

How to Use Black Beans

Potato hash

On a sheet pan, layer slices of potatoes with drained black beans and corn. Roast at 425°F until potatoes are tender. Serve with salsa.



Tacos/burritos/enchiladas

Add drained black beans to any taco, burrito, or enchilada. Enjoy with a little melted cheese, salsa, and tomatoes.

Chili

No ground beef? No worries. Use drained black beans in place of ground meat in your favorite chili recipes.

Rice bowl

Add black beans to rice with mixed vegetables of choice.

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7-Can Taco Soup

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Ingredients

- 1 can black beans, low-sodium preferred
- 1 can pinto beans, low-sodium preferred
- 1 can sweet corn, low-sodium preferred
- 1 can diced tomatoes, low-sodium preferred
- 1 can chicken breast, drained
- 1 can enchilada sauce (red or green)
- 1 can chicken broth
- 1 packet taco seasoning

Directions

Pour all ingredients into a stock pot. Cook for about 20 minutes or until heated through. Serve with desired toppings.

Topping suggestions: avocado slices, cheese, cilantro, tomatoes, lime wedges, chips, plain Greek yogurt.

Extension

UtahStateUniversity.



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