



Bean and Veggie Tacos

Yield: 6 servings; 12 tacos

Ingredients

- 1 ¾ cups diced onion - divided
- 1 pound minced mushrooms
- 1 cup diced red bell pepper
- 1 (15 ounce) can black beans, no salt added, drained and rinsed
- ¼ cup salt-free taco seasoning (see recipe)
- ¾ teaspoon kosher salt
- 12 corn tortillas
- 3 cups chopped romaine lettuce
- 1 ½ cups diced tomato
- ¼ cup chopped cilantro

Instructions

1. Heat a medium sauté pan over medium-high heat and add 1 tablespoon of water. Add 1 cup diced onion and sauté until translucent and begins to brown, about 4 minutes. Add 1 tablespoon of additional water, at a time, to prevent sticking, if needed.
2. Add the mushrooms, red bell pepper, black beans, taco seasoning and salt. Cook until most of the moisture has evaporated, about 5 minutes.
3. If desired, warm the tortillas by placing them on a plate, cover with a damp paper towel and microwave in 30-second bursts until warmed.
4. Assemble the tacos by placing 1/3 cup of the filling on a tortilla then top with 1 tablespoon onion, 1/4 cup lettuce, 2 tablespoons tomato and 1 teaspoon cilantro.

Nutrition Information

Serving Size: 2 tacos
Calories: 276
Total Fat: 3 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g
Sodium: 323 mg
Total Carbohydrate: 53 g
Dietary Fiber: 12 g
Sugars: 9 g
Protein: 11 g

Source: Adapted from Health meets Food

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X24256 © Spectrum Health 08.2020

