

DINNERLY



Speedy Recipe! Low-Cal Black Bean Tacos

with Crema & Salsa



20-30min



2 Servings

Why can't you tell a taco a secret? Because they tend to spill the beans! You'll experience it firsthand with these fully-loaded black bean tacos. We've got you covered!

WHAT WE SEND

- 3 plum tomatoes
- 1 romaine heart
- 6 (6-inch) flour tortillas ^{1,6}
- ¼ oz taco seasoning
- 15 oz can black beans
- 2 (1 oz) sour cream ⁷
- ¼ oz granulated garlic

WHAT YOU NEED

- neutral oil
- white wine vinegar (or red wine vinegar) ¹⁷
- kosher salt & ground pepper

TOOLS

- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 27g, Carbs 73g, Protein 20g



1. Prep veggies

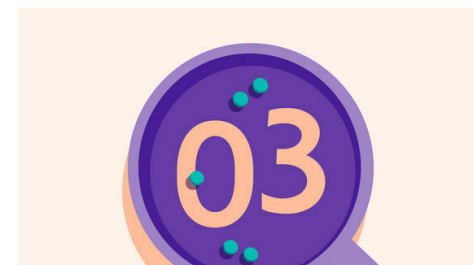
Coarsely chop **tomatoes**.

Halve **lettuce** lengthwise, then thinly slice crosswise into thin ribbons; discard ends.



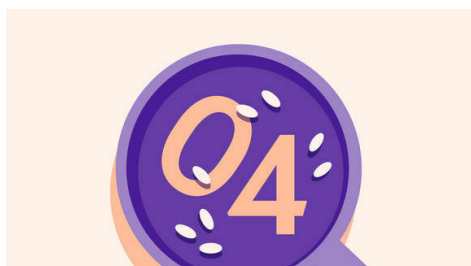
2. Warm tortillas

Heat a medium skillet over medium-high. Add **1 tortilla** at a time and cook until warmed and lightly golden, about 30 seconds per side. Wrap in a clean kitchen towel or foil to keep warm as you go until ready to serve (see step 6 for microwave directions).



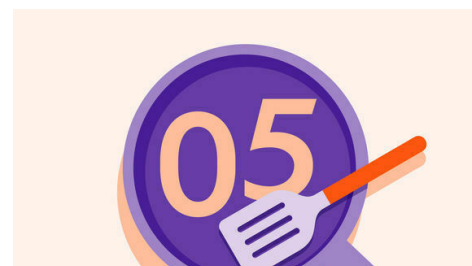
3. Season & cook beans

Heat **1 tablespoon oil** in same skillet over medium-high. Add **1 cup of the tomatoes**, **2¼ teaspoons taco seasoning**, and **¼ teaspoon granulated garlic**. Cook, stirring, until tomatoes are softened, 1–2 minutes. Add **beans and their liquid** and **½ teaspoon vinegar**; bring to a boil. Reduce heat to medium-low; cook until liquid is mostly evaporated, 3–5 minutes. Season to taste.



4. Make tomato-garlic salsa

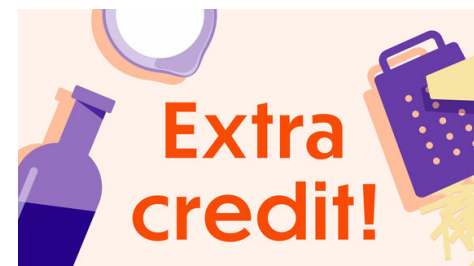
While **beans** cook, in a medium bowl, whisk to combine **1 tablespoon oil** and **1½ teaspoons vinegar**. Add **remaining chopped tomatoes** and **a pinch of granulated garlic**, tossing to combine. Season to taste with **salt** and **pepper**.



5. Make crema & serve

In a small bowl, stir to combine **all of the sour cream** with **1 teaspoon water** at a time, as needed, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.

Serve **tortillas** topped with **beans**, **lettuce**, and **tomato-garlic salsa**. Drizzle **crema** over top. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.