



Giant bean tacos

15'
Hands on

10'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

For the tacos

- 4 tortillas, 12 cm
- 200 g giant beans, in tomato sauce, leftover
- 1 teaspoon(s) cumin
- 1 pinch chili flakes
- 100 g cheddar, grated

To assemble

- 1/2 avocado(s)
- parsley

To serve

- 50 g strained yogurt

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Turn a [12-cup muffin pan](#) upside down and press the tortillas between the cup bottoms, placing them a bit apart.
- Bake them for 2-3 minutes, until golden.
- Remove the muffin pan from the oven and let them cool.
- Heat the giant beans in a [saucepan](#) over medium heat, for 3 minutes.
- Add the cumin, the chili flakes, and mix.
- Divide the giant beans among the tortillas and sprinkle with the grated cheddar.
- Bake in the oven for another 10 minutes.
- Remove from the oven.
- Cut the avocado into slices and divide it among the tortillas along with the parsley leaves.
- Serve, optionally, with yogurt.

Διατροφικός πίνακας

Nutrition information per portion

359 Calories (kcal)	16.0 Total Fat (g)	7.7 Saturated Fat (g)	37.0 Total Carbs (g)
18%	23%	39%	14%
3.6 Sugars (g)	14.0 Protein (g)	5.3 Fibre (g)	1.7 Sodium (g)
4%	28%	21%	28%