**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**

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

**Supply List**

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

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