

Herbal Legacy Recipes

Garbanzo Tacos

Adapted from Veg Web

Ingredients:

- 2 cans garbanzo beans
- 1 packet vegan taco seasoning
- Lettuce
- Whole wheat tortillas
- Tomatoes
- Onions
- Salsa
- Any other items you like on your taco

Directions:

Dump both cans of beans into a skillet (but use the liquid from only one can). Dump in the taco seasoning. Stir and let simmer for about 10-15 minutes. Add beans and other ingredients to your tacos.

Serves: 6