

## Soft Tacos/Burritos

- 1/2 of a cooking onion, chopped finely
  - 1 tsp fresh garlic, minced
  - ~ 1 lb ground beef
  - 1 tin black beans, drained and rinsed
  - taco seasoning, to taste (about 1 - 2 Tbsp)
  
  - whole wheat tortillas (or corn)
  - cheddar cheese, shredded to make 1 cup
  - sour cream
  - lettuce
  - tomatoes
1. Heat frying pan until hot; add a splash of cooking oil.
  2. Gently sauté the onion, until it is translucent.
  3. Add garlic, and cook for one minute.
  4. Add ground beef, and cook until no longer pink; stir and break up meat as it cooks.
  5. Stir in the taco seasoning, and cook for 1 -2 minutes.
  6. Add the black beans, and cook until heated through. A splash of water may be added to improve consistency.
- Put together the burritos or tacos using a spoon full of beef/bean mixture, and top with the remaining ingredients, as desired.
  - Either roll up like a burrito, or fold in half for a soft taco.