



KIDS CREATIVE  
ADVENTURES

# Recipe

## Taco Tornadoes



**Preheat oven 350**

**Ingredients :** 12 - 5 inch corn tortillas, 1 can black beans (15oz), drained and rinsed., 1 small can (3.8oz) sliced black olives (optional), 1 - 4 oz can sliced jalapeno peppers (optional), 1 Cup cherry tomatoes (cut in half), 1 Cup shredded cheese.

**Directions:** See video for assembly Spray a cupcake/muffin pan with non sticking cooking oil Add a tortilla sheet to each cup Fold it in. Don't worry if it breaks -the ingredients will weigh it down and cook it so it stays together. Add 2 Tablespoons of beans to the bottom of each cup. Add olive and jalapenos if you like. Sprinkle with taco sauce or cumin. Add a little tomato and top off with cheese.

**Bake 25 minutes** or until the cheese has melted and the tortilla shells are lightly brown.

Let cool 5 minutes then very carefully lift the cups out from the bottom with a spoon. **Garnish** - salsa, sour cream. Mango and/or avocado.