

Black Bean Tacos

INGREDIENTS

For the Black Bean Filling

- 2 (15 oz) cans black beans, drained & rinsed
- 1 tbsp olive oil
- ½ cup finely diced yellow onion
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp kosher salt (plus more to taste)
- ½ cup thick, chunky salsa
- Juice of ½ lime
- 1/2 cup blended cottage cheese (optional)

For the Tacos

- 8-10 small flour or corn tortillas
- 1-1½ cups shredded Monterey Jack or Mexican-blend cheese
- 2-3 tbsp olive oil (for crisping) or olive oil spray

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add diced onion and sauté 3-4 minutes until softened.
3. Stir in garlic and cook 30 seconds until fragrant.
4. Add black beans, cumin, chili powder, smoked paprika, and salt.
5. Using the back of a spoon, mash about 60% of the beans, leaving some whole for texture.
6. Stir in salsa and lime juice.
7. Cook 4-6 minutes, stirring occasionally, until the mixture thickens and excess moisture cooks off.
8. If using, stir in cottage cheese at the end.
9. Cook 1 additional minute.
10. The mixture should be thick and spreadable – not wet.
11. Remove from heat.
12. Lay tortillas flat on a work surface.
13. Sprinkle a thin layer of cheese over half of each tortilla.
14. Spread about ¼ cup of the bean mixture over the cheese.
15. Top with a little more cheese.
16. Fold over gently like a quesadilla and press lightly.
17. Heat 1-2 tablespoons olive oil in a large skillet over medium heat.
18. Cook tacos 2-3 minutes per side until deeply golden and crispy.
19. Work in batches, adding more oil as needed. *(You want a sizzle – not a steam.)*