



# Bean and Vegetable Tacos

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 tacos

## Ingredients

4 (6-inch) corn or flour tortillas  
1 tablespoon olive oil  
1 portabella mushroom, sliced (or 1 cup sliced white button or cremini mushrooms)  
1 medium bell pepper, sliced (about 2 cups)  
½ medium onion, sliced (about 1 cup)  
¼ teaspoon salt  
2 teaspoons chili powder  
½ teaspoon ground cumin  
½ cup canned tomato sauce (or 1 tablespoon tomato paste plus ½ cup water)  
1 cup canned beans, drained and rinsed  
1 teaspoon packed brown sugar  
Optional toppings: Diced or sliced avocado, salsa, shredded cheese, chopped fresh cilantro, plain Greek yogurt

## Recipe Notes

- To make ahead, keep the filling separate and heat and fill tortillas when ready to eat

## Directions

1. Preheat the oven to 350°F.
2. Wrap the tortillas in foil and bake for 10 minutes. Remove from the oven and set aside, still wrapped in the foil
3. Meanwhile, heat a medium skillet over medium heat.
4. Add the oil and heat until shimmering.
5. Add the mushroom, bell pepper, onion, and salt. Cook, stirring often, until the vegetables are soft and starting to brown, about 8-10 minutes.
6. Add the chili powder and cumin. Stir together and cook until fragrant, about 1-2 minutes.
7. Add the beans, tomato sauce (or tomato paste and water), and brown sugar. Cook until warmed through, about 2-3 minutes.
8. Add a quarter of the bean-vegetable mixture to the center of each tortilla.
9. Serve warm, adding optional toppings as desired.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 10 g | Saturated Fat: 1.5 g  
Sodium: 600 mg | Total Carbohydrate: 47 g | Dietary Fiber: 11 g | Protein: 10 g**

Adapted from [HealthySeasonalRecipes.com](https://www.healthyseasonalrecipes.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](https://www.nutrition.va.gov)



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