

Zesty bean tacos



Recipe credit

Adapted from a recipe contributed by Kristin Lillemo (unpublished; original recipe).

About this recipe

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 16 ounces dried pinto beans
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 5 cloves of garlic, minced
- 4 tablespoons ground cumin
- 1 teaspoon salt
- 1 1/2 teaspoons black pepper
- 1/2 teaspoon ground cayenne pepper
- 1/2 cup water
- 20 corn tortillas shells
- 2 cups romaine lettuce, shredded
- 1 cup shredded cheese

Directions

1. Prepare dried beans according to package directions. (See recipe link in “Tips and Variations.” Once beans are cooked, drain and set aside.
2. Heat the oil in a large skillet over medium-high heat. Sauté onion for 3-5 minutes, or until softened. Add the garlic and sauté another 1-2 minutes until fragrant.
3. Add the cooked beans, cumin, salt, black pepper, cayenne pepper, and water. Add additional water, if needed, to reach desired consistency.
4. Stir well and heat until simmering. Remove from heat and fill taco shells with bean mixture. Top with lettuce and cheese. Serve.

Tips and variations

- To cook the dried beans, follow the instructions for the quick hot soak or overnight soak method found on Preparing Dried Beans and Whole Dry Peas: <http://z.umn.edu/preparingbeans>.

- You can substitute 5-6 cups of canned beans (about 3 15-ounce cans), rinsed and drained, for the dried and cooked beans.
- This recipe can be served over rice or salad, or in burritos.
- To lower the fat, try a low-fat cheese.
- Top with any of your favorite taco toppings. Try fresh tomatoes, avocados, diced onion, salsa, cilantro, or chopped peppers.

Nutritional info

Calories

350

Total fat

9 g

Saturated fat

3 g

Cholesterol

11 mg

Sodium

339 mg

Total carbohydrates

53 g

Dietary fiber

11 g

Protein

16 g

Total sugar

2 g

Allergens

Dairy

Wheat

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