Lentil and Black Bean Tacos

Ingredients:

- 4 whole wheat flour tortillas
- 1/2 cup dry lentils, sorted and rinsed
- 1 cup canned black beans, drained and rinsed
- 1 tablespoon chili powder
- 1 Tablespoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried leaf oregano
- 1 1/2 cups water

Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. Cook lentils in the water over medium-high heat until almost all of the water is absorbed (about 15 minutes).
3. When there is about 2 tablespoons of water left, add black beans and taco seasoning. Stir and continue cooking until all of the water is absorbed (about 2 minutes).
4. Serve in whole wheat tortilla with your family's favorite taco toppings.

Nutrition Facts (Per Serving)

- Calories, 250;
- Carbohydrate, 46 g;
- Protein, 13 g;
- Total Fat, 4 g;
- Saturated Fat, 1 g;
- Trans Fat, 0 g;
- Cholesterol, 0 mg;
- Fiber, 9 g;
- Total Sugars, 1 g;
- Sodium, 470 mg;
- Calcium, 54 mg;
- Folate, 50 mcg;
- Iron, 4 mg;
- Calories from Fat, 14%.

Makes 4 servings, 1 taco each.
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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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