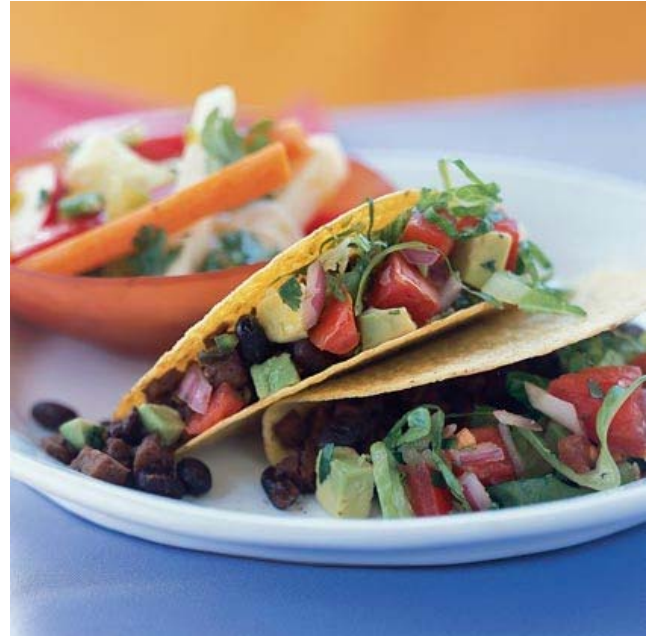


# Cumin Spiced Black Bean Tacos

## Ingredients:

- 1 tbsp. olive oil, extra virgin
- 1 tbsp. garlic, chopped
- 1 cup red pepper, chopped
- 1 cup yellow pepper, chopped
- 1 cup carrots, chopped
- 1 cup red onion, chopped
- 1 tbsp. cumin
- ¼ tsp. salt
- 2 cup black beans, rinsed and drained
- 4 tbsp. salsa
- 4 corn tortillas
- 8 tbsp. cilantro, chopped
- 6 tbsp. low-fat shredded cheddar cheese



## Nutrition Facts

Serving Size 2 tacos (293g)  
Servings Per Container 2

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Amount Per Serving

**Calories 300**    Calories from Fat 60

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% Daily Value\*

<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 12g	<b>48%</b>
Sugars 6g	
<b>Protein</b> 13g	

Vitamin A 120%    •    Vitamin C 200%  
Calcium 10%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4



\*GLUTEN-FREE



\*SOY FREE

## Directions:

1. Sauté garlic, peppers, onions and carrots until soft.
2. Add black beans, cumin, and salt and heat through being careful not to mash the beans.
3. Heat 4 corn tortillas.
4. Divide the black bean mixture amongst the tortillas.
5. Top with salsa, cilantro and 1 tbsp. low fat shredded cheddar cheese.