



## Black Bean Taco (Taco 4)

A delicious vegetarian taco!

<b>U.S.</b>		<b>Metric</b>
1 Tbsp	Olive Oil	15mL
1 each	Onion, diced small	1 each
12 oz (about 4 cups whole)	Mushrooms, minced	340g
1/2 each	Red Bell Pepper, diced small	1/2 each
1 (15 oz) can	Black Beans, no salt added, drained, rinsed	1 (425g) can
5 Tbsp	Salt-Free Taco Seasoning (see recipe)	71g
1 tsp	Worcestershire Sauce	5mL
3/4 tsp	Salt	5g
1/2 cup	Water, as needed	120mL
12 each	Corn Tortillas	12 each
3/4 cup (3 ounces)	Cheddar Cheese, shredded	56g
1 1/2 cup (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 black beans, taco seasoning, worcestershire sauce, and water. Simmer for 5-7 minutes, stirring occasionally.
5. Lightly mash some of the black beans while simmering. Add more water if needed to keep the taco filling from drying out.
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 Tablespoon of cheese.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**                      **2 Tacos**

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**Amount per serving**

**Calories**                              **350**

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<b>Total Fat</b>	9 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	3 g
<b>Cholesterol</b>	15 mg
<b>Sodium</b>	380 mg
<b>Total Carbohydrate</b>	56 g
Dietary Fiber	10 g
Total Sugars	5 g
Includes 0g Added Sugars	
<b>Protein</b>	14 g
Vitamin D	0 %
Calcium	9 %
Iron	2 %
Potassium	600 mg
Phosphorus	80 mg

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