CHIPOTLE VEGETABLE TACOS

NUTRITION FACTS
Serving size: 6 oz vegetables, two tortillas; Amount per serving: Calories 270, Protein 8g, Carb. 45g, Fiber 14g, Fat 7g, Sodium 180mg

INGREDIENTS
• 2 T canola oil
• 1 medium red onion, sliced
• 1 medium green bell pepper, sliced
• 1 medium red bell pepper, sliced
• 3.5 oz sliced shiitake mushroom
• 1 T taco seasoning
• 2 tsp chipotle chili seasoning
• 1 tomatillo
• 3 T puréed red peppers, canned

DIRECTIONS
1. In a food processor or blender, puréed together the tomatillo, red peppers, taco and chipotle chili seasonings.
2. In a pan, heat the oil.
3. Add the peppers, onion, mushrooms, and garlic, and cook for 5 minutes.
4. Add the puréed ingredients to the pan and heat until warm.
5. Serve each portion with two soft corn taco shells, a 1/2 cup of black beans, and a 1/2 cup of rice.