



3 Bean Veggie Tacos

Ingredients

- 1 tablespoon oil
- 1 bag frozen peppers and onions
- 1 15-oz. can black beans, rinsed & drained
- 1 15-oz. can pinto beans, rinsed & drained
- 1 15-oz. can red kidney beans, rinsed & drained
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- ½ cup shredded cheddar cheese
- ⅓ cup chopped cilantro
- Juice of 1 lime
- 10 whole wheat tortillas
- Optional toppings: fresh diced tomato, plain yogurt, shredded cheese, lettuce, avocado, fresh cilantro

Directions

1. Heat oil in a large pan over medium heat and add the peppers and onions. Cover and allow it to cook for 2-3 minutes until thawed.
2. Uncover and stir, allowing extra water to evaporate for 1 minute.
3. Add the beans, chili powder, and cumin to the pan and stir for 2-3 minutes.
4. Add the cheese, cilantro and lime juice and mix until heated.
5. Warm the tortillas in the microwave for 30 seconds and serve with the bean mixture.

Serves: 10 • Serving Size: 1 taco • Prep Time: 15 minutes • Cook Time: 15 minutes

Chef Tips

1. Add an extra teaspoon of chili powder if you like it spicy
2. Use leftover cooked chicken, beef, or pork in place of half the beans
3. Use fresh peppers and onions if available
4. Add in a small can of corn (rinsed and drained)
5. Try corn tortillas instead of wheat
6. Serve over brown rice if you don't have tortillas
7. Use leftovers to make a taco salad, use as a dip for tortilla chips, or top a baked potato with the extra bean mixture

Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Large skillet
- Wooden spoon
- Can opener
- Strainer



1-800-WIC-1007

Nutrition Facts Per Serving: 270 Calories, 7 g Fat, 39 g Carbohydrate, 12g Protein, 410 mg Sodium