

BLACK BEAN TACOS

MAINS

INGREDIENTS

Taco Seasoning:

4 tablespoons chili powder
2 tablespoons ground cumin
2 tablespoons garlic powder
2 tablespoons onion powder
1 tablespoon dried oregano
1 tablespoon paprika

Taco Filling:

1 tablespoon olive or canola oil
1 yellow onion, diced
8 ounces mushrooms, diced (about 2 1/2 cups)
1 sweet bell pepper, diced
1 15-oz. can black beans, drained and rinsed
5 tablespoons taco seasoning (*see recipe above*)
1/4 cup water, as needed

Toppings:

2/3 cup shredded cheddar cheese (about 3 oz.)
1 1/2 cup romaine lettuce, shredded or finely chopped (about 1/4 head)
1 tomato, diced
1/2 bunch cilantro, chopped (about 1/4 cup)
12 corn tortillas

DIRECTIONS

1. Make taco seasoning: combine all seasoning ingredients in a container or jar with a lid. Cover and shake well to combine. This will make more than you will need. You can save and use again or for another recipe.
2. Heat a medium/large sauté pan over medium-high heat and add oil. Once the oil is hot, add the onion and sauté until translucent and beginning to brown, about 3-4 minutes.
3. Once the onion is cooked, add the diced bell pepper and mushrooms. These vegetables will release a lot of water as they cook. Cook until most of the moisture has evaporated, about 5-7 minutes.
4. Add the rinsed blacked beans, 5 tablespoons of taco seasoning, water, and salt. Simmer for 5-7 minutes, stirring occasionally. Prepare the ingredients for the toppings (cheese, lettuce, tomato, and cilantro) while the filling is simmering.

5. Lightly mash some of the black beans while simmering. Add more water if needed to keep the taco filling from drying out.
6. When the taco filling is done turn off the heat and set aside.
7. Toast the tortillas. This can be done in multiple ways. One way is to heat a small stainless steel pan over medium-high heat and toast the tortillas one at a time until slightly charred around the edges, about 30 seconds – 1 minute per side. A second method is to use tongs directly over a low flame if you have a gas stove, turning when brown spots begin to form on the tortillas. Watch closely. A third method is to toast the tortillas in an oven or toaster oven at 350 degrees. When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.
8. Assemble the tacos by dividing the filling evenly among the tortillas, and top with lettuce, tomato, cilantro and cheese. One taco should have about 1/4 cup of filling and 1 tablespoon of cheese.

VARIATIONS & TIPS

- Substitute pinto or kidney beans for the black beans.
- Replace the pepper and mushrooms with other vegetables such as zucchini, roasted butternut squash, roasted sweet potato, shredded carrots, corn, or roasted cauliflower.
- In place of water in the recipe, you could add in salsa or additional diced tomatoes.
- Use other toppings such as salsa, avocado, shredded cabbage, spinach or low-fat yogurt mixed with cumin.
- The taco seasoning can be used for other recipes and would be a good option if making tacos with ground turkey or beef.
- Use whole wheat flour tortillas instead of corn tortillas.
- Instead of serving with tortillas, you can serve this over a bed of lettuce or a whole grain such as brown rice or quinoa.

NUTRITION FACTS

455 Calories; 14 g Fat (4.7 g Saturated Fat); 70 g Carbohydrates; 15.5 g Fiber; 19 g Protein; Sodium 370mg

YIELD: 4 servings (3 tacos per serving)

TOTAL COST: \$8.49

COST PER SERVING: \$2.12

SOURCE: Adapted from Health Meets Food Culinary Medicine Curriculum

