



SERVINGS: 4

SERVING SIZE: 2 FAJITAS

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

BLACK BEAN FAJITA SKILLET

INGREDIENTS

- 8 corn tortillas
- 1 Tbsp. olive oil
- 1 small red onion, sliced
- 2 bell peppers, cored and sliced
- 1 (15oz.) can black beans, drained and rinsed
- ¼ tsp. garlic powder
- ¼ tsp. smoked paprika
- ¼ tsp. ground cumin
- ¼ tsp. salt
- 1 cup cheddar cheese, shredded

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onions and peppers and sauté until tender, about 10 minutes.
2. Stir in black beans, seasoning, and salt; cook, stirring until heated through, about 1 minute.
3. Warm Tortillas (in the oven): Pre-heat oven to 350 degrees Fahrenheit. Wrap a stack of four tortillas in aluminum foil and place in the oven for 15 minutes.
-or-
Warm Tortillas (in the microwave): Place the tortillas on a microwave-safe plate and cover with a slightly damp paper towel. Microwave for 30 seconds
4. Divide the bean mixture between the 8 tortillas and top each with 2 tablespoons cheese.

NOTES:

Add grilled chicken, lean sliced beef, or shrimp to boost the protein content of this meal.

Optional toppings include salsa, sour cream, avocado, or a squeeze of lime juice.

Recipe adapted from Eating Well <https://bit.ly/3GX5Hr8>

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