

# Black Bean Quesadillas

## INGREDIENTS

- 4 flour or corn tortillas
- 1 cup of corn, no salt added can
- 15 oz can of no salt added black beans
- 2 cups of reduced fat shredded cheese
- 2 teaspoons of vegetable oil

4 SERVINGS

15 MINUTES



Adapted from:  
[thediaryofarealhousewife.com](http://thediaryofarealhousewife.com)



## PROCEDURE

1. Drain both the cans of corn and black beans then place in a small bowl.
2. On a skillet over medium heat place  $\frac{1}{2}$  a teaspoon of vegetable oil.
3. Place down one tortilla and add  $\frac{1}{2}$  cup of the shredded cheese and 2 spoonfuls of the corn and bean mixture.
4. Fold in half and allow to cook on one side.
5. Then flip and allow the other side to cook until the cheese is melted.
6. Remove from skillet then repeat with remaining tortillas.

# Black Bean Brownies

## INGREDIENTS

- 1, 15oz can of black beans
- 3 eggs
- 3 Tbsp of oil (canola or vegetable)
- 1 tsp of vanilla extract
- ¼ cup of unsweetened coco powder
- ½ cup of sugar
- ¼ cup of unsweetened apple sauce
- ½ teaspoon of baking powder
- ½ a cup of semi-sweet chocolate chips

16 SERVINGS

45 MINUTES



Adapted from: [liveeatlearn.com](http://liveeatlearn.com)



## PROCEDURE

1. Preheat oven to 350F.
2. Puree black beans in blender or food processor until it is a rough paste.
3. Mix bean puree, eggs, oil, apple sauce and vanilla in one bowl.
4. In another bowl mix unsweetened coco, sugar, baking powder, and chocolate chips.
5. Mix together the bowl of wet ingredients and dry ingredients.
6. Grease an 8x8 or 9x9 pan with oil or line with parchment paper.
7. Pour in batter and bake for 30-40 minutes or until edges are crispy and center doesn't jiggle.
8. Allow to cool then enjoy high protein brownies!

# Black Bean and Sweet Potato Skillet

## INGREDIENTS

- 1 can of black beans, drained
- 2 sweet potatoes, diced
- 1 onion, diced
- 2 garlic cloves, minced
- 1 Tbsp of olive oil
- 1 tsp cumin
- 1 tsp chilli powder
- 1 tsp salt and pepper

4 SERVINGS

30 MINUTES



Adapted from: [blossomhomelife.com](https://www.blossomhomelife.com)



## PROCEDURE

1. Heat olive oil in a large skillet on medium heat.
2. Add diced sweet potatoes and cook until they slightly soften and brown.
3. Stir in onions and garlic, cook until onions are translucent.
4. Add in cumin, chili powder, salt and pepper.
5. Stir then add a splash of water and cover until potatoes are cooked through.
6. Stir in black beans and cook for 2-5 more minutes.
7. Add to a bowl and enjoy!

# Black Bean Chips

## INGREDIENTS

- 1 cup of dried black beans
- 1/3-1/2 cup of nuts or seeds of choice
- 1 ½ cups of water
- 1 teaspoon of baking powder
- ¾ teaspoon of salt

8 SERVINGS  
80 MINUTES



Adapted from: [[powerhungry.com](http://powerhungry.com)]



## PROCEDURE

1. Place the dried black beans and nuts or seeds in a medium bowl. Cover with boiling water and let sit for 30 minutes.
2. Drain through sieve or colander .
3. Preheat oven to 350F and line a baking sheet with parchment paper.
4. Blend beans and nut mixture with 1 and ½ cups of water until smooth.
5. Add baking powder and salt then blend again.
6. Pour mixture onto baking sheet and place in the oven for 15 minutes.
7. Remove the tray and use a pizza cutter or knife to cut triangular chip shapes.
8. Reduce oven temperature to 325F and place tray back in for 25-30 minutes until crispy.
9. Once crispy remove from oven and allow to cool.

