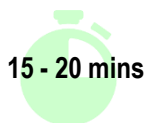


# BLACK BEAN FAJITAS



## QUICK



15 - 20 mins

## HEALTHY

Eating the Rainbow is a good way to ensure you get a broad range of nutrients. This colourful dish certainly achieves that

## FAMILY



Feeds 5

## MEALS

You have everything you need for a complete meal here

## INGREDIENTS

1 tsp each of:-

- Salt,
- Smoked paprika
- Garlic granules
- Dried oregano
- ½ tsp Chilli powder
- 2 x 400g tin black beans
- 3 peppers - 1 red, 1 green, 1 yellow
- 4 onions
- 5-10 wholemeal tortillas or Romaine lettuce
- 2 avocados
- 12 cherry tomatoes
- 1 small red onion
- 2 limes
- Salt

## METHOD

- 1) In a large frying pan, heat your oil.
- 2) Slice your peppers and onions – adding them to the pan as you slice them.
- 3) Cook over a medium heat so they caramelize – keep mixing every so often – keep cooking till all prep for dinner is finished.
- 4) Heat 1 tbs oil in another frying pan - when hot add the drained beans
- 5) Add all of the spices and mix well – cook on a low-medium heat for 1 minute then turn off
- 6) To make the guacamole - mash your avocado in a bowl
- 7) Dice your red onion and tomatoes and add
- 8) Add lime juice and mix together – taste – add salt – taste add more if needed
- 9) Lay beans, guacamole and pepper/onion mix in a line down the centre of a fajita or lettuce leaf
- 10) Fold up and enjoy



Delicious served with  
Sour Cream or Plain  
Yoghurt



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)