

Spicy Black Bean Tacos

These Spicy Black Bean Tacos are a quick and delicious main dish packed with flavor and nutrition. Perfect for a solo meal, they're easy to prepare and can be customized with your favorite toppings.



Main Dish

15 min

Total time

easy

Difficulty

400

kcal / serving

Ingredients

- 1 cup canned black beans, rinsed and drained
- 1 small onion, diced
- 1 clove garlic, minced
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 1 tbsp olive oil
- 2 small corn tortillas
- 1/4 avocado, sliced
- Fresh cilantro, for garnish
- Lime wedge, for serving

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add diced onion and sauté until translucent, about 3-4 minutes.
- 3 Stir in minced garlic, cumin, chili powder, and salt, cooking for another minute.
- 4 Add the black beans to the skillet, stirring to combine, and cook for 5 minutes until heated through.
- 5 In another pan, warm the corn tortillas for about 30 seconds on each side.
- 6 Assemble the tacos by placing the black bean mixture in the tortillas, topping with avocado slices and fresh cilantro.
- 7 Serve with a lime wedge on the side.