



by



## Tacos *(serves 2)*

### INGREDIENTS

- 1 pound 90% or 93% lean ground beef
- 1 (15 oz) can no salt added black beans
- 1 package taco seasoning
- ½ cup of water
- Mission Carb Balance 4–6 inch tortillas
- Shredded cheddar cheese
- Shredded lettuce
- Tomatoes, diced

### INSTRUCTIONS

1. Cook ground beef in a skillet, crumbling as it browns. Drain excess liquid from the skillet.
2. Rinse and drain black beans. Add to the skillet.
3. Add taco seasoning and ½ cup of water to the cooked ground beef-black bean mixture. Mix until everything is coated. Bring water to a boil. Turn down the heat and let simmer for a few minutes so the sauce can thicken.
4. Remove from heat and assemble ground beef mixture in tortillas and top with desired toppings (cheese, shredded lettuce, tomatoes, etc.). Enjoy!

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