Refried Black Bean Soft Corn Taco

Look no further for a quick and easy hot & nutritious Lunch.

There are many health benefits to including beans in your diet.

Black beans are a nutritionally powerful choice due to their combination of fibre, antioxidants, protein, and carbohydrates.

Ingredients

- Refried black beans. Check out the “hot soak” method by clicking on this link: How to prepare black beans from scratch
- Diced tomato and green chiles
- Corn tortillas
- Salsa for garnish - recommendations - “Salsa Verde”

Stove top and grill method

- Place the refried black beans, diced tomato and green chiles in a cast iron frying pan
- Heat until warm
- Place the corn tortillas on your indoor or outdoor grill
- Place refried black bean, tomato and green chili mix on the grilled tortilla
- Fold like a taco
- Add salsa of your choice for added zest!

Enjoy on their own or with *Mexican Rice, on the side or as a taco stuffing

Health Benefit information sourced from Nourish by WebMD.

Click on the link below to read more about the benefits of black beans:
https://www.webmd.com/diet/health-benefits-black-beans#1

***Mexican Rice** – add as a side dish to your taco or place inside the taco

Cook your rice for 15 minutes and add diced tomatoes and fresh or frozen corn and jalapeno peppers.