

Tacos with Beef & Beans (Tacos 3)



These tacos pack in plenty of vegetables and are filled with umami flavor. The best part of these tacos is the delicious flavor and texture (and fiber!) the black beans bring to the plate.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	30 MIN

INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, small dice
½ each	Bell Pepper, small dice
8 oz	Mushrooms, minced (about 2 ½ cups whole)
8 oz (½ lb)	Ground Beef, 90/10
1 (15 oz) can	Black Beans, no salt added, drained and rinsed
1 tsp	Worcestershire Sauce
½ cup	Water
4 Tbsp	Salt-Free Taco Seasoning (see separate recipe)
¼ tsp	Kosher Salt
12 each	Corn Tortillas
⅓ cup (1.5 oz)	Cheddar Cheese, low-fat, shredded
1 ½ cups	Romaine Lettuce, shredded (about ¼ head)
1 each	Globe Tomato, diced
½ bunch	Cilantro, chopped (about ¼ cup)

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large sauté pan, heat the oil over medium-high heat. Once the oil is hot, add the onions and sauté until translucent, about 3-4 minutes. Add the bell pepper and continue to sauté until the pepper begins to brown, about 2 minutes. Add the mushrooms and continue to cook the vegetables until most of the moisture from the mushrooms has evaporated, about 5-7 minutes.
3. Add the beef and cook the meat until pink is no longer visible, about 2-3 minutes. Then add the drained beans, Worcestershire sauce, water, taco seasoning and salt. Simmer for 5-7 minutes, stirring occasionally. If desired, lightly mash some of the black beans using a potato masher or the back of a spoon. Once the moisture has cooked off and the taco filling looks consistent in texture, turn off the heat and set aside.

CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7 minutes
- Wrap in a paper towel and microwave in 30 second intervals

4. Toast the tortillas to the desired texture (see chef's note). When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.
5. To assemble the tacos, fill each tortilla with ¼ cup of the filling, 1½ tsp of cheese and top with the lettuce, tomato and cilantro.

Nutrition Facts	
6 servings per container	
Serving Size	2 Tacos (277 g)
Amount per serving	
Calories	310
	% Daily Value *
Total Fat 11g	14%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	11%
Sodium 350mg	15%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	30%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0.06mcg	0%
Calcium 30mg	3%
Iron 2mg	9%
Potassium 700mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Beef & Bean Taco (Taco 3)" (9/23/19)

