

# *Marie's tacos*

## *Ingredients*

For 6 people:

Wheat or corn pancakes

cooked rice

Red bean in boxes

Meat: beef or chicken

2 onions

2 peppers

Guacamole (made with 2 lawyers and spices in Guacamole)

Tomatoes/salad

Grated gruyère

Tabasco, basil, spices according to taste

## *Preparation*

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

At the end of cooking add the red beans

In previously heated pancakes, distribute rice, chicken preparation, guacamole and grated gruyère. Close the pancakes and serve with salad and tomatoes.