

Black Bean Tacos

Prep Time: 15 minutes

Cook Time: 10 minutes

Total: 25 Minutes

Servings: 4

Yield: 4 servings



Nutrition Facts

Per Serving: 402 calories; protein 13g; carbohydrates 43.9g; fat 20.5g; cholesterol 13.5mg; sodium 778.1 mg.

Ingredients

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (7 ounce) can green salsa (salsa verde)
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tsp ground cumin
- 6 taco shells (optional)
- 2 ounces shredded Mexican cheese blend (optional)
- 1 tomato, diced (optional)
- 1 avocado, sliced (optional)
- 1 cup shredded lettuce (optional)

Directions

1. Heat olive oil in a saucepan over medium – low heat; cook onion in hot oil until tender, about 5 minutes. Stir black beans, green salsa, garlic powder, chili powder, and cumin with the onion. Reduce heat to low and cook the mixture at a simmer until it thickens, 5 to 10 minutes.
2. Serve with taco shells, Mexican cheese blend, tomato, avocado, and shredded lettuce.