

Spicy Black Bean Tacos

These Spicy Black Bean Tacos are a delicious and satisfying vegetarian main dish. Packed with flavor and protein, they are perfect for a quick and easy weeknight meal.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup black beans
- 1/2 onion, diced
- 1/2 bell pepper, diced
- 2 cloves garlic, minced
- 1 jalapeno pepper, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 small tortillas
- Toppings: avocado, salsa, cilantro, lime wedges

Steps

- 1 Heat a tablespoon of oil in a pan over medium heat.
- 2 Add the diced onion, bell pepper, garlic, and jalapeno pepper. Sauté until softened, about 5 minutes.
- 3 Add the cumin, chili powder, salt, and pepper. Stir to combine.
- 4 Add the drained black beans to the pan and cook for another 5 minutes, stirring occasionally.
- 5 Warm the tortillas in a separate pan or in the microwave.
- 6 Assemble the tacos by spooning the black bean mixture onto each tortilla. Top with avocado, salsa, cilantro, and a squeeze of lime juice.
- 7 Serve and enjoy!