



# Tavocado

Leviticus 2:13-14

## INGREDIENTS

- 1 can vegetarian refried beans
- 1-2 ripe avocados
- 1 cup shredded cheese
- 4-8 corn tortillas
- salt, pepper, and hot sauce (optional to taste)
- green onions, lime, tomato (optional to taste)

## CORN TORTILLA INGREDIENTS

- 2 cups Masa Harina
- 1 1/4 cup warm water
- 1 teaspoon salt

**NOTE:** I use the Organic Simply Nature brand that Aldi carries, but if your location does not have it in stock, no worries. Here is a simple way of making a healthier version: blend about 1 cup cooked pinto beans in food processor, along with 1/2 tsp onion powder, chili pepper, garlic powder, 2 tbs oil, and salt to taste. Also, you can add any spice(s) you like, just be sure to do it incrementally as you scrape the sides of the food processor using 1/2 tsp measurements. If it is too thick, add a little bean liquid, water, or more oil.

## SPRING FEAST RECIPE: **WEEK OF UNLEAVENED BREAD**

### Method

Heat the refried beans and add seasonings to your taste to spruce it up a bit if desired.

Heat the tortillas until soft and cut the avocado into slices. Assemble the tacos with about two heaping spoons of the bean mixture, sprinkle with cheese, add a few slices of avocado, and desired toppings.

Measure out masa into a medium bowl. Dissolve salt in the warm water. Pour warm water into masa, stirring and kneading until dough comes together. Dough should be soft but not sticky. I never use the full amount of water; there is always a little left over, so just add incrementally. Cover and set aside for half an hour. Preheat griddle or pan to medium heat.



After dough has rested, remove golf-ball-sized portions. Place between two pieces of parchment paper, and flatten out with tortilla press. Cook for 2-3 minutes on each side. Cover cooked tortillas with a damp towel. Made too many? Store the rest in the fridge for up to 1 week in a Ziploc bag, then reheat while covered with damp paper towel in microwave. This recipe makes around 10-12 tortillas.

## Kitchen Chat

I personally use cheddar goat cheese, which is currently hard to find. But if you have a Trader Joe's or Whole Foods nearby, they usually stock it.

This is one of my go-to pantry cleanout recipes. Have leftovers in the fridge? Make them a topping! You can't go wrong with this; the beans and avocado compliment a myriad of veggies and even meats. Hope you enjoy.



Read our article "[Truly Unleavened Bread](#)."