

## Beef Steak and Black Bean Soft Tacos

**Total Recipe Time:** 25 to 30 minutes

1 pound beef Bottom Round Steaks, cut 1/4 inch thick  
1 cup salsa, divided  
2 teaspoons chili powder  
1-1/2 teaspoons ground cumin, divided  
1 can (15 ounces) reduced sodium black beans, rinsed, drained, divided  
1 tablespoon vegetable oil  
8 small corn or flour tortillas (5 to 6-inch diameter), warmed

**Toppings:**

Thinly sliced lettuce, sliced avocado, chopped tomato, salsa, crumbled queso fresco and cilantro leaves (optional)



1. Combine 1/2 cup salsa, chili powder and 1 teaspoon cumin. Place beef steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine 1 cup beans, remaining 1/2 cup salsa and 1/2 teaspoon cumin in medium microwave-safe bowl. Mash with fork into chunky paste. Cover and microwave on HIGH 1 to 2 minutes or until hot, stirring once. Keep warm.
3. Meanwhile, heat 1-1/2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Remove steaks from marinade; discard marinade. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 2 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove steaks from skillet; keep warm. Repeat with remaining steaks and oil.
4. Spread bean mixture evenly on tortillas. Cut steaks into 4 pieces each and divide evenly among tortillas. Top beef with remaining beans and Toppings, as desired. Fold tortillas in half to serve.

**Makes 4 servings**

**Nutrition information per serving:** 308 calories; 9 g fat (2 g saturated fat; 3 g monounsaturated fat); 64 mg cholesterol; 508 mg sodium; 29 g carbohydrate; 6.6 g fiber; 30 g protein; 9.6 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 3.8 mcg vitamin B<sub>12</sub>; 4.2 mg iron; 35.7 mcg selenium; 5.0 mg zinc; 84.0 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.

Recipe Photo Options

[Low Resolution .jpg](#)

[High Resolution .tif](#)