Beef & Bean Tacos (Taco 3)

A twist on the traditional taco recipe!

**Preparation:**

1. Gather all ingredients and equipment.
2. Heat a medium/large sauté pan over medium-high heat and add the oil. Once the oil is hot, add the onion and sauté until translucent and beginning to brown.
3. Once the onion is cooked, add the red bell pepper and mushrooms. Cook until soft.
4. And the beef and cook until pink is no longer visible, then add the black beans, water, salt, taco seasoning, and worcestershire sauce.
5. Simmer for 5-7 minutes, stirring occasionally. Add more water if needed to keep the filling from drying out. Prepare the ingredients for the toppings (cheese, lettuce, tomato, and cilantro) while the filling is simmering.
6. When the taco filling is done, turn off the heat and set aside.
7. Toast the tortillas. This can be done in multiple different ways. One way is to heat small stainless steel pan over medium-high heat and toast the tortillas one at a time until slightly charred around the edges, about 30 seconds - 1 minute per side. If you have a gas stove, you can use tongs to place tortillas directly over a low flame, turning when brown spots begin to form on the tortillas. When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.
8. Assemble the tacos by dividing the filling and cheese evenly between the tortillas, and top with lettuce, tomato, and cilantro. One taco should have about 1/4 cup of filling and 1 Tbsp of cheese.

**Nutrition Facts on Reverse**
### Nutrition Facts

6 Servings  
**Serving size** 2 Tacos

**Amount per serving**

**Calories** 330

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>12 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>4.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>4.5 g</td>
</tr>
</tbody>
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**Cholesterol** 40 mg  
**Sodium** 380 mg

**Total Carbohydrate** 38 g  
| Dietary Fiber | 7 g |
| Total Sugars | 3 g |
| Includes 0g Added Sugars |

**Protein** 19 g  
Vitamin D 1 %  
Calcium 10 %  
Iron 6 %  
Potassium 625 mg  
Phosphorus 148 mg