

# *Marie's Tacos*

## *Ingredients*

For 6 people:

Wheat or corn pancakes

cooked rice

Canned red beans

Meat: beef or chicken

2 onions

2 peppers

Guacamole (made with 2 avocados and guacamole spices)

Tomatoes/salad

Grated Gruyere

Tabasco, basil, spices to taste

## *Preparation*

Brown the onions, add the peppers and chicken, season with spices

At the end of cooking add the red beans

In the previously heated patties, distribute rice, chicken mixture, guacamole and grated Gruyere cheese. Close the patties and serve with salad and tomatoes.