

Slappy Joes

1 tbsp olive oil

1 onion chopped.

1 jalapeno pepper chopped & seeded.

2 cloves garlic

1 lb. gr. beef.

2 tsp chili powder

1 1/2 tsp cumin & coriander.

1 cup tomatoes

1 cup black beans (drained)

1/2 cup frozen corn

2 tbsp lime juice

2 tsp honey liquid

2 green onions chopped.

4 whole grain buns toasted.

3/4 cup monterey jack cheese.