# Black Bean Salad

## INGREDIENTS

- 1 can of black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup of corn, canned
- ¼ red onion, thinly sliced
- ¼ cup lime juice
- 2 tablespoons of olive oil
- salt and pepper
- **Optional:** jalapeños, avocado, or cilantro

4 SERVINGS

15 MINUTES



Adapted from: [flavoritic.com](https://flavoritic.com)



## PROCEDURE

1. Add rinsed black beans and halved cherry tomatoes into a mixing bowl.
2. Add in corn to the bowl.
3. Incorporate the sliced onion into the mixture.
4. In a different small bowl, whisk together olive oil, lime juice, salt and pepper to create a dressing.
5. Pour dressing over salad and toss well.
6. Let chill for 10 minutes before serving.
7. Optional: Top with jalapeños, avocado, or cilantro.

# Taco Salad

## INGREDIENTS

- 1 pound of lean ground beef
- 1 low sodium taco seasoning packet
- 1 can of black beans, drained
- Lettuce, shredded

## Toppings

- Avocado
- Low fat mexican shredded cheese
- Salsa
- Tortilla chips

6 SERVINGS  
25 MINUTES



## PROCEDURE

1. In a pan cook the ground beef on medium-high heat until fully cooked through.
2. Add the taco seasoning packet, according to the package, and drained black beans into pan with the cooked meat.
3. Mix until well incorporated.
4. In a bowl first place lettuce down then add the ground beef and beans on top.
5. Then add desired toppings such as avocado, cheese, and salsa as a dressing.
6. Enjoy with tortilla chips or as a salad.

# Black Bean Tacos

## INGREDIENTS

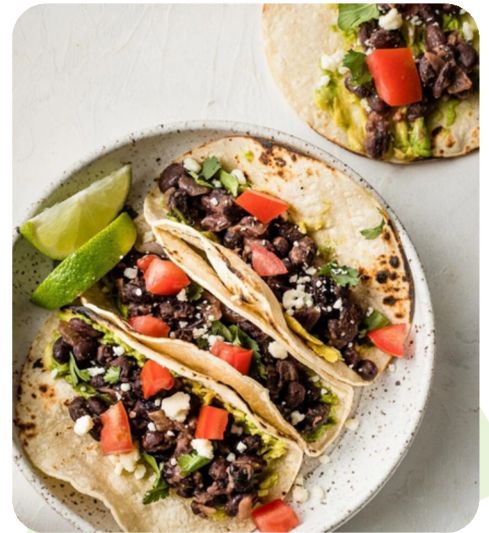
- 2 teaspoons of olive oil
- 1 small red onion, chopped
- 2 cloves of garlic, minced
- 2/4 teaspoon of salt
- 3/4 teaspoon of ground cumin
- 2 15 oz cans of black beans, drained
- 1 cup vegetable broth
- Tortillas

Optional toppings:

- 1-2 teaspoons of cilantro, chopped
- avocado, sliced
- Pico de Gallo

4 SERVINGS

30 MINUTES



Adapted from: [nourish-and-fete.com](http://nourish-and-fete.com)



## PROCEDURE

1. Heat olive oil in a skillet on medium-high heat and add the chopped onion.
2. Cook until onion begins to soften, 4-5 minutes.
3. Stir in garlic, salt, and ground cumin let cook for no more than 30 seconds.
4. Stir in the beans followed by vegetable broth.
5. Bring to a boil, then reduce heat to let simmer until most of the liquid has evaporated, around 8-10, minutes.
6. Remove from heat and assemble taco as desired with optional toppings.
7. Enjoy!

# Black Bean Burritos

## INGREDIENTS

- 2 cups of cooked rice
- 1 15 oz can of black beans, drained
- 1 Tbsp of olive oil
- 1 yellow onion, diced
- 2 cloves of garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- large tortillas
- 1 cup of low-fat shredded cheese

4 SERVINGS

25 MINUTES



Adapted from: [foodiemoms.com](https://www.foodiemoms.com)



## PROCEDURE

1. Heat olive oil in a pan and add onions, cooking until soft.
2. Stir in garlic and let cook in for 1-2 minutes.
3. Stir in black beans, cumin, and paprika.
4. Add in cooked rice and mix until heated through.
5. Remove from heat and prep tortillas by adding cheese inside.
6. Add in warm mixture from pan to prepared tortilla and roll into a burrito.
7. Extras can be frozen or used for meal prep!