

## Veggie Fajitas

Serves 3 (2 tortillas per person)

### Ingredients

- Extra-virgin olive oil – 15 ml (1 T)
- Bell peppers (multicolored if possible) – 3 small (≈360 g), thinly sliced
- Red onion – 1 medium (≈160 g), thinly sliced
- Canned black beans, no-salt-added – 1 can (≈425 g, drained ≈240 g), rinsed
- Water – 30 ml (2 T) (*instead of broth*)
- Ground cumin – 2 tsp
- Chili powder – 2 tsp (*or to taste*)
- Smoked paprika – 1 tsp
- Kevala coconut aminos – 1 tsp
- Black pepper – ¼ tsp
- Fresh cilantro – 15 g (≈2 T), chopped, plus extra leaves for garnish
- Lime juice – 30 ml (2 T)
- Corn tortillas (15 cm / 6-inch) – 6 pieces
- Gouda or cheddar cheese – 30 g, crumbled or shredded (≈¼ C)
- Avocado – 1 medium (≈150 g), thinly sliced



### Directions

1. Heat **oil** in a large skillet over **medium-high**.
2. Add **bell peppers** and **onion**; cook, stirring occasionally, until tender and slightly charred (**10–12 minutes**).
3. Stir in **black beans**, **water**, **cumin**, **chili powder**, **smoked paprika**, **coconut aminos**, and **black pepper**. Cook **3–4 minutes** until beans are warmed through and coated in spices.
4. Remove from heat, stir in **cilantro** and **lime juice**.
5. Divide mixture among warm tortillas. Top with **cheese** and **avocado**. Garnish with **cilantro** leaves if desired.

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### Nutrition (per serving: 2 fajitas with toppings)

Kcal: 415 kcal / Protein: 13g / Fat: 18g / Sat. Fat = 4g / Carbs: ~51g / Sugars = 7g / Fiber: 12g / Sodium: 310mg / Omega-3: 0.3g

### Tokyo Ingredient Notes

- 🌶️ **Bell peppers** (パプリカ) are widely available; mix red, yellow, and green for color.
- 🌾 **Tortillas**: Nissin World Delicatessen (Azabu-juban) frozen corn tortillas are the most reliable.
- 🧀 **Cheese**: Cotija isn't common here; gouda is the mildest substitute, cheddar adds more bite.
- 🥑 **Avocados**: Often smaller in Japan; adjust to 1 medium for 3 servings.
- 🌿 **Cilantro**: Available but not always fresh in every supermarket; Italian parsley is a backup.

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✨ Suggestion: For even more umami without extra salt, add a splash of **lime zest** or a tiny pinch of **cocoa powder** into the bean mixture — it's a Mexican trick that deepens the flavor.