

Black Bean Tacos

With Avocado Crema



SERVES: 4



TOTAL TIME:
20 minutes



ESTIMATED COST:
\$6

Ingredients

- 2 cans black beans, drained and rinsed
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper
- 8 small flour or corn tortillas
- 1 ripe avocado
- 3 tbsp plain Greek yogurt or sour cream
- Juice of 1 lime
- Toppings: shredded cabbage, salsa, shredded cheese



Instructions

- 1 Warm the beans in a skillet over medium heat with cumin, paprika, garlic powder, salt, and a splash of water. Mash about half the beans with the back of a spoon to thicken.
- 2 Blend or mash the avocado with Greek yogurt and lime juice until smooth. Season with salt.
- 3 Warm the tortillas.
- 4 Fill with beans, drizzle with avocado crema, and pile on your toppings.

