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Delicious Black Bean Tacos Recipe

Introduction

Black bean tacos are a delicious and satisfying dish that caters to both vegetarians and meat lovers alike. This recipe, adapted from Love and Lemons, employs a savory combination of spices, fresh ingredients, and creamy toppings to create a flavor-packed meal. Perfect for a quick dinner or a casual gathering, these tacos are easy to prepare and sure to impress your guests.

Detailed Ingredients with measures

For the Black Beans:



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2 tablespoons avocado oil

½ medium white onion, diced

1 jalapeño pepper, diced

3 garlic cloves, chopped

1 teaspoon sea salt

1½ tablespoons taco seasoning

Pinch of cayenne pepper (optional)

3 cups cooked black beans, drained and rinsed (reserve ½ cup bean liquid)

1 tablespoon fresh lime juice, plus wedges for serving



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For Serving:

6 to 8 tortillas, warmed

Pickled cabbage

Cilantro lime crema

Cotija cheese

Sliced jalapeño peppers

Fresh cilantro

Prep Time

Approximately 10 minutes



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Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: Serves 3 to 4 people

Detailed Directions and Instructions

Prepare the Black Beans:

Heat the avocado oil in a medium pot or large skillet over medium heat. Add the diced onion, jalapeño, garlic, and sea

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salt. Cook, stirring occasionally, for about 8 minutes, or until softened. Stir in the taco seasoning and cayenne pepper (if using) and cook for an additional minute. Add the black beans and $\frac{1}{4}$ cup of the reserved bean liquid. Cook for 5 to 8 minutes, stirring occasionally, until the vegetables are completely soft and the mixture has thickened. If the pan becomes too dry, add the remaining $\frac{1}{4}$ cup of bean liquid. Mash some of the beans with the back of a wooden spoon to achieve a lightly creamy consistency. Stir in the fresh lime juice and adjust seasoning to taste.

See also Roast Duck

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Assemble the Tacos:

Fill each warmed tortilla with the prepared black bean mixture. Top with pickled cabbage, a drizzle of cilantro lime crema, crumbled Cotija cheese, sliced jalapeño peppers, and fresh cilantro. Serve with lime wedges on the side.

Notes

Vegan Option:

For a vegan version, omit the Cotija cheese and substitute the cilantro lime crema with guacamole or an avocado-based sauce made with vegan



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mayonnaise.

Serving Size:

This recipe serves 3 to 4 people.

Preparation Time:

The total preparation time is approximately 30 minutes.

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Cook techniques

Sautéing

Sautéing is a cooking method that involves frying food quickly in a small

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amount of oil over relatively high heat. In this recipe, the diced onion, jalapeño, and garlic are sautéed to bring out their flavors and soften their textures.

Seasoning

Seasoning is the process of adding herbs, spices, and salt to food to enhance its flavor. Taco seasoning is used in this recipe to impart a rich, savory taste to the black bean mixture.

Simmering

Simmering refers to cooking food gently in liquid at a low temperature. After adding the black beans and reserved bean liquid, the mixture is simmered to

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allow the flavors to meld together and the mixture to thicken.

Mashing

Mashing involves crushing food to create a different texture. In this recipe, some black beans are mashed with the back of a wooden spoon to create a creamy consistency while leaving some beans whole for texture.

Assembling

Assembling is the final step in preparing a dish where the cooked components are put together. For the tacos, the black bean mixture is added to warmed tortillas and topped with various



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garnishes.

See also [Blueberry Cheesecake](#)

FAQ

Can I use canned black beans for this recipe?

Yes, canned black beans are a convenient option. Just be sure to drain and rinse them before using to reduce the sodium content.

What can I substitute for avocado oil?

If you don't have avocado oil, you can use olive oil or vegetable oil as alternatives.

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Is there a way to make this recipe spicier?

Absolutely! You can increase the amount of cayenne pepper or add more jalapeño to enhance the spiciness.

Can I meal prep these tacos?

Yes, you can prepare the black bean mixture in advance and store it in the refrigerator for a few days. Just warm it before assembling the tacos.

What toppings can I use besides those listed in the recipe?

Feel free to customize the tacos with your favorite toppings such as avocado, pico de gallo, or hot sauce.

Conclusion

Creating black bean tacos is a delightful way to enjoy a hearty and flavorful meal. The combination of spices, fresh ingredients, and optional toppings creates a customizable experience for everyone at the table. Whether you enjoy them as a quick weeknight dinner or as a fun gathering with friends, these tacos are sure to please.

Vegetarian Quinoa Bowls

Try pairing cooked quinoa with roasted vegetables, black beans, avocado, and a drizzle of lime vinaigrette for a nutritious and filling bowl.

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Grilled Vegetable Tacos

Swap the black beans for grilled zucchini, bell peppers, and onions, topped with a fresh salsa and avocado for a delicious summer taco option.

Chickpea Salad Tacos

Use mashed chickpeas mixed with tahini, lemon juice, and spices as a filling for a different take on tacos that is both healthy and satisfying.

See also [Cruffins](#)

Mango Salsa Tacos

Add a tropical twist by topping the black

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bean tacos with a fresh mango salsa made from diced mango, red onion, cilantro, lime juice, and jalapeño.

Stuffed Bell Peppers

Use the black bean mixture to stuff bell peppers, then bake until the peppers are tender for a hearty and colorful dish.

Breakfast Tacos

Incorporate scrambled eggs or tofu alongside the black beans in warmed tortillas, topped with avocado and hot sauce for a delicious breakfast option.

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