and reduce heat to medium-low.
- Stirring constantly with a heat-resistant spatula to knock back the foam, simmer, about 3 minutes (hoping for 225F).
- Transfer to a heat-resistant container, stir in vanilla extract (if using), and cool to room temperature.
- Caramel will be runny while warm, but thicken as it cools, turning just a little chewy when cold.
- Refrigerate up to 1 month in an airtight container.

Prep APPLES:

- Slice apples for dipping

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