

# Bean and Rice Tacos



By LizAnn on September 14, 2007



**Prep Time:** 20 mins

**Total Time:** 40 mins

**Serves:** 15-20, **Yield:** 15.0 taco's

## About This Recipe

"This was our dinner the other night. A personal concoction that my kids loved and told me I should post it on Zaar. So here it is! MMM..."

## Ingredients

- 2 cups cooked brown rice ( left over)
- 2 (15 ounce) cans black beans, undrained
- 1 cup picante salsa ( I used Pace)
- 1 cup chopped onions
- 3 -4 chopped garlic cloves
- 3 -4 fresh jalapeno peppers, chopped ( use gloves)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 20 corn tortillas

## Directions

1. In a large skillet, sauté the veggies in 2-3 Tbs of cooking oil. I used grapeseed oil.
2. Add remaining ingredients except for the tortillas. Bring to boil and reduce heat to simmer. Simmer uncovered for 20 minutes or until no longer runny.
3. Meanwhile fry your tortillas in oil until soft. Fold and lightly sprinkle with salt.
4. Place about 1/4 cup of bean mixture and top with your choice of toppings: shredded cabbage, cheese, avocado, cilantro, sour cream, etc.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (85 g)		<b>Total Fat 1.6g</b>	<b>2%</b>
Servings Per Recipe: 15		Saturated Fat 0.2g	1%
<b>Amount Per Serving</b>	<b>% Daily Value</b>	<b>Cholesterol 0.0mg</b>	<b>0%</b>
<b>Calories 187.4</b>		Sugars 1.3 g	
Calories from Fat 15	11%	<b>Sodium 101.2mg</b>	<b>4%</b>
		<b>Total Carbohydrate 36.5g</b>	<b>12%</b>
		Dietary Fiber 7.9g	31%
		Sugars 1.3 g	5%
		<b>Protein 7.9g</b>	<b>15%</b>