

Iron rich recipe brought to you by Ferrogen iron supplements & Pheeb's Foods

APPROX

6.2mg

IRON PER SERVE

34.1% RDI for females
76.8% RDI for males



BLACK BEAN TACOS

Serves 2 • 3 tacos each

Black beans are not only a great source of non-haem iron, but they are also incredibly versatile! These tacos have all the flavours you'd expect especially when served up with the delicious guacamole and plenty of fresh cabbage and herbs.

6 taco wraps
(wholemeal if possible)
1 brown onion finely diced
4 garlic cloves crushed
2 tbsp olive oil
400g tin black beans
1 **tbsp** smoked paprika

1 **tsp** cumin
1/2 **tsp** chili flakes
1 **tsp** dried oregano
1/4 **cup** vegetable stock
400g tin tomatoes
Pinch of salt and pepper
1/2 **tbsp** brown sugar

Guacamole

1 avocado
1/2 a red onion finely diced
Juice of 1/2 a lime
Pinch of salt and pepper



SUGGESTED TOPPINGS:
Shredded Cabbage, Fresh Coriander, sour cream or yoghurt and extra red onion

METHOD

1 Heat the olive oil in a pan over medium high heat and cook the onion and garlic until translucent

2 Add in the remaining ingredients and cook for 10-15 minutes stirring often until thickened

3 While the beans cook mash together the guacamole ingredients and prepare the rest of the toppings

4 Heat taco wraps for a few seconds before serving with the beans, guacamole and toppings

DID YOU KNOW 38% of Australian women aged 19-50 are low in iron?¹ Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your health professional.

Ferrogen in collaboration with



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@no_meat_may

Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.
Always read the label & follow the directions for use.