Easy bean vego tacos

Preparation time
20 minutes

Cooking time
8 minutes

Serves
3

Recipe courtesy of
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Ingredients Method Nutrition

1 tablespoon extra virgin olive oil

1 medium red onion, chopped

1 can black beans, drained and rinsed

1 tsp garlic powder

1 tsp chili powder

1 tsp cumin

1 cup shredded red cabbage

6 mini whole wheat tortillas, warmed

3 sprigs coriander /cilantro

1/2 cup plain, low fat Greek yoghurt

2 tablespoons lime juice (from 1 small lime)

1. Heat a frying pan over medium heat and add the extra virgin olive oil.
2. Add the chopped onion to the pan and sauté until softened, about 5 minutes.
3. Add the black beans along with the spices and fry for another 3 minutes. Remove from heat.
4. In a small bowl, make the yoghurt crema by mixing together the Greek yoghurt and lime juice.
5. Add the bean mixture to the tortillas along with the red cabbage, yoghurt crema, and coriander/cilantro.

Nutritional information is provided per serve

Engery	2690kj
Protein	22g
Saturated Fat	8g
Total Fat	22g
Carbohydrates	81g
Sugars	12g
Dietary Fibre	16g
Sodium	1334mg