



BUDGET BITES

A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

**BLACK BEAN
EXTRAVAGANZA!**

FALL 2023 VOL. 21



PREP DAY

Bulk Black Beans Prep



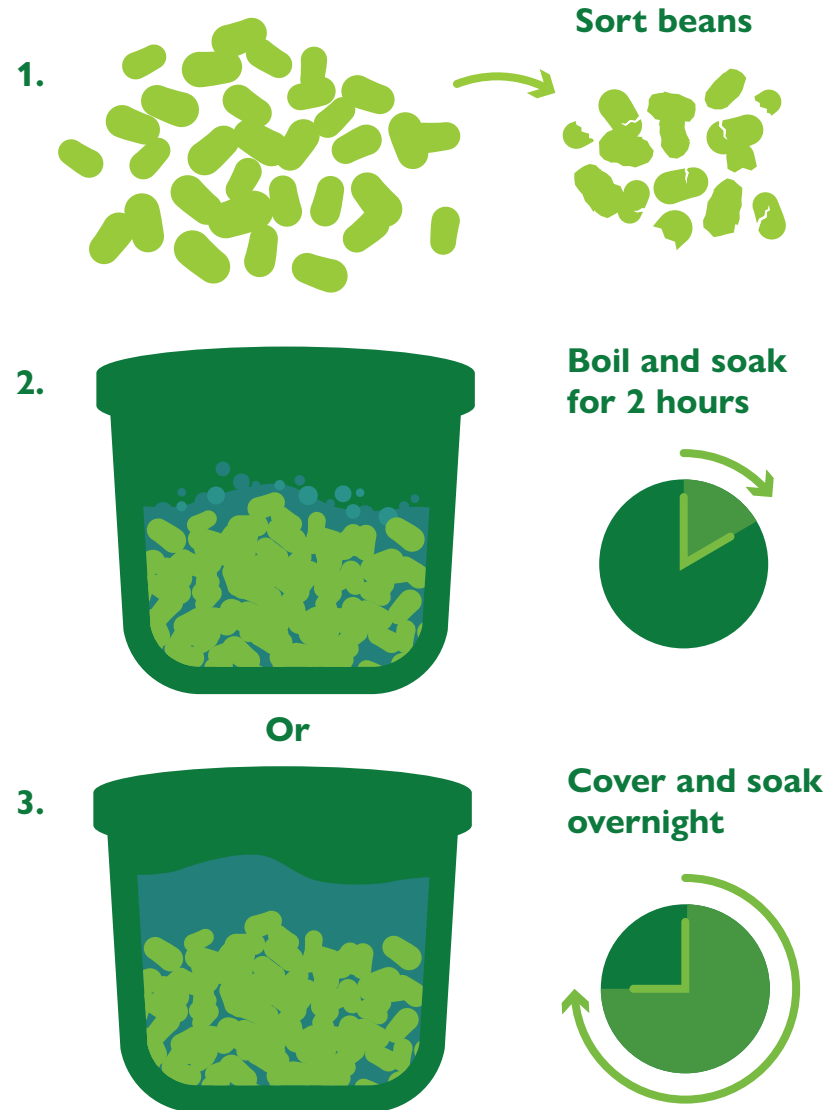
Dry Black Beans

Purchase 3 cups dry black beans. Soaked and cooked, this makes approximately 8-9 cups. These will be used throughout this week of meals, as noted in the recipes.

(1) Pick over dry beans and remove any debris. Rinse beans and place in a deep pot. Cover with water to cover the beans by several inches. (2) Cover and

soak overnight or (3) bring to a boil, cook for 2 minutes, covered; turn heat off and let soak for 2 hours. Drain the beans and discard the cooking water.

Put soaked beans back into the pot and add enough water to cover beans by 2 inches. Add 1 Tbsp salt, and cook 2-3 hours or until soft enough to squish between your fingers. Drain beans and discard cooking water which contains undigestible carbs.



DAY 1

Corn Cakes with Black Bean Salsa, Roasted Broccoli & Speared Cucumber



Black Bean Salsa

- 1 ¼ cup cooked black beans
- 2 Tbsp green onions, sliced
- ½ can mandarin segments, drained
- 1 tsp sugar
- ½ tsp lime juice
- ⅛ tsp sea salt
- Hot pepper sauce to taste

In a medium bowl, combine salsa ingredients and mix well. Let stand at room temperature while you prepare corn cakes.

