

Terrific Bean Taco

Makes: 8 servings

Ingredients

- 1 onion (small, chopped)
- 2 **teaspoons** vegetable oil
- 2 **cups** refried beans
- 8 taco shells (or flour tortillas, wheat or white)
- 1/4 head of lettuce (chopped)
- 2 tomatoes (chopped)
- 1 **cup** cheese (shredded)
- taco sauce (optional)

Directions

1. Stir fry chopped onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	10 g	15%
Protein	8 g	
Carbohydrates	20 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	4.5 g	23%
Sodium	400 mg	17%