

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



MAKE ONCE: Plant-Powered Black Bean and Chicken Blend



Live. **Balanced.**



Ingredients

1 medium yellow onion
8 oz. white button mushrooms
1 pound ground chicken (or ground turkey)
1 TBSP olive oil
2 cans (15 oz.) BUSH'S® Black Beans, drained
1 clove garlic, minced
1 package (1.25 oz.) chili or Tex-Mex seasoning mix, 30% less sodium
1 can (14.25 oz.) petite diced tomatoes, drained
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 chicken. Drain fat. Set chicken 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 chicken, garlic, chili seasoning, diced tomatoes and corn to the black bean and mushroom blend. Mix and cook until heated through.

Blend yields approximately 8 cups. Use 4 cups for Burrito Stuffed Bell Peppers and 4 cups for the Blend Powered Bowls.

For your favorite recipes, use 4 cups blend to replace one pound ground chicken or turkey.

Nutrition information (per ½ cup serving): 95 calories, 3 g fat, 11 g carbohydrate, 3 g fiber, 8 g protein, 213 mg sodium

*Live. **Balanced.***



Use 4 cups blend in place of one pound of ground poultry in your favorite bowl or stuffed pepper recipe.

Plant Forward