

# 7

# Ways to Use Beans

## BREAKFAST

Have in huevos rancheros, in a breakfast burrito or in an omelet with salsa and cheese

## BLENDED

Dip/spread: mash with garlic & onion, and condiments, herbs, spices of choice

## SOUP OR STEW

Chili (with or without meat), add to Minestrone, or a sausage, beans and greens soup

## SANDWICH OR WRAP

Use in tacos, burritos, and tostadas. Or as a wrap with hummus and veggies.

## COMBINATION

Power bowl or stuffed peppers: add cooked whole grain, cooked veggies, cheese, and meat/chicken/fish (optional)

## SALAD

Three-Bean Salad: 2 different beans and green beans or a "Three Sisters" Salad: with corn and squash

## COOKED

Make baked beans or cassoulet in a slow cooker; or roasted crispy chickpeas in your oven

