

Spicy Corn and Black Bean Tacos

These vibrant tacos combine sweet corn with hearty black beans, topped with a zesty lime crema. Perfect for a quick and satisfying meal, they are both delicious and nutritious.



Main Dish

20 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 cup fresh corn kernels
- 1/2 cup black beans (canned, rinsed and drained)
- 1 small avocado, diced
- 1 small tomato, diced
- 1/4 teaspoon chili powder
- 1/4 teaspoon cumin
- Salt and pepper to taste
- 2 small corn tortillas
- 1 tablespoon sour cream
- 1 teaspoon lime juice
- Fresh cilantro for garnish

Steps

- 1 In a bowl, combine corn, black beans, avocado, tomato, chili powder, cumin, salt, and pepper. Mix well.
- 2 In a small bowl, whisk together sour cream and lime juice to make the crema.
- 3 Heat the corn tortillas in a dry skillet over medium heat for about 30 seconds on each side.
- 4 Fill each tortilla with the corn and bean mixture.
- 5 Drizzle with lime crema and garnish with fresh cilantro.
- 6 Serve immediately and enjoy your tacos!