Mini Bean and Cheese Tacos

A freezer friendly mini taco made from refried beans, cheddar cheese, and spinach. Adding chopped spinach to the bean mixture makes for an easy way to get in more leafy greens, even if its only a little bit.

Prep Time	Cook Time	Total Time
5 mins	1 hr	1 hr 5 mins

Course: Snack   Cuisine: Mexican

Keyword: freezer friendly, gluten free, snack, under 10 ingredients, under 500 calories

Servings: 38 tacos   Calories: 71kcal

Ingredients

- 2 cans refried beans
- 6 oz spinach chopped
- 1 tbsp water
- 1 tsp cumin
- 1 tsp olive oil
- 38 mini corn tortillas I use the brand Mission street taco tortillas. They are 3" in diameter
- 1¼ cups shredded cheese

Instructions

For the Filling

1. Roughly chop the spinach into smaller pieces.

2. Heat 1 tsp of oil in a skillet over medium heat. Add in the spinach stir for a bit in the oil then drizzle over 1 tbsp of water and cover with a lid for 1 minute to allow the spinach to wilt.

3. Remove the lid and boil off any excess water then add 1 of cumin and stir.

4. Add in the canned refried beans, ½ of the cheese, and salt and pepper for flavor. Mix until well combined then remove from the heat.

For the Tacos

1. Heat a dry skillet over medium to medium high heat. Lay down the tortillas in the skillet and heat until they have softened and are pliable. Flip halfway through.

2. Spoon the bean and cheese mixture onto each tortilla and top with a bit more cheese, fold to close.

3. Place the finished tacos on a sheet pan to cool and repeat until all the filling has been used.

4. If you plan to vacuum seal the tacos, flash freeze the sheet pan of tacos, uncovered in the freezer until solid.

Storage

1. Place the frozen tacos into your freezer bag, remove all of the air and return to the freezer for storage.

2. To reheat the tacos, place into a 400°F for 3-5 minutes or in the oven if you don't have an air fryer. Microwaving is fine as well.

Nutrition

Calories: 71kcal | Carbohydrates: 11.1g | Protein: 3.3g | Fat: 1.5g