

# Black Bean Tacos



Ready in **25 minutes**

Serves **8 people**

**Note** This filling is delicious in tortilla shells as tacos, as a nacho topping or chip dip, or in taco salads or bowls with rice, lettuce, veggies and salsa.

Recipe adapted from the Blue Flame Kitchen

## Equipment

- Knife
- Cutting board
- Medium Pot
- Potato masher

## Ingredients

- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1 medium onion, diced
- 1 bell pepper, diced
- 2-3 cloves garlic
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp chili powder
- 1 tsp salt
- Vegetable broth ~1 cp
- Corn tortillas and taco toppings of choice (try tomatoes, lettuce, cheese and salsa)

## Preparation

1. In a medium pot saute onions and peppers until soft with a drizzle of oil. About 5 minutes.
2. Once onions are soft add garlic and spices. Sautee for 2 minutes.
3. Add corn and beans and stir to combine with spices and onions/peppers.
4. Add no sodium/low sodium vegetable broth as needed just until it can be seen between the beans.
5. Cover and simmer for 20 minutes or until beans have softened and some broth has cooked away.
6. Remove from heat and use a hand potato masher or pastry cutter to mash some of the beans. This will thicken the beans for your filling.
7. Assemble tacos, bowls, nachos or dipping as you like.