

## Taco Soup (serves 6)

1 medium chopped onion (dehydrated onion flakes also work well)  
16 oz. frozen corn  
16 oz. can no-salt added kidney beans, drained and rinsed  
28 oz. can diced tomatoes  
8 oz. can tomato sauce  
2 tsp. chili powder  
¼ tsp. garlic powder  
¼ tsp. onion powder  
¼ tsp. dried oregano  
½ tsp. paprika  
1 ½ tsp. ground cumin  
1 tsp. sea salt  
1 tsp. black pepper  
Serve with: olives and avacado

- Sautee onion then add the other ingredients and simmer for 15 minutes. Serve with olives and avocado.

## Mexican Bean Salad (serves 8)

1 (15 oz.) can black beans, drained and rinsed  
1 (15 oz.) can no-salt added kidney beans, drained and rinsed  
1 (15 oz.) can cannellini beans, drained and rinsed  
1 green bell pepper chopped  
1 red bell pepper chopped  
1 (10 oz.) frozen corn  
1 red onion chopped  
1 tsp. salt  
1 tsp. garlic  
1 tsp. ground cumin  
1 tsp. black pepper  
¼ tsp. chili powder  
6-8 limes  
1 lemon  
Optional: 4 roma tomatos and 3 avacados  
Serve with: Baked Tostitos Scoops

- Combine beans, bell peppers, corn, and onion.
- Juice 6 limes and 1 lemon. Mix with remaining ingredients.
- Pour lime juice mixture over bean mixture and mix well. Add remaining two limes (juiced) if needed for flavor. Add optional ingredients if desired.
- Chill thoroughly and eat like a dip with Baked Tostitos Scoops

## Cream of Broccoli Soup (serves 8)

6 cups vegetable stock  
1 rounded cup raw cashews  
1 medium onion, chopped (dehydrated onion flakes also work well)  
1 celery stalk, finely chopped  
1 large carrot, chopped  
1 garlic clove, minced  
½ large red bell pepper, chopped  
2 medium unpeeled potatoes, chopped  
1 large head broccoli, including the stem, chopped (about 4 cups)  
2 teaspoons dried thyme  
1 teaspoon sea salt  
½ teaspoon black pepper

- Bring water to a boil. Turn off heat, add cashews, and let soak for 30 minutes.
- In a large pot, cook the onion, celery and carrot over medium heat in 2 cups of the vegetable stock for five minutes. Add the garlic, bell pepper, and potatoes and cook for 2 more minutes. Add 3 cups of vegetable stock and the broccoli, thyme, salt and black pepper, and bring to a boil over high heat. Cover and simmer until the broccoli and potatoes are soft, about 10 minutes.
- Puree 1 cup of the vegetable stock with the cashews in a blender until smooth.
- Add the cashew mixture to the soup and stir until mixed. Remove the pot from heat and: if texture is desired only puree about half the soup, in small batches, until smooth and back to the remaining soup or a smooth consistency is desired, puree all of the soup.

## Black Bean Haystacks (serves 2)

1 cup brown rice  
1 (15 Oz) can black beans  
4 roma tomatoes, chopped  
2 avacados, chopped  
Small can sliced olives  
Optional: Go Veggie Cheddar Style Shreds, onion, etc,

- Steam brown rice in 2 cups of water until fluffy and water is absorbed.
- Heat up black beans.
- Layer rice, beans, and other desired toppings.

## Stuffed Peppers (serves 4)

3 to 4 bell peppers  
1 can unsalted black beans  
1 14 oz. can chopped tomatoes undrained  
1/2 cup uncooked brown rice  
1 tsp. salt  
1 tsp. garlic  
1 tsp. ground cumin  
1 tsp. black pepper  
¼ tsp. chili powder  
1/2 cup chopped onion  
Optional: 1/2 bunch cilantro chopped fine

