



# Crunchy Black Bean Tacos

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 20-25 MINS

## INGREDIENTS

1 tbsp. olive oil, divided  
 1 medium yellow onion, diced  
 4 cloves garlic, finely chopped  
 1 tbsp. adobo sauce  
 1 1/2 tsp. chili powder  
 2 tsp. ground cumin  
 2 tsp. smoked paprika  
 2 tbsp. no salt added tomato paste  
 Two 14-oz. cans low-sodium black beans, drained and rinsed  
 1/2 cup low-sodium vegetable broth  
 1 lime, juiced  
 3 tbsp. fresh coriander, chopped  
 3 tbsp. spring onions, chopped  
 6 wheat flour tortillas  
 5 oz. pepper jack or melty cheese of choice, freshly shredded  
 For serving, as desired: shredded lettuce, mashed avocado or guacamole, sour cream or cashew crema, pickled red onions, chopped cilantro, salsa of choice, lime wedges, etc.

## NUTRITION

Serving size: 1 taco (206g)  
 (per serving) 430 calories, 16g fat, 4g saturated fat, 15mg cholesterol, 770mg sodium, 54g carbohydrate, 13g fiber, 3g sugar, 21g protein

## DIRECTIONS

1. Preheat the oven to 450°F and ensure a rack is positioned in the center.
2. In a medium skillet over medium heat, add 1 tsp. of olive oil. Once hot, add the onion. Cook, stirring occasionally, until the onion becomes translucent and fragrant, about 3-4 minutes.
3. Stir in the garlic and adobo sauce, cooking until fragrant, about 30 seconds. Add the chili powder, ground cumin, smoked paprika, and tomato paste. Stir to coat the onion and cook for 1-2 minutes longer until very fragrant.
4. Add the black beans to the skillet, stirring to combine with the aromatics. Cook until warmed through, about 1-2 minutes. Pour in the vegetable stock and increase heat to bring the mixture to a simmer. Use a spatula or wooden spoon to mash the black beans slightly, binding everything together. Cook for an additional 1-2 minutes if needed to thicken slightly.
5. Squeeze lime juice over the mixture and taste, adjusting seasoning with additional kosher salt and ground black pepper as desired. Stir in the coriander and spring onions. Remove from heat and set aside for taco assembly.
6. Brush the remaining 2 tsp. of olive oil across the surface of a large-rimmed baking sheet. Place the warmed tortillas on the baking sheet, flipping them one or two times to coat both sides lightly with oil. Spread the black bean mixture over half of each tortilla, then sprinkle cheese on top. Fold the tortillas, creating a taco around the filling. If desired, carefully flip the tacos so the cheese side is facing down.
7. Transfer the baking sheet to the oven and bake the tacos for 5-8 minutes. Remove from oven, flip the tacos with a spatula, and return to bake for an additional 5-8 minutes until golden and crisp. Remove from oven and allow to cool for 2-3 minutes to crisp up further.
8. Serve the crispy black bean tacos warm, topping with your choice of toppings such as cashew crema, chopped cilantro, lime juice, salsa, or any other desired toppings. Enjoy!