

Two Ingredient Black Bean Soup



Ingredients

- 2 15-ounce cans low-sodium black beans, drained and rinsed
- 1 15-ounce can diced tomatoes

Directions

1. Put the black beans into a blender with the can of diced tomatoes including the tomato juice.
2. Blend until smooth.
3. Pour into pan and heat to the preferred temperature or use a microwave safe bowl and heat.
4. Serve with whole wheat crackers or whole grain toast.

CACFP Crediting

Makes 7 servings for 3-5 year olds at lunch/dinner.

- ✓ Vegetables/Fruits
- ✓ Meat/Meat Alternates



Source and photo: www.snack-girl.com

Michigan Office

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➤➤➤ Super Simple White Bean Dip



Ingredients

- 1 15-ounce can Great Northern beans, drained and rinsed
- 1 clove garlic
- 2 teaspoons ground cumin
- 1 teaspoon salt
- Juice of one lemon
- 1/4 cup fresh parsley, minced
- 2 tablespoons water
- 1/2 cup olive oil, divided

Directions

1. In a food processor, combine the beans, garlic, cumin, salt, lemon juice, parsley, water, and two tablespoons of olive oil. Pulse until smooth.
2. Turn food processor on low and stream in the rest of the olive oil.
3. Taste for seasoning and add more salt, if necessary.
4. Serve with whole grain pita chips or whole wheat crackers.

CACFP Crediting

Makes 7 servings for 3-5 year olds at any meal or snack.

✓ Vegetables/Fruits



Source and photo: www.backtoherroots.com

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Slow Cooker Red Beans & Rice



Ingredients

- 1 cup of long grain brown rice
- 1 cup of dried red kidney beans
- 1 red onion, chopped
- 1 green pepper, chopped
- 2 stalks of celery, chopped
- 6 garlic cloves, minced
- 1/2 cup of green onions, thinly sliced
- 1-2 tablespoons Cajun seasoning
- 1 tablespoon paprika
- 1/2 teaspoon salt
- 3 cups of boiling water

Directions

1. Add everything to the crockpot and stir together.
2. Cook on low for around 6-8 hours. Cooking times may vary slightly depending on your crockpot.

CACFP Crediting

Makes 6 servings for 3-5 year olds at lunch/dinner.

- ✓ Vegetables/Fruits
- ✓ Meat/Meat Alternates
- ✓ Grains/Breads



Source and photo: www.slenderkitchen.com/

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Weeknight Black Bean Chili



Ingredients

1 yellow onion
4 cloves garlic
1 tablespoon olive oil
1/2 pound ground turkey
3 15-ounce cans black beans,
drained and rinsed
1 15-ounce can diced tomatoes
1 3-ounce can tomato paste
1 tablespoon chili powder
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
1/2 teaspoon oregano
Salt to taste

Directions

1. Add the onion and garlic to a large pot with 1
2. tablespoon olive oil and cook over medium-low heat just until softened (2-3 minutes).
3. Add the ground turkey to the pot and continue to sauté until the turkey is cooked through (5-7 minutes). Break the turkey up into small pieces as it cooks.
4. Add the three cans of beans, the diced tomatoes, tomato paste, chili powder, cumin, smoked paprika, and oregano. Stir everything to combine.
5. Let the chili simmer for about 10 minutes to let the flavors blend and help the liquid thicken slightly. Taste the chili and add salt as needed.
6. Serve with your favorite chili toppings and whole grain crackers or cornbread.

CACFP Crediting

Makes 15 servings for 3-5 year olds at lunch/dinner.

- ✓ Vegetables/Fruits
- ✓ Meat/Meat Alternates



Source and photo: <http://www.budgetbytes.com/>

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