- Wash and cut bell peppers in half, cut out membranes, seeds and stem. Fill a large pot 1/2 full with water bring to boil. When water is boiling, add peppers to water and boil for 10 min. Drain peppers and shock them in large bowl of cold ice water to stop the cooking. In a large skillet, sautee onions using a little bit of vegetable stock, adding more stock as needed. Add tomatoes, black beans, 1/2 cup of uncooked rice, seasonings, and 1 1/2 cup of water. Bring to boil while stirring, then turn heat to low and simmer with lid on for about 15-to 20 min. (It usually needs to cook for 30-40 mins with brown rice) until rice is soft, stirring occasionally.)
- If planning to eat immediately then add cilantro (optional) to mixture and fill the peppers, put in a casserole dish, and cover with foil. Bake at 350 for 35 min.; take off foil the last 5 min. If making the peppers ahead, wait to add the cilantro until the rice mixture cools down so the herb stays flavorful. When the rice mixture is cool, fill peppers and cover with foil and put in the refrigerator for later. When ready to bake take out of refrigerator for 30 min. before baking to warm up to oom temperature.
- For those who don't like to taste a lot of bell pepper in each bite, chop up peppers after cooked, mix with bean mixture, and bake like a casserole at 350 for 35 min.

## Black Bean Tacos (serves 4)

4 large whole wheat tortillas  
1 can black beans (with salt)  
Desired toppings: Wholly guacamole, onions, salsa, tomatoes, lettuce, Go Veggie Cheddar Style Shreds, sliced olives, etc.

- Heat up black beans, smash and blend until refried beans texture.
- Spread bean mixture on tortilla and add desired ingredients.

## Pizza

Whole wheat pizza crust

Pomi Pizza Sauce

Desired toppings: mushrooms, green peppers, onions, spinach, artichokes, sliced olives, etc. (If after 6 weeks of "Eat to Live" may add a minimal amount of pepperoni and mozzarella cheese if needed)

- Cook pizza crust if needed.
- Spread pizza sauce on crust.
- Add desired pizza toppings and cook at 400 degrees for 10 minutes or until heated through.

## Cold Pasta Salad

Whole wheat pasta

No-salt added kidney beans

Spinach

Green pepper

Sliced olives

Optional: Light Italian dressing, tomatoes, avocado

- Cook pasta and chill.
- Once chilled, add kidney beans, shredded spinach, diced green pepper, olives, dressing, and mix well. Add tomatoes and avocado if desired.
- Serve cold.

## Cooked Pasta Salad

Whole wheat pasta

Black beans, drained and rinsed

Sliced olives

Roma tomatoes, chopped

Avacados, chopped

Optional: Light Alfredo Sauce

- Cook pasta.
- Cook broccoli.
- Add all ingredients and serve warm.

## White Chili (serves 6)

1 tsp. onion powder  
1/2 tsp garlic powder  
2 cans great northern beans  
2 small cans diced green chilis  
1 tsp. salt  
1/2 tsp ground cumin  
1/2 tsp oregano  
1/2 tsp black pepper  
1 can chicken broth (may use vegetable broth, but not as good)  
Optional: 2 cooked chicken breasts , chopped into cubes  
Serve with: tomato, avocado, sliced olives, Baked Tostitos Scoops, or optional Go Veggie Cheddar Style Shreds

- Combine all ingredients and let simmer for 20 minutes. Serve with tomato, avocado, sliced olives, Baked Tostitos Scoops, or optional Go Veggie Cheddar Style Shreds.

## Santa Fe Chicken (serves 6)

1 (14.4 oz) can diced tomatoes with mild green chilies (Rotel)  
1 (15 oz) can black beans  
8 oz frozen corn  
1 (14.4 oz) can chicken broth  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. cumin  
1/2 tsp. cayenne pepper  
Salt and pepper to taste  
Optional: 1/4 cup fresh cilantro chopped and 3 scallions chopped  
Optional: 2 cooked chicken breasts, shredded  
Serve on top of: cooked brown rice with tomatoes, avocado, and sliced olives

- Combine all ingredients and simmer for 20 minutes.
- Serve over brown rice with tomatoes, avocado, and sliced olives.

## Layered Taco Dip (serves 8)

1 can pinto beans (salt added), blended or smashed

Large container of Wholly Guacamole

Small can chopped olives

3 large tomatoes, chopped

1 small onion, diced

1 can diced green chilis

Optional: Go Veggie Cheddar Style Shreds

1 can sliced olives

Eat with: Baked Tostitos Scoops

- Layer each ingredient in the order listed above in a 9X13 casserole dish. Eat with Bakes Tostitos Scoops.