



Black Bean Tacos

Servings: 6

Rinse fresh vegetables under running water.

Ingredients:

- 1 teaspoon oil
- 1 medium onion, chopped (about 1 cup)
- 15-ounce can black beans, drained
- 6 corn taco shells
- 4 ounces low-fat cheddar cheese, shredded (about 1 cup)
- ¼ head lettuce or romaine lettuce, chopped
- 2 medium tomatoes, chopped
- Hot sauce or taco sauce

Directions:

1. Wash hands and surfaces.
2. In fry pan, heat oil over medium heat. Add onions and cook until soft.
3. Stir in black beans and heat thoroughly.
4. Heat taco shells according to package directions. Spoon about 1/3 cup beans into bottom of taco shell. Top with cheese, lettuce and tomatoes. Add hot sauce or taco sauce to taste. Serve while hot.
5. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 160

Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 1g

Cholesterol 5mg **2%**

Sodium 510mg **21%**

Total Carbohydrate 25g **8%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 9g

Vitamin A 4%

Vitamin C 20%

Calcium 15%

Iron 10%

Tips:

- Use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktdir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

☺ Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/