

Terrific Bean Taco



Makes: 8 servings

Total Cost: \$\$\$\$

Quick and easy tacos, perfect for an easy weeknight meal. You can use homemade [refried beans](#) or canned refried beans for this recipe.

Ingredients

- 1 small onion (chopped)
- 2 teaspoons vegetable oil (or cooking oil of choice)
- 2 cups refried beans
- 8 taco shells (or flour tortillas)
- 1/4 head of lettuce (chopped)
- 2 medium tomatoes (chopped)
- 1 cup cheddar cheese (shredded)
- taco sauce (optional)

Directions

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

Notes

Learn more about:

- [Onions](#)
- [Lettuce](#)
- [Tomatoes](#)

Source:

University of Wisconsin Cooperative Extension Service
Family Living Program

Nutrition Information

Serving Size: 1/8 of recipe (155g)

MyPlate Food Groups



Nutrients	Amount
Total Calories	187
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	15 mg
Sodium	397 mg
Carbohydrates	19 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	153 mg
Iron	2 mg
Potassium	398 mg

 Vegetables	3/4 cups
 Grains	1/2 ounces
 Protein Foods	1 1/2 ounces
 Dairy	1/4 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change