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PLANT-BASED AND DELICIOUS SPICY BLACK BEAN TACOS!



This recipe is easy to make and adds a little heat Spicy Black Bean Tacos!
These plant-based tacos are simple, flavorful, and delicious.

INGREDIENTS

- 3 cups black beans, canned, rinsed and drained
- 12 corn tortillas
- 2 avocados, diced
- 2 cups cherry tomatoes, quartered
- 1/2 cup cilantro, washed well and chopped
- 2 limes, quartered
- 2 Tbs taco seasoning
- 2 Tbs vegetable oil

PREPARATION & COOKING

Prep:
Drain and rinse the black beans.
Measure out taco seasoning and oil.
Dice avocados.
Chop cherry tomatoes and cilantro.
Cut lime into wedges.
Make:
Drain and rinse the black beans. In a pan over medium heat, cook the beans with the taco seasoning and oil for about 5 minutes until fragrant.
Warm the corn tortillas in a 300° F oven for about 5 minutes until warm.
Dice the avocados, chop the cherry tomatoes, and chop the cilantro.
To assemble, place a scoop of the seasoned black beans on each tortilla.
Top with avocado, cherry tomatoes, cilantro, and a squeeze of fresh lime juice.

WHY YOU'LL LOVE THIS RECIPE:

- **Supports Healthy Blood Sugar Levels**: Soluble fiber in the black beans can help stabilize blood sugar levels.
- **Heart Healthy**: Top these tacos with avocado, which contains hearth healthy monounsaturated fats!
- **Supports Digestive Health**: The insoluble fiber in tomatoes keeps you regular.

WHY THIS RECIPE IS GREAT:

- **Easy to Enjoy**: These tacos are both vegan and gluten-free.
- **Simple:** Preparing these tacos is a breeze - perfect for busy nights!
- **Quick:** 25 minutes is all you need to put these together.

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