Black Bean Taco (Taco 4)

A delicious vegetarian taco!

**U.S.**
- 1 Tbsp Olive Oil
- 1 each Onion, diced small
- 12 oz (about 4 cups whole) Mushrooms, minced
- 1/2 each Red Bell Pepper, diced small
- 1 (15 oz) can Black Beans, no salt added, drained, rinsed
- 5 Tbsp Salt-Free Taco Seasoning (see recipe)
- 1 tsp Worcestershire Sauce
- 3/4 tsp Salt
- 1/2 cup Water, as needed
- 12 each Corn Tortillas
- 3/4 cup (3 ounces) Cheddar Cheese, shredded
- 1 1/2 cup (about 1/4 head) Romaine Lettuce, shredded
- 1 each Globe Tomato, diced
- 1/2 bunch (about 1/4 cup) Cilantro, chopped

**Metric**
- 15mL Olive Oil
- 1 each Onion
- 340g Mushrooms
- 1/2 each Red Bell Pepper
- 1 (425g) can Black Beans
- 71g Salt-Free Taco Seasoning
- 5mL Worcestershire Sauce
- 5g Salt
- 120mL Water
- 12 each Corn Tortillas
- 56g Cheddar Cheese
- 108g Romaine Lettuce
- 1 each Globe Tomato
- 1/2 bunch Cilantro

**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, about 3-4 minutes.
3. Once the onion is cooked, add the red bell pepper and mushrooms. These vegetables will release a lot of water as they cook. Cook until most of the moisture has evaporated, about 5-7 minutes.
4. Add the black beans, taco seasoning, worcestershire sauce, and water. Simmer for 5-7 minutes, stirring occasionally.
5. Lightly mash some of the black beans while simmering. Add more water if needed to keep the taco filling from drying out.
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 Tablespoon of cheese.

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

6 Servings  
**Serving size**  2 Tacos

<table>
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<th>Amount per serving</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
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<tr>
<td><strong>Total Fat</strong></td>
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