Corn Cakes

- 6 Tbsp milk (any, including plant-based)
- 1 egg
- ⅓ cup flour
- ¼ cup yellow cornmeal
- 1 Tbsp sugar
- ½ tsp baking powder
- ⅜ tsp sea salt
- Dash of cayenne pepper
- 1 cup frozen corn, thawed and drained

In a medium bowl, combine milk and eggs; beat well. Add flour, cornmeal, sugar, baking powder, salt and cayenne. Stir just until dry ingredients are moistened, and large lumps disappear. Stir in corn.



Grease a griddle or large skillet with olive oil and heat to 375°F. For each corn cake, pour ¼ cup batter onto griddle and spread to a 4" diameter. Cook until edges are cooked and bubbles begin breaking on surface. Flip cake over and continue to cook 2-3 minutes more until cooked through. Serve with black bean salsa over the top.

Roasted Broccoli

Cut off 1-2" from end of broccoli stalk, then peel the remaining stalk to remove

any woodiness. Cut into long stalks with 1 floret on each. Place on a baking sheet, spray with olive oil, season with salt & pepper and roast in a 400°F oven for about 15 minutes.

Set aside enough broccoli to serve as a side (*Day 4*) and with baked potatoes (*Day 5*).

Cucumber Spears

Slice 1 cucumber lengthwise into wedges and serve with dinner.

DAY 2

Black Bean Enchilada Stack,
Green Salad & Sliced Apple



Enchilada Sauce

- 1-15 oz can tomato sauce
- 1 ½ tsp chili powder
- ¾ cup water
- ½ tsp dried oregano leaves
- ¼ tsp ground cumin
- 4 oz mild green chiles, chopped
- 2 small cloves garlic, finely chopped

Heat all sauce ingredients in a saucepan. Simmer 10 minutes, uncovered. Set aside ½ of sauce for Stuffed Peppers (*Day 6*).

Enchilada Filling

- 6 corn tortillas
- 1 Tbsp olive oil

- ½ small onion, chopped
- 1 ¼ cup cooked black beans
- 1 cup diced tofu
- ¼ cup sour cream
- 6 oz shredded cheddar cheese, divided
- 1 ½ tsp dried parsley
- ½ tsp sea salt
- ⅛ tsp black pepper
- 1 lime, cut into wedges

Prepare filling. Heat olive oil in medium skillet and cook onion until translucent. Add black beans and tofu; heat through. Add sour cream, 4 oz cheese, parsley, salt and pepper and stir.

Once filling is ready, spoon a small

amount of sauce onto the bottom of a rectangular casserole dish. Dip one side of a tortilla into sauce and lay on the bottom of the dish.

Repeat with a second tortilla and lay it beside the first. Divide filling mixture into 4 portions and spoon one portion onto tortilla. Place another tortilla over the top of each portion of filling, repeating the dipping process from the first tortilla.

Spoon remaining filling over tortillas, cover with a dipped tortilla, and spoon remaining sauce over and around enchilada stack. Sprinkle with 2 oz cheese.

Bake, uncovered, in a 350°F oven until bubbly, about 20 minutes. Serve with lime wedges to squeeze over the top and green salad.

Green Salad

Cut ½ head of lettuce, 1 carrot, ½ cucumber and ½ bell pepper into bite sized pieces. Toss with leftover mandarin oranges. Serve with salad dressing of choice.

Apple Slices

Slice 1 apple into wedges and serve with dinner or for dessert.



DAY 3

Black Bean Patty Lettuce Wrap, Roasted Corn & Raw Veggies



Black Bean Patties

- 2 cups cooked black beans
- 2 Tbsp roasted red peppers
- 2 green onions (1/4 cup), thinly sliced
- 1/4 tsp sea salt
- 2 Tbsp flour
- 1 egg
- 2 Tbsp olive oil

In a medium bowl, coarsely mash beans with a pastry blender or fork; add roasted peppers and salt and mix. Add flour and mix; add egg and mix well. Heat olive oil in a skillet. Shape mixture into 4 patties and cook in oil until both sides are browned and crispy.

Serve on lettuce leaf with mayo, mustard, ketchup, tomatoes, and pickles as desired.

Roasted Corn

- 1 Tbsp olive oil
- 2 cups frozen corn
- 1/4 tsp chili powder
- 1/4 tsp sea salt

Heat oil in a skillet; add corn, salt, and chili powder. Sauté 8-10 minutes or until it starts to brown, stirring occasionally.

Raw Veggies

Slice 1/2 cucumber, 1 carrot, and 1/2 bell pepper lengthwise into wedges, and serve with dinner.



