Black Bean and Pumpkin Soft Tacos

8 soft tacos; 4 tacos and half the yogurt sauce per serving · Active 25 min · Total 1 hr 5 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- A pumpkin wedge, peeled, deseeded and cut in 2 cm/3/4-inch cubes (300 g prepared raw)
- About 1 2/3 cups fully cooked unsalted black beans, well drained (300 g)
- 8 small plain corn tortillas, about 15 cm/6 inches (200 g total)
- 1 1/3 cups finely shredded green cabbage (100 g)
- 1/2 cup plain nonfat Greek yogurt (120 g)
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 teaspoon sweet paprika (2 g)
- 1/2 teaspoon ground cumin (1 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 2 tablespoons drinking water (30 ml)

Set out

Oven and large rimmed baking tray, Small saucepan, Dry skillet or tortilla-warming equipment required by package, Mixing bowl, Knife and board, Kitchen scale, Spoon, 2 plates

Allergens

Milk, Check corn-tortilla labels for wheat or other added allergens; do not assume all corn tortillas are gluten-free. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Toss prepared pumpkin cubes with oil, paprika, cumin and half the salt on the tray. Spread in one layer and roast for 25–35 minutes, turning halfway, until soft in the center with some colored edges.

2. Near the end of roasting, put the fully cooked black beans and 30 ml water in the saucepan. Cover and warm gently, stirring, until hot throughout at 165°F/74°C, adding a little plain water only if needed to prevent sticking.

3. Stir yogurt, lemon and remaining salt in the bowl. Keep refrigerated until serving. Wash, dry and finely shred the cabbage. Warm tortillas to their packet instructions, keeping them covered briefly so they remain pliable.

4. Divide pumpkin and beans across 8 tortillas. Add cabbage and a little yogurt sauce, serving any remaining measured sauce alongside. Give each person 4 tacos and half of all components.

A useful kitchen skill

Weigh a peeled, seeded edible vegetable portion and distribute a filling across all tortillas before deciding that the first taco needs another large spoonful.

A useful detail

The 65-minute total includes peeling and cutting pumpkin and warming eight tortillas; oven time varies with pumpkin moisture. Beans start fully cooked, not dry. The estimate uses boiled unsalted black beans and the full 200 g tortilla allowance.

Keep it well

Refrigerate filling and yogurt separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use filling within 3 days or the shorter original bean deadline and yogurt/cabbage within 2 days or the shorter dairy label. Reheat filling to 165°F/74°C; warm tortillas separately and keep slaw and yogurt cold.