

# Black Bean Taco filling

**Serves:** 4

**Recipe source:** [www.vegetariantimes.com](http://www.vegetariantimes.com)

**Preparation time:** 15 minutes

**Cooking time:** 5 minutes

## **Ingredients:**

1 cup black beans

1/2 cup salsa

2 cloves garlic, crushed

1 teaspoon cumin

## **What to do:**

1. Bring beans, salsa, garlic, and cumin to a simmer in a saucepan.
2. Reduce heat to medium low, and cook 5 to 6 minutes, or until soft.
3. Remove from heat, and mash with fork to crush beans for creamier filling, if desired.

## **Notes**

- Serve in a tortilla or taco shell with Guacamole, sour cream, Salsa Fresca, lettuce and cheese. Beef taco filling and toasted corn may also be included.