



## Black Bean Breakfast Tacos

---

*This one pan breakfast only needs six ingredients and it comes together quick and easily. It is also low in sodium to help support heart health.*

**Yields:** 2 Servings

### Ingredients:

- 4 corn tortillas
- 1 cup black beans low sodium canned (drained, rinsed)
- 1 tsp vegetable oil
- 4 eggs
- 1 cup grape tomato, sliced
- 1/2 avocado, pitted & sliced
- 1/4 cup fresh cilantro leaves, chopped

### Instructions:

1. In a warm pan, heat tortillas in a non-stick pan over medium heat until soft and pliable. Set aside.
2. In the same pan, heat black beans and divide between the 4 tortillas. Wipe out skillet with paper towel and turn heat to medium.
3. Add oil to same pan, add eggs, and scramble until desired doneness. Season with salt, pepper and desired spices. Divide the eggs between the 4 tortillas (on top of the beans).
4. Top breakfast tacos with tomatoes, avocado, and cilantro.

**Per serving:** Calories: 486 Kcal: Carbohydrates: 53.9g Sugars: 3.3g Protein: 24.9g  
Saturated Fat: 4.7g Sodium: 372mg

This recipe was adapted from [jaroflemons.com](http://jaroflemons.com)

