

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.