

Low Fat Vegan Mexican Taco Bowl

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-taco-bowl>

Ingredients:

- 2 purple potatoes medium sized, chopped into medium pieces, about 4 inches in length, other varieties work too
- 2 tablespoons broth veggie, to roast potatoes, low sodium if needed, or oil if you use it
- 1 dash sea salt
- 2 avocados medium sized, chopped, about 4 inches in length
- 1 cup corn frozen or cooked fresh
- 4 cups lettuce chopped
- 15 ounces black beans
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 1/2 teaspoon garlic powder
- sea salt to taste, depending on if your beans are salted, see note

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 39 grams
3. Fat: 16 grams
4. Fiber: 18 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 770 milligrams
8. Sugar: 3 grams

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