



## Vegan Taco Lettuce Wraps (in less than 30 minutes)

### Ingredients

- $\frac{3}{4}$  cup of quinoa
- 1  $\frac{1}{2}$  cup of vegetable stock
- $\frac{1}{2}$  white onion (diced)
- 1 10 oz can of diced tomatoes and green chilies
- 1 15 oz can of black beans
- 1 15 oz can of corn
- 1 15 oz can of refried beans
- 1 package of taco seasoning
- adobo seasoning (optional)
- Romaine lettuce

### Instructions:

1. Combine quinoa, veggie stock, taco seasoning, tomatoes and green chilies, and onions in a pot and let cook for 10 minutes.
2. Add in black beans and corn and let cook for another 10 minutes (or until quinoa is cooked)
3. Place refried beans in a microwave safe bowl and season your refried beans with the adobo seasoning or your seasoning of choice, pop the bowl in the microwave for 20-45 seconds
4. Rinse lettuce and then spread a layer of refried beans on the top of the lettuce.
5. Lastly spread your quinoa mixture on top of the refried beans
6. Add vegan ranch or salsa for taste

ENJOY!!!

