

Spicy Black Bean Tacos

These Spicy Black Bean Tacos are a flavorful and satisfying vegetarian main dish option. Packed with protein and bold flavors, they are perfect for a quick and delicious meal.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup black beans, 1/4 cup diced tomatoes, 1/4 cup diced onions, 1/2 tsp cumin, 1/2 tsp chili powder, 1/4 tsp garlic powder, Salt and pepper to taste, 2 small corn tortillas, 1/4 cup shredded lettuce, 2 tbsp chopped cilantro, 2 tbsp sour cream, Lime wedges for serving

Steps

- 1 In a skillet, heat black beans, tomatoes, and onions over medium heat.
- 2 Add cumin, chili powder, garlic powder, salt, and pepper. Cook for 5-7 minutes.
- 3 Warm the corn tortillas in a separate skillet.
- 4 Fill each tortilla with the black bean mixture.
- 5 Top with shredded lettuce, cilantro, and a dollop of sour cream.
- 6 Serve with lime wedges on the side.