



## SPAB = Salsa Potatoes Avocado Beans

*Beans, Main Dish, Snacks/Appetizers*

**Prep Time:** How hungry are you? **Cook Time:** 15 minutes **Difficulty:** Way Easy **Servings:**

1 **Source:** [simplynutritious.net](http://simplynutritious.net)

### INGREDIENTS

1 jar of your favorite Salsa

2-5 Potatoes

1/2 - 1 ripe Avocado

1/2 can Beans of your choice

### Optionals:

1/2 chopped red onion

1-2 cups greens, chopped and used as first layer under the beans

### DIRECTIONS

Cook potatoes. (The fastest way is to pressure cook them for 15 minutes in an Instant Pot).

Open a jar of salsa and a can of beans. Heat the beans, if you like 'em hot.

Cut open a ripe avocado and mash it up in a small bowl.

### To serve:

Cut open cooked potatoes on a dinner plate and mash with a fork.

Spoon a layer of beans on top of potatoes.

Next, layer avocado on top of beans.

Lastly top with salsa and then dig in.