



# Spicy Black Bean Tacos



4 servings



10 mins prep | 25 mins total time

## Per serving:

415 calories

50 g carbs

14 g fiber

23.8 g fat

7 g protein

## Ingredients

- 3 cups black beans, canned, rinsed and drained
- 12 corn tortillas
- 2 avocados, diced
- 2 cups cherry tomatoes, quartered
- 1/2 cup cilantro, washed well and chopped
- 2 limes, quartered
- 2 Tbs taco seasoning
- 2 Tbs olive or vegetable oil

## Directions

### Make

1. Drain and rinse the black beans. In a pan over medium heat, cook the beans with the taco seasoning and oil for about 5 minutes until fragrant.
2. Warm the corn tortillas in a 300° F oven for about 5 minutes until warm.
3. Dice the avocados, chop the cherry tomatoes, and chop the cilantro.
4. To assemble, place a scoop of the seasoned black beans on each tortilla.
5. Top with avocado, cherry tomatoes, cilantro, and a squeeze of fresh lime juice.



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