



Beef, Veggie and Bean Tacos

Yield: 5 servings; 10 tacos

Ingredients

2 teaspoons extra virgin olive oil
1 cup diced onion
8 ounces minced mushrooms
1 cup diced red bell pepper
4 ounces ground beef, 90/10
1 (15 ounce) can black beans, no salt added, drained and rinsed
¼ cup salt-free taco seasoning (see recipe)
1 teaspoon Worcestershire sauce
¾ teaspoon kosher salt
10 corn tortillas
2 ½ cups shredded romaine lettuce
1 cup diced tomato
¼ cup chopped cilantro

Instructions

1. Heat a medium sauté pan over medium-high heat and add oil. Once oil is hot, add the onion and sauté until translucent and begins to brown, about 4 minutes.
2. Add the mushroom, red bell pepper, beef, beans, taco seasoning, Worcestershire sauce and salt.
3. Cook the beef until pink is no longer visible, about 5 minutes.
4. 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.
5. Assemble the tacos by placing 1/3 cup of the filling on a tortilla then top with 1/4 cup lettuce, 2 tablespoons tomato and 1 teaspoon cilantro.



Nutrition Information

Serving Size: 2 tacos
Calories: 390
Total Fat: 12 g
Saturated Fat: 4 g
Monounsaturated Fat: 4 g
Polyunsaturated Fat: 0 g
Sodium: 380 mg
Total Carbohydrate: 55 g
Dietary Fiber: 10 g
Sugars: 5 g
Protein: 19 g

Source: Health meets Food

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