

Asparagus Black Bean Tacos

Tania Aronowitz, UW Farm Intern, Food Systems, Nutrition, and Health major, Nutritional Sciences Program, School of Public Health

Written for The UW Farm's newsletter, *The Weekly Dirt*, 5/12/2021



Image by Tania Aronowitz

Ingredients

Tacos:

- 6 tortillas (any kind works, I recommend corn)
- ½ can of black beans
- 1 box of mushrooms
- 1 bunch of asparagus (bottoms trimmed)
- ¼ white onion
- 2 gloves of garlic (or garlic powder)
- 1 small zucchini
- Pinch of paprika
- Pinch of cumin

- Chipotle hot sauce or powder
- Salt & pepper
- ½ of a lime
- Trader Joe's Umami Seasoning (optional)

Optional toppings:

- Cilantro
- Salsa
- Avocado or guacamole

Instructions

1. Chop your veggies into similar sized pieces.
2. Chop onion into strips and sauté until translucent.
3. Add chopped mushrooms and garlic, cook down for 2-3 min.
4. Add the zucchini and asparagus.
5. Season with paprika, cumin, Trader Joe's Umami Seasoning, chipotle, salt and pepper to taste.
6. When the veggies are almost cooked down and done add ½ can of black beans and sauté until the beans are warm
7. Warm your tortillas then add the cooked veggie mix
8. Top with a squeeze of lime, cilantro, and salsa.

Recipe by Tania Aronowitz in SFC's [Communities of UW Cookbook](#)