

Crispy Black Bean Tacos (Baked or Pan-Fried)

Prep: 15 minutes • Cook: 45 minutes

Crunchy, golden tortillas cradle a creamy, spiced black bean filling brightened with lime and optional melty vegan cheese—finished with crisp, fresh toppings for a vibrant, satisfying bite.

Ingredients

- 1 tablespoon olive oil or avocado oil
- 1/2 medium onion (red or white, finely chopped)
- 2-4 cloves garlic (minced)
- 1 jalapeño pepper (diced, optional)
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1/2 teaspoon oregano
- to taste salt
- to taste black pepper
- 2 (15 oz) cans black beans (drained and rinsed)
- 1/2 cup vegetable broth or water
- 1 tablespoon fresh lime juice
- 1 cup vegan cheese (shredded, optional)
- 8-10 small tortillas (flour or corn)
- 1-2 tablespoons olive or avocado oil (or oil spray) (for brushing or spraying tortillas)
- to taste lettuce or cabbage (finely shredded, optional topping)
- to taste avocado (sliced or mashed, optional topping)
- to taste pico de gallo or tomatoes (chopped, optional topping)
- to taste cilantro (chopped, optional topping)
- to taste plant-based sour cream or cashew cream (optional topping)

Instructions

1. Heat 1 tablespoon olive or avocado oil in a skillet over medium heat. Add the chopped onion and sauté 2–3 minutes until translucent.
2. Stir in tomato paste, minced garlic, optional diced jalapeño, cumin, smoked paprika, chili powder, oregano, plus a pinch of salt and black pepper. Cook about 30 seconds until fragrant.

3. Add the drained black beans and vegetable broth (or water). Simmer 3–4 minutes, stirring occasionally.
4. Lightly mash some of the beans with a potato masher or the back of a fork to thicken the filling.
5. Stir in fresh lime juice, taste, and adjust salt and pepper. Remove from heat.
6. If baking, preheat the oven to 400°F (200°C).
7. Warm the tortillas: wrap in a lightly damp paper towel and microwave about 1 minute until pliable.
8. For baked tacos: Arrange tortillas on a baking sheet and brush or spray lightly with oil; flip so the oiled side faces down.
9. Spread a heaping spoonful of the bean filling on one half of each tortilla; sprinkle with vegan cheese if using.
10. Fold each tortilla over to form a taco, then flip so the bean side is on top to help it stay closed while baking.
11. For baked tacos: Bake at 400°F for 15–20 minutes, flipping halfway (around the 7-minute mark), until golden and crispy.
12. For pan-fried tacos: Heat a lightly oiled skillet over medium and cook each taco 2–3 minutes per side, pressing gently, until golden and crisp.
13. Serve hot. Carefully open and add toppings like shredded lettuce or cabbage, avocado, pico de gallo or tomatoes, cilantro, and plant-based sour cream or cashew cream, if desired.

Tags: Vegan, Tacos, Mexican Inspired, Weeknight Dinner, High Fiber, Crispy
