

TERRIFIC TACOS



Makes 8, 1/2 cup servings

INGREDIENTS

- 1 can (14.5 ounces) black beans (no added salt, drained and rinsed)
- 1 can (10 ounces) diced tomatoes with green chilies
- 1 pound lean ground beef (95% lean, 5% fat)
- 3-4 tablespoons of homemade taco seasoning
- 1/4 - 1/2 cup water (as needed)

DIRECTIONS

Brown ground beef in a skillet. Add black beans, Mexican style tomatoes, and 4 tablespoons of taco seasoning. Simmer ingredients together.

TIPS

- Swap out Mexican corn for black beans or use both!
- To cut saturated fat, use ground turkey or ground chicken.

NUTRITION

137 calories
4 g protein
3 g fat
243 mg sodium
11 g carbohydrate
4 g fiber