

# Black Bean Tacos

Tacos aux haricots noirs

- 15 min
- Easy
- 360 kcal per serving
- Dinner
- Lunch
- Vegan
- Quick
- Kids



## Ingredients

FOR ONE SERVING

|                                             |        |
|---------------------------------------------|--------|
| Corn tortillas ( <i>Tortillas de maïs</i> ) | 4      |
| Black beans ( <i>Haricots noirs</i> )       | 200 g  |
| Avocado ( <i>Avocat</i> )                   | 1      |
| Lime ( <i>Citron vert</i> )                 | 1      |
| Coriander ( <i>Coriandre</i> )              | 15 g   |
| Salsa ( <i>Salsa</i> )                      | 4 tbsp |

## Nutrition facts

PER SERVING

|               |      |
|---------------|------|
| Calories      | 360  |
| Protein       | 14 g |
| Carbohydrates | 50 g |
| Fat           | 12 g |
| Fiber         | 11 g |

## Preparation

- 1 Warm the corn tortillas in a dry skillet over medium heat until soft and pliable, then stack them and cover to keep warm.
- 2 Rinse and drain the black beans if needed, then heat them in a small pan with a splash of water, a pinch of salt, and pepper until hot.
- 3 Mash the avocado in a bowl with a little lime juice, salt, and pepper until creamy but still slightly chunky.
- 4 Chop the coriander finely and cut the lime into wedges.
- 5 Assemble the tacos by spooning black beans onto each tortilla, topping with mashed avocado, salsa, and coriander.
- 6 Serve right away with the lime wedges on the side for squeezing over the tacos.

**GOOD TO KNOW**

Add the lime juice to the avocado just before serving to keep it fresh and green.