

These require a bit of work and patience, but the end result is nothing short of divine. A few components create a delicious, crowd pleasing dish.

BLACK BEAN AND WALNUT TACOS

INGREDIENTS:

- Tortillas, store bought
- "Refried" Black beans, recipe below
- Walnuts, recipe below
- Salsa verde, recipe below
- Cashew Sour Cream, recipe below
- Romaine lettuce, 5 large leaves, cut in half, rolled up and sliced into 1/4 inch thick ribbons

PROCEDURE:

1. Warm tortillas
2. Add a thin layer of black beans. Then add a layer of walnuts, salsa verde and cashew cream.
3. Top with Romaine
4. Eat

BLACK BEANS

INGREDIENTS:

- 2 Tbsp. extra virgin olive oil or veggie stock (for lower fat)
- 1 small shallot, small dice
- 1 large clove garlic, minced
- 1 small jalapeno, brunois (aka VERY small dice)
- 1 tsp. cumin
- 1 tsp. ground coriander
- 2 cups black beans, already soaked or 1 can of black beans, drained and rinsed
- 4 cups veggie stock or water
- 1/2 cup, cashew cream (recipe below)
- salt, to taste

PROCEDURE:

1. Heat small stock pot over medium heat. Add oil or stock. When hot, add shallot, sprinkle with a bit of salt, stir to combine and sweat for about 3 minutes.
2. Add garlic and jalapenos, when fragrant (about a minute), add cumin and coriander. Stir to combine. Let cook for 2-3 minutes.
3. Add black beans, stir to combine.
4. Add stock. Bring to a boil, then reduce to a simmer for about 90 minutes. Check for doneness. You want the beans to be REALLY soft
5. When done, remove from heat and add 3/4 of the beans and liquid to a blender. Let cool for about 10 minutes otherwise you will have blender catastrophe. Add cashew cream.
6. Puree until slightly chunky
7. Add back to pot with remaining whole beans and liquid.

CASHEW CREAM

INGREDIENTS:

- 8 oz. raw cashews, soaked overnight or 6-8 hours

- 2 Tbsp. nutritional yeast
- 1 tsp. onion powder
- juice of 1 medium lemon
- Water, enough to JUST cover cashews in blender
- Salt, to taste

PROCEDURE:

1. Drain and rinse the cashews. Put into a blender
2. Add nutritional yeast, onion powder, and lemon juice. Add water so it just barely covers the cashews. It's okay if one or two stick out.
3. Puree until very smooth
4. Salt to taste

WALNUT "MEAT"

From Matt Amsden "Rawvolution"

INGREDIENTS:

- 1 1/2 cups walnuts, rough chop (I use a food processor)
- 1 1/2 tsp. ground cumin
- 3/4 tsp. ground coriander
- 2 Tbsp. Tamari

PROCEDURE:

1. Combine walnuts, cumin and coriander. Mix well.
2. Add tamari and mix well

SALSA VERDE

INGREDIENTS:

- 2 Tbsp. extra virgin olive oil or veggie stock
- 1 1/2 pounds tomatillos
- 1 small Spanish onion
- 1 large clove garlic, minced
- 2 tsp. cumin
- Add 1/4 cashew cream
- Salt, to taste

PROCEDURE:

1. Heat 10-12 inch skillet over medium heat. Add oil or stock. Heat for about 30 seconds.
2. Add tomatillos and onion and sweat/cook for 2-3 minutes
3. Add garlic and cumin. Stir to combine and cook for another 7-8 minutes.
4. Remove from heat, let cool for about 5 minutes and transfer to a blender.
5. Add cashew cream and puree into extremely smooth.

Salt to taste.