Shrimp and Black Bean Tacos

2 teaspoons canola oil

3/4 pound medium shrimp

1 1/2 teaspoons cumin

1/8 teaspoon red pepper

15 ounce can black beans, drained (Reserving liquid)

1/2 teaspoon chili powder

8 (6 inch) corn tortillas

1 cup cooked brown rice

1/2 cup fresh salsa

2 Tablespoons green onions, sliced

1 ripe avocado, sliced

Heat oil in skillet. Add shrimp, 1 t. cumin and pepper.

Cook until shrimp are cooked through.

Remove shrimp from pan.

Add beans, 2 T. reserved bean liquid, 1/2 t. cumin and chili powder to pan.

Cook 3 minutes. Mash beans with a fork.

Warm tortillas over flame.

Top each tortilla with bean mixture.

Spoon rice over bean mixture.

Top with shrimp.

Sprinkle salsa and onions on top of each taco.

Garnish with avocado and cilantro and serve.