

Quinoa & Black Bean Tacos (with Cilantro Lime Crema!)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lime-crema-recipe-with-greek-yogurt>

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion diced
- 2 cloves garlic minced
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika or smoked paprika
- 2 tablespoons tomato paste
- 1 cup quinoa dry Simply Nature Organic
- 2 cups low sodium vegetable stock or water
- 14 ounces black beans Simply Nature Organic, drained & rinsed
- 1 lime juiced
- ground black pepper
- kosher salt
- corn tortillas
- avocado
- crema
- chopped cilantro
- salsa
- 1 cup greek yogurt or sour cream, or your favorite dairy-free alternative
- 1/2 cup chopped cilantro roughly
- 2 limes zested & juiced
- 1 clove garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- water as desired

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 16 grams
6. Protein: 17 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1050 milligrams
9. Sugar: 7 grams

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