

Spicy Pineapple Tacos

THM-Friendly: E

Taco Filling:

- 1/2 cup fresh pineapple, cut into chunks
- 1 Tbsp. jarred jalapenos
- 1/2 tsp. liquid smoke
- 1 Tbsp. coconut aminos
- a splash of ACV
- 1/4 tsp. cumin
- 1/4 tsp. chili powder
- 1/4 tsp. smoked paprika
- a pinch of red pepper flakes
- salt and pepper to taste
- 1/2 cup black beans (rinsed & drained)
- 2 Tbsp. chicken broth (or water)



Tofu Sour Cream:

- 1/2 pkg. of extra creamy silken tofu
- 1/4 tsp. salt
- juice of 1/2 lemon
- a splash of ACV

Filling Directions:

In a medium frying pan, warm the pineapple and add the rest of the ingredients. Get nice and hot.

Tofu Sour Cream Directions:

In a small food processor (I like my Ninja Chopper), put the four ingredients. Mix well. Add more salt or lemon juice to your taste.

To serve:

Warm **two plain corn tortillas** on the stove...just enough to toast them a bit. Put some of the pineapple/bean filling on each tortilla and top with the "sour cream".

enJOY!

