



Beef and Black Bean Tacos

Makes 4 servings

Ingredients

1 tablespoon canola oil
1 cup diced onion
3 garlic cloves, minced
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1/8 teaspoon ground cayenne pepper
(You can add more for more heat.)

Directions

1. Heat oil in a medium skillet over medium heat until hot.
2. Add onion and cook for 3 to 5 minutes or until softened.

1/2 pound extra-lean (97% lean) ground beef
1 15-ounce can 50% less sodium black beans
1/2 cup no-salt-added tomato sauce
1/2 cup low-sodium vegetable broth
1 tablespoon apple cider vinegar
9 hard taco shells
*optional toppings: sour cream, salsa, lettuce, diced tomatoes, shredded cheddar cheese

3. Stir in garlic and spices and cook for about 20 to 30 seconds. (You should be able to start smelling the spices.)
4. Stir in ground beef, breaking it up with a spoon while it cooks. Cook for about 5 to 7 minutes or until it is no longer pink.

(directions continued on back)



Directions (continued)

5. Stir in black beans, tomato sauce, broth and vinegar.
Bring to a low simmer to allow some of the liquid to evaporate.
6. Prepare taco shells according to package directions.
7. Add about $\frac{1}{3}$ cup meat and bean mixture to each shell.
Add optional toppings, if desired.*
8. Serve warm.

*Option not included in nutrition facts.

 = heart smart

 = low sodium

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Nutrition Facts

Serving Size 2 taco shells with 1/3 cup meat in each (285g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 310mg **13%**

Total Carbohydrate 41g **14%**

Dietary Fiber 11g **44%**

Sugars 4g

Protein 21g

Vitamin A 25% • **Vitamin C** 10%

Calcium 10% • **Iron** 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat

Carb choices per serving: 3