



# Mini-Black Bean Tacos

You will need some parent help for this cooking experience.

## Ingredients:

- 1 (15 oz.) can of black beans, drained
- 1 teaspoon taco seasoning
- Shredded Cheese
- 1 avocado, peeled and chopped
- Lime juice
- Salsa or fresh chopped tomatoes
- Sour cream
- Tortilla chips that are like a little bowl

## Directions:

- 👉 Combine black beans and taco seasoning, gently smash beans
- 👉 Scoop beans into tortilla chips and top with a little cheese
- 👉 Bake in 400° oven until cheese is melted
- 👉 Chop avocado and sprinkle with lime juice
- 👉 Remove tacos from oven, top with salsa/tomatoes, avocado, and a dab of sour cream.
- 👉 Eat immediately
- 👉 These make a fun appetizer or a quick after school snack that are quick and easy
- 👉 You can top these with other things as well like green onions, olives, etc.



