

# 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.



# 7-Can Taco Soup

## 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

**UtahState**University.



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