

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.

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