



Beef & Bean Tacos (Taco 3)

A twist on the traditional taco recipe!

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15mL
1 each	Onion, diced small	40g
1/2 each	Red Bell Pepper, small diced	1/2 each
8 oz (about 2 1/2 cups whole)	Mushrooms, minced	226g
8 oz	Ground Beef, 90/10	170g
1 (15 oz) can	Black Beans, no salt added, drained and rinsed	1 (425g) can
1/2 cup	Water	120mL
3/4 tsp	Salt	3g
5 Tbsp	Salt-Free Taco Seasoning (see recipe)	71g
1 tsp	Worcestershire Sauce	5mL
12 each	Corn Tortillas	12 each
3/4 cup (3 oz)	Cheddar Cheese, shredded	85 g
1 1/2 cups (about 1/4 head)	Romaine Lettuce, shredded	108g
1 each	Globe Tomato, diced	1 each
1/2 bunch (about 1/4 cup)	Cilantro, chopped	1/2 bunch

Preparation:

1. Gather all ingredients and equipment.
2. Heat a medium/large saute pan over medium-high heat and add the oil. Once the oil is hot, add the onion and saute until translucent and beginning to brown, about 3-4 minutes.
3. Once the onion is cooked, add the red bell pepper and mushrooms. These vegetables will release a lot of water as they cook. Cook until most of the moisture has evaporated, about 5-7 minutes.
4. Add the beef and cook until pink is no longer visible, then add the black beans, water, salt, taco seasoning, and worcestershire sauce.
5. Simmer for 5-7 minutes, stirring occasionally. Add more water if needed to keep the filling from drying out. Prepare the ingredients for the toppings (cheese, lettuce, tomato, and cilantro) while the filling is simmering.
6. When the taco filling is done, turn off the heat and set aside.
7. Toast the tortillas. This can be done in multiple different ways. One way is to heat small stainless steel pan over medium-high heat and toast the tortillas one at a time until slightly charred around the edges, about 30 seconds - 1 minute per side. If you have a gas stove, you can use tongs to place tortillas directly over a low flame, turning when brown spots begin to form on the tortillas. When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.
8. Assemble the tacos by dividing the filling and cheese evenly between the tortillas, and top with lettuce, tomato, and cilantro. One taco should have about 1/4 cup of filling and 1 Tbsp of cheese.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **2 Tacos**

Amount per serving

Calories **390**

Total Fat	12 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	35 mg
Sodium	380 mg
Total Carbohydrate	55 g
Dietary Fiber	10 g
Total Sugars	5 g
Includes 0g Added Sugars	
Protein	19 g
Vitamin D	0 %
Calcium	9 %
Iron	9 %
Potassium	600 mg
Phosphorus	140 mg
