

ANOTHER QUICK RECIPE FROM WNEP...

BEAN TACOS

1 tsp. oil
1 medium onion, chopped (about 1 cup)
1 (15 oz.) can black beans, drained
6 corn taco shells
4 oz. cheddar cheese, grated (about 1 cup)
¼ head lettuce, chopped
2 medium tomatoes, chopped
Hot sauce or taco sauce, to taste



1. Heat oil in fry pan over medium heat. Add chopped onions. Cook until soft.
2. Stir in black beans. Heat thoroughly
3. Heat taco shells according to directions on package.
4. Spoon about $\frac{1}{3}$ cup bean mixture into bottom of taco shell. Top with grated cheese, lettuce, and chopped tomatoes.
5. Add hot sauce or taco sauce to taste.