

### Ingredients

- 2 Tablespoons olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika (sweet or smoked)
- 2 Cups tomatoes, seeded and chopped
- 1 Cup quinoa – cooked according to package (you will end up with about 2 Cups of cooked quinoa)
- 1 1/2 Cups cooked black beans (if using canned, be sure to drain and rinse)
- 1/4 - 1/2 Cup vegetable stock, chicken stock or water
- 1 lime, zested and juiced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Toasted pepitas (for garnish)
- \*Optional toppings: sliced green onions, sliced avocado, salsa, queso fresco, pickled jalapenos
- Corn Tortillas

### Cilantro Lime Yogurt Sauce:

- 1 Cup Non-Fat Greek yogurt or a dairy free alternative
- 1/2 bunch cilantro, chopped
- 2 limes, zested and juiced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

### Directions

1. In a large sauté pan, heat olive oil over medium high heat. Add onion and sauté for 5 minutes.
2. Add garlic, chili powder, cumin, paprika, and tomatoes. Cook for 5 to 10 minutes or until tomatoes begin to slightly caramelize.
3. Add quinoa, black beans, and vegetable stock. Let simmer for 5 to 10 minutes or until most of the liquid has evaporated.
4. Stir in lime zest and juice.
5. For the Cilantro Lime Yogurt Sauce: In a small mixing bowl, mix all ingredients together.
6. To assemble tacos: Place a small amount of quinoa bean mixture in the center of a tortilla.
7. Top with a dollop of yogurt sauce and a sprinkle of pepitas and additional optional toppings.
8. Serve and enjoy!