

# Bean & Quinoa Tacos

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Total Time: 40 minutes

Yield: 12  
Serving Size: 1  
Calories per serving: 183  
Fat per serving: 6.5g

## Ingredients

- 1 onion, chopped
- 1 red pepper, seeded and chopped
- 1 green pepper seeded and chopped
- 2 teaspoons minced garlic
- 1 ½ cups cooked quinoa
- 1 cup cooked pinto beans
- 1 cup cooked black beans
- 15 ounces tomato sauce
- 2 tablespoons taco seasoning
- 1 teaspoon smoked paprika
- ¼- ½ teaspoon chipotle chili powder
- 1 tablespoon lime juice
- 12 organic taco shells
- 3 cups lettuce, shredded
- ½ cup grape tomatoes, halved
- 1 cup shredded cheddar OR Daiya shreds
- Sour cream, salsa and/or guacamole, optional

## Instructions

1. Spray a large skillet with olive oil. Add onion and peppers and cook for 10 minutes or until tender. Add garlic and cook for one minute longer. Stir in quinoa, pinto beans, black beans, tomato sauce, taco seasoning, smoked paprika and chipotle chili powder. Bring to a simmer and then reduce heat to medium low. Cook for 15 minutes. Stir in lime juice.
2. Meanwhile, heat taco shells according to package directions. Spoon bean mixture into taco shells and top with lettuce, tomatoes, cheese and other toppings as desired.

## Notes

Servings 12, Calories 183, Fat 6.5g, Carbohydrates 24.1g, Protein 7.7g, Cholesterol 10mg, Sodium 327mg, Fiber 5.1g, Sugars 3.7g, WW Pts 4

<http://www.cookingquinoa.net/bean-quinoa-tacos>