

# Chicken Tacos with Black Beans & Brussels Sprouts

~with a side of Air Fryer Sweet Potato Fries~

- 4 soft taco sized flour tortillas
- ½ lb. Brussels sprouts, quartered with stems cut
- 1 Tablespoon olive oil
- 2 teaspoons Southwest Seasoning
- 1 - 15 oz. can of black beans, drained and rinsed
- 2 teaspoons olive oil
- Dash of salt and pepper
- 1 shallot, peeled and thinly sliced
- 1 Tablespoon light brown sugar
- 1 chicken breast, cooked and shredded with a fork
- ¼ cup water
- 2 Tablespoons Taco Seasoning
- ¼ cup Southwest Sour Cream



Optional: Air Fryer Sweet Potato Fries with a Southwest Sour Cream drizzle are a delicious companion

Once your prep work is complete, place the quartered Brussels sprouts in a medium bowl and toss with the olive oil and Southwest Seasoning. Transfer to either a sheet pan or an Air Fryer basket and roast until browned and tender. A sheet pan will take up to 14 minutes at 375° or set your Air Fryer to 380° and let the Brussels sprouts Air Fry for approximately 10 minutes.

In a small frying pan, combine the chicken, the water, and taco seasoning, simmering over medium heat for 3-5 minutes until the water is absorbed and the seasoning is well distributed.

In a medium pot, heat 2 tablespoons of olive oil on medium high. Once the oil is heated, add the sliced shallot and brown sugar, then salt and pepper. Stir it off and on for approximately 3 minutes. Just be sure the shallot has softened up. Add the drained, rinsed black beans and 2-3 tablespoons of water and continue cooking and stirring occasionally. Mash the beans down with a masher, fork, or the back of a spoon. Mix the shallots and the beans until the mixture has thickened, the beans are broken down, and the shallots are fully incorporated.

Warm up your tortillas if you'd like, then put the tacos together with the tortillas on the bottom, a layer of black bean mixture, then the roasted Brussels sprouts, and finally a drizzle of Southwest Sour Cream (sour cream mixed with taco seasoning and a bit of water to liquify it slightly). Air Fryer Sweet Potato Fries are a fabulous complement on the side!