

Yucca and Black Beans Tacos

INGREDIENTS

25 MINUTES 4 SERVINGS

- 2 cups **cooked** Yucca, cubed
- 1 cup cooked black beans, rinsed and drained
- 1 red bell pepper, sliced
- 1 small red onion, finely chopped
- 1 jalapeno pepper, seeds removed and finely chopped
- 1 tablespoon olive oil
- Juice of 1 lime
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Whole wheat tortillas
- Optional toppings: avocado slices, cilantro, salsa



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PROCEDURE

1. In a skillet, heat olive oil over medium heat. Add the Yucca, black beans, bell pepper, red onion, and jalapeno pepper.
2. Sauté for 5-7 minutes until the ingredients are heated through and lightly browned.
3. Squeeze lime juice over the mixture and season with ground cumin, chili powder, smoked paprika, salt, and pepper. Mix well.
4. Warm the whole wheat tortillas and fill them with the Yucca and black bean mixture.
5. Add desired toppings such as avocado slices, cilantro, and salsa. Roll up the tortillas and serve as delicious and healthy Yucca and black bean tacos.

Note: It's important to cook Yucca thoroughly to neutralize any potential toxins. Raw Yucca contains cyanogenic glycosides, which can be converted into cyanide if not properly cooked. However, when cooked, Yucca is safe to consume and offers a delicious taste and texture in various dishes.



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