

# Sweet Corn & Black Bean Tacos with Avocado

**Makes:** 10 tacos

**Total Time:** 35 minutes

## Ingredients

### *corn-*

2 cups fresh corn, shucked (about 2 ears)  
¼ cup cilantro, chopped  
3 medium radishes, sliced into strips  
1 lime, juiced and zested  
1 small jalapeno, seeded and minced (optional)  
1 tablespoon olive oil  
¼ teaspoon salt  
½ cup Cotija cheese

### *black beans-*

2 cans black beans, rinsed and drained  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 small red onion, chopped  
1 cup your favorite chunky salsa  
1 tablespoon cumin  
¼ cup vegetable stock  
salt and pepper to taste

### *crema-*

1 cup cilantro  
2 tablespoons lime juice  
1 cup sour cream  
¼ teaspoon salt

### *assembly-*

10 small corn tortillas  
2 large avocados, sliced into thin strips  
salsa

## Directions

Toss ingredients for corn and radish salad in a medium mixing bowl. Stir well to combine. Taste and season additionally if needed.

To prepare the beans, heat olive oil in a large saucepan. Add the onions and garlic with a sprinkle of salt. Cook, stirring occasionally, until the onions have softened and the garlic is fragrant, about 6-8 minutes. Add the cumin and cook for another 30 seconds. Pour in beans, salsa and vegetable stock. Stir then cover and reduce heat to a simmer. Cook for 10 minutes,

then remove lid and use the back of a fork or masher to mash half the beans. Remove from heat, season generously with salt and pepper and cover until ready to serve.

Combine cilantro and lime juice in a food processor and pulse until fine. Add sour cream and salt and puree until smooth. Taste and adjust seasoning as needed.

To warm the tortillas, heat a cast iron skillet over medium heat and warm each tortilla, flipping occasionally. Fold in a towel to keep them warm.

Spread the beans down the middle of each tortilla, then top with corn salad. Top with sliced avocado, salsa and a side of crème.