

BLACK BEAN TACOS

Have you been searching for a hassle-free recipe that the entire family will enjoy? Look no more! This Black Bean Taco recipe is high-protein and fiber, which means it will keep the entire family full. If you're not into corn tortillas, feel free to use a flour tortilla and make some super-quick burritos!

Yield: 4 servings

Ingredients

- 1 tablespoon **olive oil**
- ½ a small **onion**, chopped
- ¼ a **green bell pepper**, chopped
- 1 (15 ounce) can no-salt-added **black beans**, rinsed and drained
- 4 **corn tortillas**, warmed
- 1 cup shredded low-fat **Mexican cheese blend**
- 1 medium **tomato**, chopped
- 1 cup **lettuce**, shredded
- 1 tablespoon **Homemade Taco Seasoning*** (or a store-bought blend)
- Optional toppings: **low-fat sour cream**, **fresh cilantro**, and sliced **avocado**

Instructions

1. In a nonstick skillet, heat oil over medium heat; sauté onion and green bell pepper until tender, about 3 minutes. Stir in the Homemade Taco Seasoning (or store-bought blend) and beans, heat through.
2. Spoon about ½ cup of the vegetable and bean mixture off center on each tortilla. Top with cheese, tomato, lettuce, and optional toppings, if desired.

Per Serving: Calories 323, Carbohydrates 41.7 g, Protein 18.6 g, Saturated Fat 4 g, Sodium 292 mg, Fiber 11.8 g, Sugars 2 g

*HOMEMADE TACO SEASONING

Yield: 3 servings

Ingredients

- 1 tablespoon **chili powder**
- 1 teaspoon **ground cumin**
- 1 teaspoon **garlic powder**
- 1 teaspoon **paprika**
- ½ teaspoon **dried oregano**
- ½ teaspoon **onion powder**
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **red pepper flakes**

Instructions

1. Combine all ingredients and add to a small jar to store or use immediately. This blend will store for up to 1 year.

Per Serving: Calories 19, Carbohydrates 3.5 g, Protein 0.9 g, Saturated Fat 0.1 g, Sodium 273 mg, Fiber 1.6 g, Sugars 0.4 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from Taste of Home.