



Black Bean Tacos

Servings: 6

Rinse fresh vegetables under running water.

1 teaspoon oil

1 medium onion, chopped (about 1 cup)

15-ounce can black beans, drained

6 corn taco shells

4 ounces cheddar cheese, shredded
(about 1 cup)

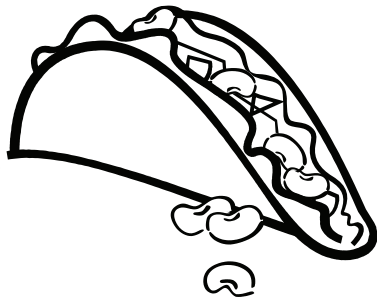
¼ head lettuce or romaine lettuce, chopped

2 medium tomatoes, chopped

Hot sauce or taco sauce

1. Wash hands and surfaces.
2. In fry pan, heat oil over medium heat. Add onions and cook until soft.
3. Stir in black beans and heat thoroughly.

4. Heat taco shells according to package directions. Spoon about ⅓ cup beans into bottom of taco shell. Top with cheese, lettuce and tomatoes. Add hot sauce or taco sauce to taste. Serve while hot.
5. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size 1 taco (186g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 10g 13%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 350mg 15%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 173mg 15%

Iron 1mg 6%

Potassium 203mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance