

MAKE ONCE: Plant-Powered Black Bean and Beef Blend



Live. **Balanced.**



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

Preperation

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

EAT TWICE: Monday Mexican-style Lasagna and Tuesday Tacos

Monday Mexican Lasagna

Servings:
6-8

Cooking Time:
25 minutes



Ingredients Preparation

Approx. 6 cups
Plant-Powered
Black Bean and
Beef Blend

16 yellow
corn tortillas

1 cup shredded
low-fat Mexican
cheese blend

Preheat oven to 350°F.

Spray bottom of an 9X13 baking dish. Place 4 corn tortillas on bottom of baking dish and layer approx. 2 cups Plant-Powered Black Bean and Beef Blend on top; Repeat layers ending with tortillas as top layer. Top with cheese.

Bake uncovered for 25 minutes until cheese melts and casserole is heated through.

Tuesday Tacos

Servings:
4 (2 tacos each)

Cooking Time:
5 minutes



Ingredients Preparation

8 yellow corn
tortillas

Approx. 2 cups
Plant-Powered
Black Bean and
Beef Blend

Warm tortillas in microwave or on stove top according to package directions.

Spoon approx. ¼ cup Plant-Powered Black Bean and Beef Blend into each tortilla.

Serve with additional toppings.

Additional Toppings: Cilantro Sour Cream (recipe below), diced avocado, shredded lettuce, salsa, shredded low-fat Mexican cheese blend.

Cilantro Sour Cream Recipe

Mix 1 cup fat free sour cream, 6 Tbsps. fresh chopped cilantro and 2 Tbsps. lime juice in small bowl. Cover and refrigerate until ready to serve.