DAY 4

Stuffed Peppers with Tofu & Black Beans, Roasted Broccoli & Green Salad



Stuffed Peppers

- 2 medium green or poblano peppers
- 1 Tbsp olive oil
- 1 large crimini mushroom, diced
- 1 small carrot, peeled and diced
- 1 stick celery, diced
- 2 green onions, sliced
- 1 clove garlic, minced
- 3/4 cup cooked black beans
- 1/2 cup tofu, crumbled
- 1/2 tsp dillweed
- 1/2 tsp dried parsley
- Sea salt & black pepper to taste

Heat oven to 375° F. Cut tops off peppers, remove and discard seeds and pith; set peppers aside. Heat oil in a skillet and sauté mushrooms, carrot, celery, onion, and garlic until onion is translucent. Add tofu, black beans, and seasonings; stir.

Fill peppers with stuffing, replace top of pepper, and place in an 8"x 8" glass baking dish. Add 1/4 cup water to bottom of dish. If you have any remaining filling, spoon it around the peppers. Cover with foil and bake 25-30 minutes, or until peppers are done to your desired finish.

Serve with leftover roasted broccoli (Day 1) and green salad from (Day 2).



DAY 5

Baked Potatoes Deluxe & Fresh Green Beans



Baked Potatoes Deluxe

2 baking potatoes
Butter
Sour cream
¾ cup cooked black beans
Leftover broccoli
Leftover roasted corn
Cheddar cheese
Sea salt & pepper
Hot sauce

Heat oven to 400°F. Pierce potato skin to keep potatoes from exploding. Bake 45-60 minutes or until done. Serve with desired toppings.

Fresh Green Beans

2 cups fresh green beans
¼ tsp sea salt

Trim ends off green beans; cut in half. Place in a saucepan with salt and a small amount of water. Cook until beans reach desired finish, about 6-8 minutes.



DAY 6

Black Bean Soup, Corn Tortillas & Steamed Corn



Black Bean Soup

1 cup cooked black beans
3 cups water
2 tsp olive oil
½ small onion, diced
3 cloves garlic, minced
½ tsp ground cumin
½ tsp sea salt
1 carrot, diced
¼ cup roasted red pepper, diced
6 Tbsp orange juice
Cayenne pepper to taste
1 small tomato, diced
Sour cream and hot sauce for toppings

Heat olive oil in a medium saucepan. Add onion, garlic, cumin, salt, and carrot.

Saute' until carrot is tender-crisp. Add beans, water, bell pepper, orange juice, and tomato. Simmer 10-15 minutes. Add cayenne pepper to taste. Serve with toppings, as desired.

Steamed Corn

Place 1 cup frozen corn in a saucepan with water and cover. Add ¼ tsp salt and heat to boiling. Cook 3-5 mins. Drain and serve with butter.

Corn Tortillas

Warm 4 corn tortillas in a cast iron skillet or wrapped in foil and placed in 350°F oven for 10 minutes. Spread with butter and roll up while warm.

DAILY MENU & SHOPPING LIST



Day 1 - Corn Cakes

Day 2 - Enchilada Stack

Day 3 - Black Bean Wrap

Day 4 - Stuffed Peppers

Day 5 - Baked Potatoes

Day 6 - Black Bean Soup

Bulk

3 cups black beans
¾ cup flour
4 cups frozen corn
4 tsp sugar
¼ cup yellow cornmeal
½ tsp baking powder
½ tsp cayenne pepper
1 ¾ tsp chili powder
½ tsp dried dillweed
½ tsp dried oregano
2 tsp dried parsley
¾ tsp ground cumin
½ tsp black pepper
1 Tbsp sea salt
3 Tbsp roasted red peppers
1 tofu block
5 Tbsp olive oil

ketchup

mayo

mustard

pickles

Grocery

1 lb butter
1 pkg corn tortillas
2 eggs
1 small bottle hot pepper sauce
1 can mandarin oranges
4 oz can mild green chiles
1 pt milk
1 bottle salad dressing
½ pt sour cream
15 oz can tomato sauce

Deli

8 oz cheddar cheese

Produce

1 apple
2 baking potatoes
2 stalks broccoli
4 carrot
1 stick celery
1 crimini mushroom
2 cucumbers
1 head garlic
2 cups green beans, fresh
1 bunch green onions
2 green/poblano peppers
1 head leaf lettuce
2 limes
1 small onion
1 oranges
1 red bell pepper
1 slicer tomato