

Easy Meal Solution: Plant-Powered Black Bean and Beef Blend



MAKE ONCE: Plant-Powered Black Bean and Beef Blend



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Ingredients

1 medium yellow onion
8 oz. crimini mushrooms
1 pound lean ground beef
1 TBSP olive oil
2 cans (15 oz.) BUSH'S® Black Beans, drained
1 package (1 oz.) taco seasoning mix, 25% less sodium
1 can (15 oz.) crushed tomatoes
1 can (11oz.) yellow kernel corn, drained

Preparation

Prep time - 20 minutes

Pulse onion and mushrooms in food processor until coarse texture. Set aside.
In large frying pan, brown ground beef. Drain fat. Set ground beef aside in separate bowl.

In same frying pan, heat oil. Add onions and mushrooms from food processor and sauté for 3-4 minutes or until most of the moisture has been released. Add the black beans and mix.

Add the cooked ground beef, taco seasoning, crushed tomatoes and corn to the black bean and mushroom blend. Mix and cook until heated through.

Blend yields approximately 8 cups. Set aside 2 cups for Tacos and 6 cups for Mexican Lasagna.

For your favorite recipes, use 4 cups Plant-Powered Black Bean and Beef Blend to replace one pound ground beef.

Nutrition information (per ½ cup serving):
113 calories, 4.5 g fat, 11 g carbohydrate, 3 g fiber, 9 g protein, 218 mg sodium

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Use 4 cups blend in place of one pound of ground beef in your favorite taco, burrito or Mexican-inspired lasagna recipe.

Plant Forward