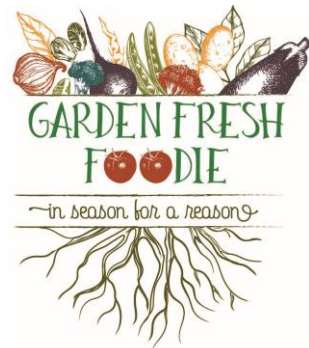


# WEEK 5: 40 Days to Wellness Cooking Class Recipe

## BLACK BEAN TACOS



PREP TIME 10 mins

COOK TIME 12 mins

### INGREDIENTS

- 2 cups red onion, minced or sliced thin depending on texture you desire
- 1 c. yellow, orange, red or green bell pepper
- 2 tbsp minced garlic
- 2 tsp cumin
- 3½ cups-4 cups cooked black beans (if using canned, 2 cans, drained and rinsed)
- 2 tbsp fresh lime juice
- ⅛-¼ tsp chipotle powder
- ½-¾ tsp salt (to taste)
- additional vegetable broth/water to soften, about 1 cup

For Serving: 10-12 corn tortillas or Boston Bibb Lettuce

- Additional serving suggestions: freshly chopped scallions and parsley, avocado, lettuce

### INSTRUCTIONS

1. Heat hot pan until hot, add onions and garlic, along with 1-2 tbsp water to prevent sticking, Sauté onions, garlic until translucent
2. Add cumin, black beans, and cook with water until softened, mash if desired, adding lime juice, and some chipotle powder if desired
3. Serve in taco shells or on lettuce wraps for a healthy alternative

Serving size: ⅓ Calories: 147 Fat: <1 (.2g) Carbohydrates: 28.8 g Fiber: 8.5 g Protein: 8.3 g Cholesterol: 0 mg

<https://gardenfreshfoodie.com/main-dishes/black-bean-tacos/>