

## SIMPLE TACOS

**Prep Time:** 7 minutes

**Cook Time:** 2 minutes

**Included in Box:**

- ¾ c. pinto beans, cooked
- ¾ c. canned low sodium diced tomatoes
- 1 (5 oz) can chicken, drained

**Additional Ingredients Needed:**

- 6, 6" soft corn tortillas
- 1 small onion (-¼ c.), diced
- 1 medium green pepper, diced
- 2 T lime juice
- 1 T garlic powder
- 1 tsp chili powder

**Directions:**

1. Place cooked pinto beans, diced tomatoes, canned chicken, onion, green pepper, lime juice and seasonings in microwave safe dish. Mix to combine.
2. Cover and microwave on high for 1 minute. Remove and stir. Microwave for an additional 1 minute, or until heated thoroughly.
3. Place mixture in taco shells and enjoy!

**Tip:** Add lettuce or avocado for extra color and flavor!



**Nutrition Facts\***

**Total Servings:** 2  
**Serving Size:** 3 tacos  
**Calories:** 354  
**Fat:** 3 g  
**Sodium:** 411 mg  
**Carbohydrates:** 56 g  
**Fiber:** 12 g  
**Protein:** 27 g  
**Carbohydrate Servings:** 3 ½

*\*Nutrient facts include boiled pinto beans, canned no salt added diced tomatoes, canned premium chunk chicken breast in water (drained), 6" soft yellow corn tortillas, small white onion, medium fresh green bell pepper, fresh lime juice, and spices.*