

Terrific Bean Tacos

Quick and easy tacos, perfect for a weeknight meal. You can use homemade or canned refried beans for this recipe.

Makes: 8 servings

Ingredients

- 1 small onion, chopped
- 2 teaspoons oil
- 1 can refried beans
- 8 taco shells (or flour tortillas)
- ¼ head of lettuce, chopped
- 2 medium tomatoes, chopped
- 1 cup shredded cheddar cheese
- taco sauce (optional)



Directions

1. Heat oil in skillet over medium heat. Add onion and cook until soft.
2. Add refried beans to skillet. Heat thoroughly.
3. Spread refried bean mixture in taco shells or on tortillas.
4. Sprinkle with shredded cheese, lettuce, tomatoes, and taco sauce, as desired.

Recipe from: University of Wisconsin Cooperative Extension Service, Family Living Program, adapted by the USDA Food and Nutrition Administration.

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