

# •Virtual Cooking Class Materials•

## Taco Tuesday

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Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

**In addition to the ingredients, here's a list of the cookware/tools you'll need:**

- Oven
- Cutting board
- Chef's knife
- Large, rimmed baking sheet
- Food processor or blender
- Measuring spoons and cups
- Silicone spatula or large spoon
- Strainer or colander
- Small bowl or ramekin
- Mortar & pestle (recommended if you plan to make guacamole)



If you have any questions, comments, or concerns, feel free to email me at [bigflavorstinykitchen@gmail.com](mailto:bigflavorstinykitchen@gmail.com).

**See you in the kitchen!**

*-Ashley Covelli*

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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## Roasted Sweet Potato and Black Bean Tacos with Cilantro Chimichurri

Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Main Course  
**Servings:** 4 (2 tacos per serving)  
**Prep Time:** 10 Minutes  
**Cook Time:** 30 Minutes  
**Total Time:** 40 Minutes

### **Ingredients**

#### For Tacos:

2 large sweet potatoes, scrubbed and cut into 1-inch cubes  
2 tablespoons sunflower oil (or other neutral-flavored oil)  
1 teaspoon taco seasoning  
1 teaspoon kosher salt, divided  
1/4 teaspoon freshly cracked black pepper  
1 (15-ounce) can no salt added black beans, rinsed and drained  
1/2 teaspoon dried oregano

#### For Chimichurri:

6 cloves garlic  
1 bunch cilantro (leaves and stems, about 2 loosely packed cups total)  
2 tablespoons red wine vinegar

1 tablespoon lime juice  
1/2 teaspoon dried oregano  
1/2 teaspoon kosher salt  
1/4 teaspoon ground cayenne pepper  
1/4 cup sunflower oil

#### For Quick Pickled Onions:

1/4 cup thinly sliced red onion  
3 tablespoons fresh lime juice  
1/4 teaspoon kosher salt

#### For Serving:

Warmed tortillas (I used flour tortillas)  
Plain Greek yogurt, sour cream, or Mexican crema (optional)  
Lime wedges (optional)  
Hot sauce (optional, I like Cholula)

### **Instructions**

1. Preheat oven to 400°F.
2. Place sweet potatoes on a large, rimmed baking sheet. Drizzle with 2 tablespoons oil. Add taco seasoning, 1/2 teaspoon salt, pepper, and toss to coat. Spread into an even layer and roast in the preheated oven for 20 minutes.
3. For Chimichurri: With the food processor motor running, drop garlic cloves into the feed chute to mince. Stop the motor and add cilantro, red wine vinegar, lime juice, oregano, salt, and cayenne pepper, and process until finely chopped. With the motor running, slowly stream sunflower oil through the feed chute and continue to process until the chimichurri is smooth.
4. For the Quick Pickled Onions: Place sliced onions in a ramekin or small bowl. Pour lime juice over top. Add 1/4 teaspoon salt and let sit, stirring occasionally, for at least 10 minutes.
5. When the potatoes are ready, add black beans to the tray and season with remaining 1/2 teaspoon salt and dried oregano. Toss to coat and redistribute into an even layer, then return to the oven for an additional 8 minutes.
6. Serve roasted sweet potatoes and black beans in warmed tortillas with chimichurri spooned over top, along with a scattering of pickled onions. Serve with Greek yogurt, lime wedges, and hot sauce alongside, if desired.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



Get more recipes online at:  
[bigflavorstinykitchen.com](http://bigflavorstinykitchen.com)

# Restaurant-Style Guacamole



Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Appetizer

**Makes:** 4 Servings

**Prep Time:** 5 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

## **Ingredients**

1 garlic clove  
1/2 teaspoon kosher salt  
1/4 teaspoon ground cumin  
1/4 teaspoon ground coriander  
2 medium-sized ripe Haas avocados, pitted & peeled  
1/4 cup fresh cilantro, roughly chopped  
1 tablespoon freshly squeezed lime juice (about 1/2 lime)  
4-6 grape tomatoes, quartered  
2 tablespoons minced red onion (about 1/4 of a small red onion)  
Tortilla chips, for serving (optional)

## **Special Equipment:**

Mortar & pestle

## **Instructions**

1. In a mortar, add the garlic, salt, cumin, and coriander. Use the pestle to smash and crush the garlic and mix everything together to form a paste.
2. Add the avocados, cilantro, lime juice, tomatoes, and red onion and mix until well combined. Taste for seasoning and add more salt or lime juice if needed.

## **Tips:**

- If you don't have a mortar and pestle, you can smash the garlic and salt together on your cutting board with the back of a knife until it forms a paste.
- You can add the cilantro in with the garlic and spices if you prefer smaller pieces of cilantro in your guacamole.
- If you don't have limes, 1 1/2 teaspoons of white wine vinegar can be substituted.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



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