

vegan tacos

# Vegan Taco Night

## Ingredients:

- 2 tbs olive oil
- 1 can black or pinto beans, drained and rinsed
- 1 tsp each chili powder, garlic powder, salt and pepper
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 large or three Roma tomatoes, chopped or 1 medium can chopped tomatoes, drained
- For toppings: salsa, chopped cilantro, chopped green onions, sliced radishes, hot sauce (some or all optional)
- 6-8 flour or corn tortillas, fajita or taco size

## Nutrition Facts

8 servings per container

**Serving size** (0.0g)

**Amount Per Serving**

**Calories** **150**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 5g

**Directions:** Heat oil in a sauté pan and add onions and green peppers. Cook until soft and translucent. Add the beans and the spices. Be careful with the salt because the beans will bring some salt with them. Add the tomatoes. Cook for 10 minutes until heated through. Spoon 1/3 cup of the mixture into the tortillas and top with cilantro, green onions, radishes, salsa and hot sauce.



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