

# Bean Tacos with Walnuts

**Yields: 4 servings**  
**Prep: 10 min**

## Ingredients

1/2 cup chopped white onion  
1 cup chopped mushroom  
1 Tablespoon minced garlic  
2 cups mixed dry beans  
2 cups pureed tomatoes  
1 cup water  
1/2 Tablespoon chili powder  
1/2 teaspoon cumin  
1/2 teaspoon salt  
10 to 12 corn tortillas  
1 cup chopped walnuts

## Directions

1. Place the onions, mushrooms, garlic, beans, tomatoes, water, chili powder, cumin and salt in a slow cooker. Stir and cover. Heat on low for 6 hours or high for 4 hours.
2. When serving, top corn tortillas with bean mixture, chopped walnuts and any other desired toppings.