

Grilled Vegetable, Bean and Avocado Tacos



Ingredients

- ½ cup (125 ml) seasoned rice vinegar
- ½ cup (125 ml) water
- ½ red onion, sliced
- 2 red peppers, chopped
- ½ lb. (225 g) mushrooms, sliced
- 1 tsp. (5 ml) ground cumin
- 12 corn tortillas
- 1 cup (250 ml) Monterey Jack cheese, grated
- 1 cup (250 ml) canned red kidney beans, rinsed and drained
- 1 tomato, diced
- 1 jalapeño, thinly sliced (optional)
- Flesh of 1-2 avocado(s), sliced
- Lime and fresh coriander, to garnish

Serves 4

Preparation

1. Oven temperature: 200°C/400°F
2. Bring the vinegar and water to a boil in a small pot over medium heat. Add the onions, stir and turn off the heat. Set aside.
3. In a small bowl, mix the chopped pepper with the sliced mushrooms, cumin and a drizzle of oil. Transfer to a baking sheet (covered in parchment paper) and cook in

