



## Ingredients

<b>6-8</b> Tortillas	<b>½ tsp.</b> Cayenne Pepper
<b>6</b> Golden Potatoes	<b>1 Tbsp.</b> Coconut Oil
<b>½ tsp.</b> Italian Seasoning	<b>1</b> Onion (large)
<b>1 tsp.</b> Adobo Seasoning	<b>1</b> Bell Pepper
<b>to taste</b> Salt	<b>3</b> Garlic Cloves
<b>¼ tsp.</b> Chili Powder	<b>1 can</b> Refried Pinto Beans

## Toppings

<b>1</b> Tomato (large)	<b>1-2</b> Avocados
Lettuce (shredded)	Cilantro
Purple Cabbage (shredded)	<b>1</b> Lime

## Directions

### Potatoes

- 1** Preheat oven to 400° In a large bowl add water. Chop the potatoes into small ½ inch to 1 inch thick chunks and add them to the water as you chop. Mix them around a bit then drain water. Dry the potatoes and bowl. Now, line your baking sheet with parchment paper, or oil your skillet. Add your potatoes, seasonings, and oil to your bowl. Mix well. Add the salt (if using) and mix once more. Evenly spread the potatoes on your baking sheet or skillet. Bake at 400° for 40-45 minutes. Sample a potatoes and add more seasoning/salt, if needed. They should be well seasoned.

### Toppings and Sautéed Veggies

- 1** Prepare your toppings by dicing the tomato and thinly chopping the lettuce and cabbage. Store in the fridge until ready to use. Chop the onion, bell pepper and garlic. Add a ¼ teaspoon oil to a large pan. Sauté the onion bell pepper and garlic on medium-low heat for about 10-15 min.

### Beans

- 1** Heat the beans in a large saucepan. – I used canned organic bean, which only contain pinto beans, water and sea salt so I always season them myself. I don't normally measure the seasonings, I add them in to taste. However, I included a rough guide to the ingredients list. You can add in any seasonings you'd like, sometimes I'll even add cayenne for spice.

## To Assemble

- 1 Spread beans on your tortilla.
- 2 Add potatoes
- 3 Add onion, bell pepper and garlic (I pile them on)
- 4 Top with lettuce, cabbage, tomatoes cilantro, avocado and a squeeze of fresh lime
- 5 Serve with a side of rice or chips and nacho cheez