

Black Bean Tacos with Avocado

Ingredients

- 1 (15-ounce) can black beans, drained and rinsed
- 1 ripe avocado, sliced or mashed
- 8 small corn or flour tortillas
- 1 small red onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp chili powder
- Salt and pepper, to taste
- Fresh cilantro, chopped (optional)
- Juice of 1 lime

Instructions

Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 3-4 minutes.

Add black beans, cumin, smoked paprika, chili powder, salt, and pepper. Cook 5-7 minutes, mashing some.

Prepare avocado: slice or mash with lime juice and salt.

Warm tortillas in a skillet or microwave.

Assemble tacos with black bean filling, avocado, and cilantro. Add lime juice or salsa if desired.

Nutritional Info (Per Serving - 2 Tacos)

Calories: 320 kcal

Protein: 12 g

Fiber: 10 g

Total Fat: 15 g (mostly healthy fats)

Carbs: 35 g

Enjoy these fresh, nutritious tacos perfect for any occasion!