Black Bean & Veggie Taco Skillet

Serving Size: 1 cup | Servings per Recipe: 4 | Diabetes Friendly

20 min

INGREDIENTS

- 2 cans low-sodium black beans, drained
- 1 cup frozen corn
- 1 bell pepper, sliced
- 1 tsp chili powder
- 1 tbsp olive oil
- Whole-wheat tortillas (optional)

DIRECTIONS

- Heat oil in skillet; cook pepper 3–4 minutes.
- Add beans, corn, and chili powder.
- Cook 10 minutes, stirring. Serve in tortillas or bowls.

Calories per serving: 290 kcal | 7 g total fat | 42 g total carbohydrates | 13 g protein

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