

Adobo Black Bean Tacos

Bold flavor, controlled sodium — a taco that hits without the hidden damage. Black beans in place of chicken, with pineapple salsa on soft corn tortillas.

SERVES	ACTIVE TIME	HEAT	SKILLS
3	20 minutes	Skillet, medium	Seasoning blend · Knife cuts · Fresh salsa

INGREDIENTS

THE BEANS

- 2 cans black beans, drained and rinsed
- Adobo seasoning blend (from the Unit 1 workshop)
- 2 Tbsp olive oil

PINEAPPLE SALSA

- 1 can pineapple rings, diced
- ¼ red onion, diced
- 2 roma tomatoes, diced
- ½ red bell pepper, diced
- 2 garlic cloves, minced
- 1 lime, juiced

TO BUILD

- Corn tortillas or taco shells
- Arugula or lettuce blend

PER SERVING

510

CALORIES

40g

PROTEIN

44g

CARBS

17g

FAT

6g

FIBER

Manual macros are for the chicken version. The black-bean build runs lower in protein and higher in fiber.

METHOD

- Season the beans.**
Drain and rinse the black beans. Season them generously with your adobo blend.
- Warm them through.**
Heat the olive oil in a skillet over medium. Warm the beans 5 to 6 minutes, mashing lightly if you want them to hold in the shell.
- Build the salsa.**
Combine the diced pineapple, onion, tomatoes, bell pepper, and garlic. Add the lime juice and stir.
- Fill and serve.**
Warm the tortillas. Fill with arugula, then the beans, then the pineapple salsa.

CHEF'S NOTES

The sodium lesson. Homemade adobo gives you complete control over sodium. Compare your blend to a store-bought seasoning packet — most commercial packets carry 350 to 500 mg of sodium per teaspoon. Making your own cuts hidden sodium by 60 to 80% while maintaining, or improving, the flavor.

Why beans. They do the same protein job as the chicken, add fiber the chicken never had, and cost a fraction as much.

Scaling: ×2 for a group of 6 · ×8 for all four groups (24). The adobo blend comes from the workshop earlier in the period — no separate order.