

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

EAT TWICE: Burrito Stuffed Bell Peppers and Blend Powered Bowls

Blend Powered Bowls

Servings: 4

Cooking Time:
10 minutes



Ingredients Preparation

4 cups Plant-Powered Black Bean and Chicken Blend

2 cups cooked brown rice

Divide rice between 4 bowls.

Top each bowl of rice with desired amount of Plant-powered Black Bean and Chicken Blend.

Add additional toppings as desired: Salsa, Cilantro Sour Cream (recipe below), Diced Avocado.

Burrito Stuffed Peppers

Servings: 4
(2 pepper halves each)

Cooking Time:
30 minutes



Ingredients Preparation

4 cups Plant-powered Black Bean and Chicken Blend

1 cup cooked brown rice

4 large red bell peppers

1 cup shredded low-fat Mozzarella cheese

Preheat oven to 350°F. In a large bowl, mix together cooked rice and prepared Plant-Powered Black Bean and Chicken Blend.

Cut peppers in half lengthwise and remove seeds. Place cut side up in a 9 x 13 baking dish.

Spoon blend mixture into each pepper half (approximately ½ cup in each). Sprinkle each pepper with 2 tablespoons shredded cheese.

Cover baking dish with foil and bake for 30 minutes or until peppers are softened.

Add additional toppings as desired: Salsa, Cilantro Sour Cream (recipe below), Diced Avocado.

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.

