

Carrot-and-Black Bean Crispy Tacos

BY [MARIAN COOPER CAIRNS](#)
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YIELDS: 4 servings

PREP TIME: 0hours 30mins

TOTAL TIME: 0hours 30mins

INGREDIENTS

3 tbsp. extra-virgin olive oil, divided

1 small onion, chopped

1 poblano pepper, diced

1 tsp. chili powder

1 (15.5-oz.) can black beans, drained and rinsed

1 tbsp. fresh lime juice, plus wedges for serving

Kosher salt

Freshly ground black pepper

1/2 lb. medium carrots, cut into 3" to 4" sticks

1 tsp. ground cumin

8 whole-grain taco shells, warmed

Sliced avocado, crumbled queso fresco, and chopped fresh cilantro and radishes, for serving

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DIRECTIONS

- ¹ Preheat oven to 450 degrees F. Heat 1 1/2 tablespoons oil in a medium saucepan over medium-high heat. Add onion and pepper and cook, stirring occasionally, until tender, 4 to 6 minutes. Add chili powder and cook, stirring, until fragrant, 30 seconds. Add black beans and 1/3 cup water. Reduce heat to medium-low and cook, stirring occasionally, until thickened, 4 to 6 minutes. Mash beans with the back of the spoon until thick. Stir in lime juice. Season with salt and pepper.

- ² Meanwhile, toss carrots with cumin and 1 1/2 tablespoons oil on a rimmed baking sheet. Season with salt and pepper. Roast, turning once, until just tender, 10 to 12 minutes.
- ³ Divide beans and carrots between taco shells. Top with avocado, queso fresco, cilantro, and radishes. Serve with lime wedges alongside.

PER SERVING: protein: 8 g; fat: 17 g; carbohydrate: 42 g; fiber: 10 g; sodium: 261 mg; cholesterol: 0 mg; calories: 334.