

**PREP TIME:**

10 minutes

COOK TIME:

15 minutes

MUSHROOM & BLACK BEAN TACOS

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By Chef Carine

Ingredients

- 1 Tbsp.. olive oil
- 2 cup mushrooms, chopped
- 1 can black beans, drained and rinsed
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp. cumin
- 1 tsp. chili powder
- pinch of salt
- 8 small corn tortillas
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- ½ cup salsa (optional)



Directions

1. Chop and dice tomatoes, onions and mushrooms and mince garlic. Rinse and drain black beans.
2. Over medium heat add 1 Tbsp. of olive oil and sauté onion and garlic for 2 to 3 minutes until fragrant.
3. In the same pan, stir in mushrooms, cumin powder, chili powder and a pinch of salt. Cook for 5 to 7 minutes until mushrooms are brown. Add black beans and cook for another 2 minutes.
4. Heat corn tortillas in a skillet or microwave until soft.
5. Assemble Tacos - Fill tortillas with mushroom and black bean mixture. Top with lettuce, tomatoes and salsa, if using.

Kitchen Items

- stove top
- large skillet
- microwave
- measuring cups and spoons
- kid safe knife
- cutting board

GROCERY LIST

Fruits & Vegetables

- ☐ Mushrooms
- ☐ Onion
- ☐ Garlic
- ☐ Tomatoes
- ☐ Lettuce
- ☐
- ☐

Dairy & Eggs

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Meats & Seafood

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry Items

- ☐ Olive oil
- ☐ Canned Black Beans
- ☐ Corn Tortillas
- ☐ Cumin Powder
- ☐ Chili Powder
- ☐ Salsa (optional)
- ☐