

Cooking with the DIETITIANS

BLACK BEAN TACOS

Time: 30+ minutes / Servings: 6

INGREDIENTS

- 2 (15oz) cans low-sodium black beans, rinse and drained
- ¼ packet low-sodium taco seasoning
- ½ yellow onion, chopped
- 1 (10oz) can tomatoes with green chilies, with liquid
- 2 cups mixed greens
- ½ cup nonfat plain Greek yogurt
- 2/3 cup salsa
- 1/3 cup shredded Mexican cheese blend
- 6 small whole wheat tortillas



DIRECTIONS

1. Dump black beans, taco seasoning, yellow onion, and tomatoes with green chilies into your slower cooker. If it seems dry, add 8oz of water or vegetable broth. Leave to cook on a low setting for 2-8 hours! ***If you don't want to wait, put same ingredient in a pot on the stove over medium heat for 20-30 minutes until beans are desired consistence***
2. Smash beans if desired.
3. Get a tortilla add small spoonful of beans. Add toppings as desired. (Be careful with the cheese!)
4. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 216, Total Fat: 3g, Saturated Fat: 1g, Sodium: 340mg, Carbohydrates: 42g, Fiber: 11g, Protein: 13g, Vitamin A: 7%, Vitamin C: 22%, Calcium: 16%, Iron: 27%

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