

Bean & Corn Tacos

Makes 8-12 tacos | **Grains** • **Protein** • **Vegetables**

Ingredients

- 2 Tablespoons canola oil
- 1 small onion, diced
- 2 cups beans, canned or cooked from dry
- 2 cups corn, fresh, frozen, or canned
- ½ teaspoon garlic powder
- 1 teaspoon taco seasoning (or combined cumin and chili powder)
- 8-12 corn or flour tortillas, taco size
- 2 medium tomatoes, diced
- 2 cups cabbage or lettuce, shredded
- 1 cup grated cheese
- Toppings: salsa, avocado, sour cream, jalapeños, cilantro, onions, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large skillet, heat oil on medium high. Add diced onion and cook for 3-5 minutes.
3. Add beans (drained, if using canned), corn (drained, if using canned), garlic powder, and taco seasoning. Add a little water or salsa, if mixture is too dry.
4. Cook for 5-10 minutes, until heated through and flavors are combined.
5. Heat tortillas, if desired. Top each tortilla with ⅓-½ cup of bean mixture. Top with tomatoes, cabbage or lettuce, cheese, and any desired toppings.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.