



VEGETARIAN BEAN TACOS

RECIPE

Method - The night prior to expedition

- 1** 1 x Tin Mexe-beans (normally we don't agree with tinned food because you have to carry it out, but this is worth carrying an empty tin!)
- 2** In another zip-lock bag, with a piece of paper towel to absorb moisture, place approx. 10 cherry tomatoes, 3x Iceberg lettuce leaves, long-life cheese - Babybel OR string cheese (optional, pack only as much as you need) & a small avocado (optional, a knife will be required to cut unless eating on the first night, in which case you can cut in advance & remove the seed too).
- 3** Pack tortillas in a large zip-lock bag to keep fresh for longer (you can use torillas for lunch meals as well - see Falafel Wrap Recipe for an example).

Method - During the expedition

- 4** You can have ingredients cold if you want or you can pour bean mix into the Trangia-cooker bowl and stir over the heat before making the tacos.
- 5** Lay taco over your bowl/plate, place some bean mix, tomatoes, torn lettuce leaves, slices of cheese (optional), and spoon bits of avocado over before wrapping up. EAT!
- 6** Repeat 4 & 5 until you are full or ingredients are used up. TIP - If bringing pre-cut avocado, squeeze a little lemon or lime juice over the flesh to stop from turning brown, then wrap two halves back together in glad-wrap.