



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Smashed Pinto Bean Tacos with Pickled Red Onions & Smoky Chipotle Crema Slaw

Hearty and healthy, these delicious tacos feature pinto beans, which are packed with protein and fiber, and fresh, flavorful toppings, making them the perfect choice for your weeknight meal rotation.

INGREDIENTS

FOR THE SLAW

- ¼ cup plain Greek yogurt
- 1 canned minced chipotle pepper in adobo sauce
- 1 tsp adobo sauce
- 1 tsp lime zest
- 1 tbsp fresh lime juice
- ½ tsp honey
- ¼ tsp kosher salt
- ¼ cup chopped fresh cilantro
- 3 cups shredded coleslaw mix

FOR THE BEANS

- 1 tbsp olive oil
- 1 clove minced garlic
- 1 tsp ground cumin
- ⅛ tsp ground cayenne pepper
- 1 can drained and rinsed pinto beans (15 ounces)

FOR THE TACOS

- 8 warmed corn tortillas
- 1 diced ripe avocado
- 1 lime, cut into wedges
- Pickled onions

INSTRUCTIONS

1. Combine the yogurt, minced chipotle pepper and adobo sauce, lime zest, lime juice, honey and salt in a medium bowl and stir until blended. Add the cilantro and coleslaw mix and toss to coat.
2. Heat the oil in a small saucepan set over medium heat. Add the garlic, cumin and cayenne and cook, stirring constantly, until fragrant, 1 minute. Stir in pinto beans and ⅛ tsp salt, cover and cook 30 seconds, remove lid and cook, stirring occasionally, 2 more minutes. Remove from heat.
3. Top warmed tortillas with pinto beans, slaw and avocado. Serve with a lime wedge.
4. **TO MAKE PICKLED ONIONS:** Make one day in advance. Combine ½ cup warm water, ½ cup white vinegar, 1 tsp. granulated sugar and 1 tsp. salt in a large jar and stir until sugar and salt are mostly dissolved. Set aside. Thinly slice 1 small red onion and place in a bowl. Cover with 4 cups of boiling water, let sit 1 minute. Strain onions, and carefully transfer to the jar. Push onions down with a wooden spoon to ensure they're fully covered in liquid. Allow to cool before covering with a lid. Refrigerate until ready to enjoy.

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