

Refried Bean Taco with Cilantro-Lime Salsa

By Chef Darian Bryan



INGREDIENTS:

- 2 x 15.5 oz. pinto beans
- 2 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- Wegmans Organic Blue Taco Shells, 6-inch 12 shells

Salsa

- 2 cups diced tomatoes
- 1/2 cup diced red onion
- 1/2 chopped cilantro
- 1 jalapeño, seeded & diced
- juice from 1 lime
- 2 Tbsp. olive oil
- salt & pepper to taste

DIRECTIONS:

1. In a pot, add 2 Tbsp. of olive oil over medium heat. Add rinsed and drained pinto beans to pot. Mash up until smooth.
2. In a small bowl, combine chili powder, cumin, garlic powder, and salt. Mix into pinto beans.
3. Cook over medium-low heat until warm and smooth.
4. Combine tomatoes, red onion, cilantro, jalapeño, lime juice, and olive oil in a medium bowl. Mix until combined. Season with salt and pepper to taste.
5. Heat taco shells according to package instructions.
6. Serve taco shells with 1/2 cup beans and top with cilantro-lime salsa. Enjoy!

MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



4 tomatoes



1 red onion



1 bunch of
cilantro



1 jalapeño



1 lime



2 x 15.5 oz.
canned
pinto beans



Blue Taco
Shells, 6-inch
12 Shells

Seasonings and more:

- black pepper
- chili powder
- cumin
- garlic powder
- olive oil
- salt

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healthyoptionsbuffalo.com


Cooking at Home

Grocery cost: \$11.04

Recipe cost: \$9.87

Cost per meal: \$1.65

*prices found at Wegmans as
of April 2023