

# Black Beans with Rice



Mexican Beans & Rice Salad



Chicken Tortilla Soup



One Skillet Taco



Slow Cooker Chicken



Stuffed Bell Peppers



Spicy Lime Chicken

## Black Beans with Rice



### Mexican Beans and Rice Salad

#### You will need:

1 (15 oz.) can black beans, rinsed and drained	1 (15 oz.) can kidney beans, rinsed and drained	
1 (15.25 oz.) can whole kernel corn, drained	2 cups cooked rice	1 small onion, diced
1 green bell pepper, diced	2 jalapeno peppers, seeded and diced	2 limes, zested and juiced
1 tsp. minced garlic	1 ½ tsp. ground cumin	salt to taste

#### Instructions:

- In a large salad bowl, combine rice, kidney beans, black beans, corn, onion, green pepper, jalapeno peppers, lime zest and juice, garlic, and cumin.
- Lightly toss all ingredients to mix well and sprinkle with salt to taste.
- Refrigerate for 1 hour, toss again, and serve. May also be used as a salsa. Serve with pita chips.

### Chicken Tortilla Soup

#### You will need:

1 (15 oz.) can black beans, rinsed and drained	8 cups water	2 boneless, skinless chicken breasts
1 clove diced garlic	½ cup diced onion	1 (15.25 oz.) can whole kernel corn
1 cup rice	1 bunch cilantro	1 diced jalapeno pepper
1 ½ packages taco seasoning	1 tbs. flour	

#### Instructions:

- Put water in a big pot with onion, garlic, and chicken. Boil until chicken is fully cooked; about 20 min.
- Take chicken out and shred into smaller pieces. Add chicken back into the pot after shredding.
- Add corn, beans, rice, diced jalapeno, cilantro, flour, and taco seasoning.
- Continue cooking for 45 minutes. Serve with shredded cheese, avocado, and/or tortilla chips on top.

### One Skillet Taco

#### You will need:

1 (15 oz.) can black beans, rinsed & drained	1 envelope taco seasoning	2 cups rice, uncooked
1 (15 oz.) can whole kernel corn, drained	1 (15 oz.) can diced tomatoes	1 lb. ground beef
salt to taste	toppings of choice	

#### Instructions:

- Brown ground beef, breaking into small pieces. Drain off grease.
- Add rice to cooked ground beef and cook according to package instructions for the rice.
- After rice is cooked, add canned tomatoes, beans, corn, and taco seasoning. Cook for 5 minutes.
- Serve warm with favorite toppings.

## Easy Slow Cooker Chicken Chili

### You will need:

1 (15 oz.) can black beans, rinsed and drained	2 cups uncooked white rice
1 (15 oz.) can whole kernel corn	1 (15 oz.) can kidney beans, rinsed
1 can tomato sauce	1 envelope taco seasoning
1 can chicken stock	$\frac{1}{2}$ white onion
1 can green chilies (optional)	4 chicken breasts, uncooked and rinsed
$\frac{1}{2}$ - 1 tsp. red pepper flakes	2 cups shredded cheese
1 (8 oz.) sour cream	

### Instructions:

- Chop onion. Open all cans. Rinse beans.
- In a slow cooker, add corn, beans,  $\frac{3}{4}$  tomato sauce, chicken stock, and chicken breasts.
- Stir in taco seasoning and red pepper flakes. Top with  $\frac{1}{4}$  tomato sauce.
- Cook for 6 hours on low or 3 hours on high. Remove chicken from pot 30 minutes before it is done.
- Use two forks to shred chicken to desired thickness. Add chicken back to slow cooker.
- Cook an additional 30 minutes. Cook 2 cups of rice according to package instructions.
- Serve chicken mixture on top of rice. Top with shredded cheese and/or sour cream.

## Stuffed Bell Peppers

### You will need:

1 (15 oz.) can black beans, rinsed and drained	2 cups rice, uncooked	$\frac{1}{2}$ lb. ground beef
6 bell peppers cut in half	1 (15 oz.) can whole kernel corn	1 (16 oz.) jar of salsa
sour cream and shredded cheese for topping	salt and pepper to taste	1 small can tomato sauce

### Instructions:

- Preheat oven to 400 degrees F. Cook ground beef until it crumbles and is no longer pink.
- Cook rice according to package instructions. Rinse and drain black beans. Drain the corn.
- In a bowl, mix cooked ground beef and rice with the corn, black beans, and salsa.
- Add salt and pepper to taste. If mixture is too dry, add  $\frac{1}{2}$  can of small tomato sauce.
- Stuff each pepper half with mixture and bake in oven for 15 - 20 minutes.
- If desired, top with shredded cheese and/or sour cream before serving.

## Spicy Lime Chicken

### You will need:

1 (15 oz.) can black beans, rinsed and drained	2 cups rice, uncooked	3 chicken breasts
1 green bell pepper, diced	$\frac{1}{2}$ lime	1 - 2 tsp. chili powder
1 - 2 tsp. paprika	1 - 2 tsp. ground cumin	$\frac{1}{2}$ onion, diced
1 (8 oz.) sour cream (optional)	2 tsp. cooking oil	salt and pepper to taste

### Instructions:

- Cook rice according to package instructions.
- Heat oil in medium-sized skillet. Cook peppers and onions until tender. Set aside.
- Cut chicken into bite size pieces and cook until brown and no longer pink inside.
- Add paprika, chili powder, and cumin. Add salt and pepper to taste.
- Add cooked white rice, beans, onions, and peppers to the chicken. Squeeze in the lime juice.
- Serve with a small scoop of sour cream.