



## Black Bean Tacos with Sassy Raspberry Salsa



These hearty tacos get a burst of sassy sweetness with an easy homemade raspberry salsa. This recipe comes to us from our friends at the [National Processed Red Raspberry Council](#).

### Ingredients: (makes 8)

#### For Raspberry Salsa

- 1 small shallot, finely diced, about ¼ cup
- Zest and juice of one large lime, about 2 tablespoons
- Pinch of sea salt
- 1 small red or green jalapeno, seeded and diced
- ¼ cup cilantro, chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 2 cups frozen raspberries, thawed to room temperature
- 1 teaspoon of honey (if needed)

#### For Tacos

- 1 tablespoon extra virgin olive oil
- 1 small onion, cut in small dice
- 1 large poblano pepper, cut in small dice
- Pinch of sea salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Pinch of red pepper flakes, if desired
- 1, 15-ounce can black beans, drained and rinsed
- ½ cup tomato juice
- ¼ cup cilantro leaves
- 8 soft corn tortillas
- 1 avocado, sliced
- 4 ounces sharp cheddar cheese, grated

### Instructions:

#### For Raspberry Salsa

**Together:** Add the shallot, lime zest and juice, sea salt and jalapeno to a small bowl. Stir and let the mixture sit for at least 10 minutes to give the shallot time to mellow and lose its bite. Stir in the cilantro, cumin and coriander. Add the raspberries and toss gently, trying not to break them up too much. Taste and add a little honey if the salsa is too tart. The salsa will get better the longer it sits.

#### For Tacos

**Together:** Heat a large skillet over medium heat. Add the olive oil, onion, poblano pepper, sea salt, cumin, coriander and red pepper flakes. Cook until onion is translucent, stirring occasionally. It should take about 8 – 10 minutes.

**Together:** Stir in the black beans and the tomato juice. Let the black bean mixture simmer for a few minutes until it thickens. Taste and adjust any seasonings as necessary. Remove from heat and stir in the cilantro.

**Kid:** Divide the black bean mixture evenly among the corn tortillas. Top with shredded cheese, slices of avocado and the Sassy Raspberry Salsa. We love these tacos serve with a side of colorful red cabbage and carrot slaw.

# Food For Thought!



Keeping frozen fruit on hand in your freezer is a great way to eat fruit year-round. Raspberries are picked at the peak of ripeness and quickly frozen, retaining all their nutritional value. A one-cup serving of frozen red raspberries has only 80 calories but provides 9 grams of fiber. Raspberries are also an excellent source of vitamin C!

## Cooking Tip of the Week

Poblano peppers are only mildly spicy, but you may want to wear gloves when slicing them just in case. Not a fan of heat? Just substitute a green bell pepper.

## Conversation Starter

What are your favorite and least favorite veggies? Do you think you could ever start to like one that isn't your favorite?



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