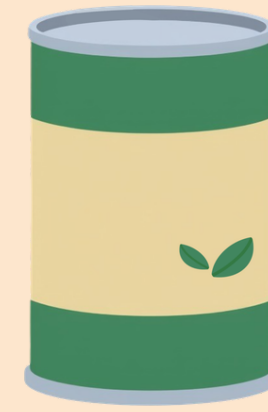


BLACK BEAN TACOS



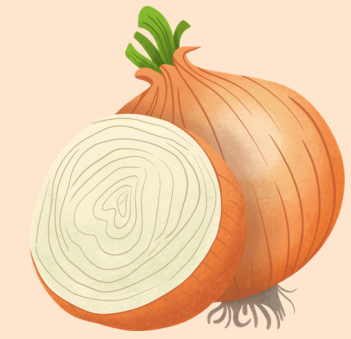
Taco Base:



Black Beans
1 can ~500 mL



Olive Oil
1 tbsp



Yellow or White Onion
½ onion, chopped

Toppings:



Lettuce
1 cup, chopped



Lime
1 lime, juiced

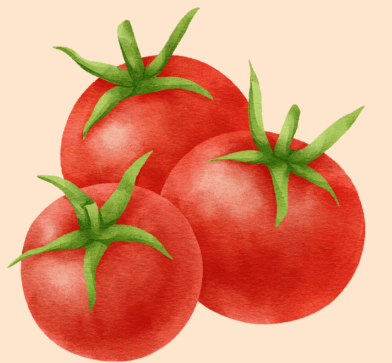


Avocado
1 avocado, mashed



Cheese
½ cup,
shredded

Tomato
1 tomato,
chopped



Taco Spices:

- ½ tsp salt and pepper, cumin
- ¼ tsp paprika
- ⅛ tsp cayenne pepper
- 1 tbsp tomato paste
- 1 garlic clove, minced



Can serve on taco shells or with chips/crackers!

1 Heat a large skillet over medium heat. Add the olive oil and the onion and sauté 2-3 minutes until onions have softened and become translucent.

2 Add the garlic and sauté 30 seconds more. Add the beans, spices, tomato paste, and water. Stir until combined.

3 Cook mixture for about 3-5 minutes, allowing beans to heat through.

4 In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper.

5 Can serve with taco shells, or as a dip with whole grain tortilla chips, crackers, or pita chips.

Preparation Time: 20 minutes

Servings: 4

Nutrition Information per serving (without chips):

Calories: 310 kcal

Protein: 12.5 g

Carbohydrates: 32 g

Fibre: 14 g

Total Fat: 16 g

Saturated Fat: 5 g

Sodium: 425 mg

Potassium: 714 mg

Calcium: 174 mg

Iron: 2 g

Storage Information:

Store in an air-tight container in the fridge for 3-4 days.