

# Black Bean Tacos

## INGREDIENTS

- 1 1/3 cups canned black beans, drained and rinsed
- 1/2 teaspoon low-sodium taco seasoning, to taste
- 1 teaspoon vegetable or canola oil
- 1/2 cup canned diced tomatoes, drained
- 4 tortillas, any kind works
- 1/2 cup salsa
- 4 tablespoons low-fat plain Greek yogurt

### Optional Ingredients:

- 2 tablespoons cilantro, finely chopped
- 2 tablespoons onion, chopped

**TIME: 15 MINUTES**  
**SERVINGS: 4**



Adapted from: [MyPlate.gov](https://www.MyPlate.gov)



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## PROCEDURE

1. Mash black beans with vegetable or canola oil, taco seasoning, and mix with tomatoes and onion, if using.
2. Microwave 4 tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds, or until warm.
7. Serve with greek yogurt and cilantro, if using.

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