

## Two Bean Oven Tacos

Servings: 2

Adapted from <http://mommyimhungry.blogspot.com/2012/11/oven-tacos.html>

### Ingredients

16 oz can refried beans  
2 oz diced green chilies  
1/2 tsp chili powder  
1/4 tsp garlic powder  
1/4 tsp crushed red pepper flakes  
1/4 tsp dried oregano  
1/4 tsp paprika  
1/2 tsp ground cumin  
1/2 tsp black pepper  
4 oz tomato paste  
15 oz can black beans, rinsed and drained  
1/2 cup shredded cheese  
6 hard taco shells

### Optional Condiments:

Shredded lettuce  
Diced tomato  
Diced onion  
Salsa  
Guacamole  
Sour Cream  
Avocado

### Preparation

- 1) Preheat the oven to 400 degrees.
- 2) Heat a large skillet over medium heat. Add first 10 ingredients (through tomato paste), mix well and cook until heated through, about 5 minutes.
- 3) Spoon the bean mixture into the taco shells and place into a baking dish, standing upright. Fill each shell with black beans and top with cheese.
- 4) Place into the oven and bake at 400 degrees for 10-12 minutes or until the cheese has melted and the tacos are heated through.
- 5) Remove from the oven and top with choice of condiments. Serve any extra beans on the side.

