



## Recipes and Shopping List

# Week 2: Beans



### Spicy White Bean and Tomato Breakfast Tacos

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups (1 can) white beans
- 1 28-ounce can diced tomatoes
- ½ tsp chili powder
- 8 small corn tortillas
- 4 eggs
- ½ avocado
- Salt and pepper

#### Instructions

1. In a small sauce pan, combine the beans, tomatoes and chili powder. Cook over high heat until warm, about 5 minutes.
2. In a separate pan, scramble the eggs.
3. Warm the tortillas in the microwave or oven, then top each with the bean mixture, eggs and 2 avocado slices.



### Cowboy Chopped Salad

Serves: 4 | Time: 5 minutes

#### Ingredients

- 2 cups (1 can) white beans
- 2 avocados, diced
- 2 cups cherry tomatoes, halved
- 1 cup corn
- ½ cup roughly chopped cilantro
- 1 lime
- Salt and pepper

#### Instructions

1. Combine first five ingredients in a large bowl.
2. Squeeze lime juice over the mixture and toss gently to combine. Season with salt and pepper to taste.



### One Pot Bean and Tomato Pasta

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups chicken stock
- 2 cups water
- 2 cups (1 can) white beans
- 12 cherry tomatoes, halved
- 1 small yellow onion, diced
- 1 box pasta
- Salt and pepper

#### Instructions

1. Combine all ingredients in a large pot. Cover and bring to a boil over medium-high heat.
2. Lower heat and cook at a simmer until pasta absorbs liquid.
3. Season to taste before serving.

## Shopping List — Week 2

#### PRODUCE

- 3 avocados
- 3 cups cherry tomatoes (est. 2 pints)
- 1 lime
- 1 yellow onion
- 1 package frozen or 1 cup fresh corn off cob
- 1 bunch fresh cilantro

#### DAIRY AND MEAT

- 4 Eggs

#### DRY GOODS

- 6 cups (4 cans) white beans (Cannellini, navy, white kidney, etc.)
- 1 28-ounce can diced tomatoes
- 8 small corn tortillas
- 2 cups chicken stock (can or box)
- 1 12-ounce box dry macaroni or penne pasta

#### PANTRY

- Chili powder
- Salt
- Pepper



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