Vegetable & Black Bean Tacos
Hosted by: Student Health Advocates

INGREDIENTS

• 1 tablespoon olive oil
• 2 cups coarsely chopped broccoli florets
• 1 cup sliced red onion
• 1 cup julienne-cut red bell pepper
• 1 cup sliced mushrooms
• 1/2 teaspoon ground cumin
• 1/2 teaspoon chili powder
• 1/2 cup tomato juice
• 1 tablespoon minced fresh cilantro
• 2 tablespoons fresh lime juice
• 1 (15-ounce) can black beans, rinsed and drained
• 6 (10-inch) tortillas (consider using whole wheat tortillas)
• 1 1/2 cups shredded Monterey Jack cheese
• 3/4 cup medium salsa

MATERIALS NEEDED

• 1-2 pans
• Microwave (if you don’t have a second pan)
• Measuring spoons
• Measuring cup
• Cutting board
• Knife
• Serving utensils
• Eating utensils
• Plates

COOKING INSTRUCTIONS

• Heat oil in a large nonstick skillet over medium-high heat.
• Add broccoli, onion, and bell peppers; sauté 4 minutes.
• Add mushrooms, cumin, and chili powder; sauté 2 minutes.
• Add tomato juice and black beans; cook 3-5 minutes or until heated throughout.
• Remove from heat; stir in minced cilantro and lime juice.
• Warm tortillas in skillet or microwave and place vegetable & bean mixture inside.
• Top with salsa and cheese.