



SIMPLE BLACK BEAN TACOS

January 6

National Bean Day



INGREDIENTS

- 2 Teaspoons Olive Oil
- 1 Small Onion (chopped)
- 2 Cloves Garlic (minced or pressed)
- ¾ Teaspoon Salt
- ¾ Teaspoon Ground Cumin
- ½ Teaspoon Ground Chili Powder
- ⅛ Teaspoon Ground Cayenne Pepper
- 2 (10.5 Ounce) Cans Black Beans (drained and rinsed)
- 1 Cup Vegetable Broth
- Squeeze of Lime Juice
- 1-2 Teaspoons Chopped Fresh Cilantro
- (6) Tortilla, Soft, Flour (about 6"), at least 28 grams each, enriched or whole grain rich

DIRECTIONS

1. Warm the olive oil in a large skillet over medium-high heat. Add the chopped onion to the warm oil and cook for 4-5 minutes, just until it begins to soften. Stir in the garlic, salt, cumin, chipotle powder, and cayenne and cook just until fragrant, about 30 seconds.
2. Stir in the beans, followed quickly by the broth. Bring to a boil, then reduce heat to medium and simmer until the beans are tender and most of the liquid has evaporated, 8-10 minutes. Remove from heat, stir in the lime juice and chopped cilantro, and adjust seasonings to taste.
3. Divide filling between (6) flour tortillas and serve.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

6 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Taco	1 Taco	1 Taco	2 Tacos