Stuffed Black Bean Tomato Avocados



Stuffed avocados make a perfect lunch. Black beans, tomatoes and spices are paired with the creamy texture of the avocado for an amazing combination of flavors. Served warm, it provides a very satisfying meal or it can be paired with your favorite entre.

Timing

Prep time	Total time	Skill level
25 mins	**40 mins**	**Easy**

What You'll Need

- 1 avocado cut in half
- 2 tsp olive oil
- 2 tbsp chopped onion
- 1 small garlic clove
- 10 cherry tomatoes
- 1/2 cup kale, chopped
- 1/2 tsp cumin
- Pinch cayenne (0ptional)
- 1/2 cup cooked, canned black beans, drained and rinsed
- 1 tbsp lime juice
- 2 tbsp cilantro

- Sea salt (or table salt) and pepper to taste
- 1/2 cup grated choice of cheese (optional)

Directions

1. Sauté the onions in olive oil in a saucepan over medium heat.
2. Add the garlic, tomatoes, kale and cumin. Sauté until tomatoes and kale are soft.
3. Add the cayenne (if using) and the black beans and heat through.
4. Remove from the heat and add lime juice and cilantro. Season with sea salt and pepper to taste.
5. Cut the avocados in half. Remove the pit and scoop out the meat, leaving the shells intact. Cut the avocado meat into chunks and add to the tomato mixture. Mix.
6. Scoop the mixture back into the avocado shells, mounding the mixture.
7. Top with your favourite cheese and place under the broiler to melt the cheese. Serve.

Tip: This make a great lunch or side dish with dinner.