



Vegan Black Bean Tacos & Vegan Quesadillas

~Nel

Can use masa harina for taco shells

Ingredients

For the beans:

- 1 (15 oz) can black beans, drained & rinsed – Can make beans at home too.
- ½ cup water or veggie broth
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt (adjust to taste)

For the vegan “creamy” sauce (Chipotle or Baja style):

- ½ cup vegan mayo (or unsweetened vegan yogurt for lighter version)
- 1 chipotle pepper in adobo + 1 tsp adobo sauce (or sub 1 tsp smoked paprika + hot sauce)
- 1 tsp lime juice
- ½ tsp garlic powder
- Pinch of salt

For assembling tacos:

- 6 small gf flour tortillas (taco-size)
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- Optional: vegan shredded cheese (cheddar-style), avocado slices, or cilantro

Instructions

1. Prepare beans

- In a small saucepan, add beans, broth/water, and all spices.

- Simmer 5–7 minutes until warm and slightly thickened.
- Lightly mash with a fork or potato masher for that refried-style texture (leave some whole beans for bite).

2. Make sauce

- Blend or whisk all sauce ingredients until smooth.
- Adjust heat with more chipotle/adobo if you want it spicier.

3. Assemble tacos

- Warm tortillas.
- Spread a spoonful of beans in the center.
- Add shredded lettuce and tomatoes.
- Drizzle with vegan creamy chipotle sauce.
- Sprinkle vegan cheese or avocado if using.

✓ Tips:

- If you want them closer to *Black Bean Soft Tacos*, keep it simple: beans + lettuce + tomato + vegan creamy sauce.
 - You can swap flour tortillas with crunchy corn shells for a **vegan black bean crunchy taco**.
 - The beans also work great as a filling for burritos or quesadillas (with vegan cheese).
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Vegan Quesadilla

Ingredients

For the filling:

- 1 cup vegan shredded cheese (cheddar or a cheddar/mozzarella blend works best)
- 1 cup black beans (cooked or canned, drained & rinsed)
- ½ cup sautéed veggies (like onions, peppers, mushrooms, or spinach) – optional but delicious
- 1 tsp cumin
- ½ tsp chili powder
- Pinch of salt

For creamy jalapeño-style sauce:

- ½ cup vegan mayo (or vegan sour cream)
- 1 tbsp pickled jalapeños (plus 1 tsp brine from the jar)
- 1 tsp lime juice
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Pinch of salt

For assembling:

- 4 large gf flour tortillas (burrito-size)
 - Oil or vegan butter for grilling
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Instructions**1. Make the sauce**

- Blend or whisk all sauce ingredients until smooth and creamy.
- Chill in fridge until ready.

2. Prepare filling

- In a skillet, warm black beans with cumin, chili powder, and a little salt.
- Lightly mash some of the beans for texture.
- Stir in any sautéed veggies you want to add.

3. Assemble quesadillas

- Spread 1–2 tbsp of sauce on half of a tortilla.
- Sprinkle vegan cheese over the sauce.
- Add bean/veggie filling.
- Fold tortilla in half.

4. Cook

- Heat a skillet over medium heat with a little oil or vegan butter.
- Place folded tortilla in the pan. Cook 2–3 minutes per side until golden brown and the vegan cheese melts.
- Press gently with a spatula for even browning.

5. Serve

- Cut into wedges.
 - Serve with extra creamy jalapeño sauce, salsa, or guacamole.
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✓ **Tips:**

- If your vegan cheese doesn't melt easily, cover the skillet with a lid for a minute to trap steam.
- You can make a "Cheesy Gordita Crunch" style by wrapping your quesadilla with a soft tortilla and adding crunchy lettuce + sauce inside.
- Can use *vegan nacho cheese sauce* (cashew-based) in place of or in addition to shredded cheese.