

Black Bean Lettuce Wraps

6 ingredients · 10 minutes · 2 servings



Directions

1. Heat a cast-iron or non-stick pan over medium heat. Add the water and taco seasoning and mix together.
2. Add the black beans to the pan and coat in the taco seasoning well. Heat for three to five minutes, stirring often. Remove from the heat.
3. Divide the black beans evenly between the lettuce leaves and top with the sour cream and salsa. Enjoy!

Notes

Leftovers

Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size

One serving is approximately six lettuce wraps.

Make it Vegan

Use vegan sour cream or omit.

More Flavor

Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings

Add cheese, chopped green onions, cilantro and/or pickled jalapeños.

Ingredients

- 1 **tblsp** Water
- 2 **tsps** Taco Seasoning
- 2 **cups** Black Beans (cooked)
- 1 **head** Boston Lettuce (washed with leaves separated)
- 1/4 **cup** Sour Cream
- 1/4 **cup** Salsa

