

MAINE



SNAP-Ed

Healthy Eating on a Budget

SWEET POTATO AND BLACK BEAN STEW

Makes: 6 servings

Ingredients:

- 2 tablespoons canola oil
- ¼ teaspoon crushed red pepper
- 1 ¼ cups onions, peeled, diced
- 1 teaspoon ground cumin
- 1 ½ cups sweet potatoes, peeled, cut into ½ inch cubes
- 3 - 15.5 ounce cans low-sodium black beans, drained & rinsed
- ¾ cup 100% orange juice
- 1 cup low-sodium chicken or vegetable broth
- 1 tablespoon cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 cups greens (such as Swiss chard, kale, collards), stems removed, chopped



Directions:

1. Heat canola oil in a large pot. Add onions. Cook for 1-2 minutes.
2. Add cumin and cook for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and broth. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Add vinegar, crushed red pepper, salt, and pepper. Cook for 2 minutes.
5. Add greens. Cover and continue cooking until greens are tender.
6. Serve warm over brown rice or whole-wheat couscous.

Recipe From: What's Cooking? USDA Mixing Bowl
Photo credit: Cosiest, flickr.com/photos/cosiest



USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with the Healthy Maine Partnerships. Maine SNAP-Ed educates low-income families on low-cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.



MAINE



SNAP-Ed

Healthy Eating on a Budget

BLACK BEAN SOUP

Makes: 5 Servings

Ingredients:

- 2 tablespoons canola oil
- 1 medium onion, peeled, chopped
- 2 carrots, peeled, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, peeled, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 teaspoons chili powder (or more to taste)
- 3 – 15.5 ounce cans low-sodium black beans
- 8 cups water
- 1 cube low sodium chicken bouillon



Directions:

1. Place a large pot on the stove over medium heat and when it is hot, add the oil.
2. Add an onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes, until the onion is soft.
3. Add the beans, water, and bouillon cube. Raise the heat to high and bring to a boil. Turn the heat down to low and cook for 10 minutes or until warm.
4. Serve right away, or cover and refrigerate up to 5 days.

Recipe From: What's Cooking? USDA Mixing Bowl
Photo credit: Jeremy T. Hetzel, flickr.com/photos/jthetzel



USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with the Healthy Maine Partnerships. Maine SNAP-Ed educates low-income families on low-cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.



MAINE



SNAP-Ed

Healthy Eating on a Budget

VEGETABLE CHILI

Makes: 8 servings

Ingredients:

- 2 ½ teaspoons canola oil
- ½ cup onion, peeled, diced
- ½ cup green bell pepper, seeded, diced
- 1-15 ounce can of low-sodium pinto beans, drained, rinsed
- 1-15.5 ounce can low-sodium kidney beans, drained, rinsed
- 1-15.5 ounce can low-sodium black beans, drained, rinsed
- 1½ tablespoons chili powder
- 1-15.5 ounce can low-sodium diced tomatoes
- 1 cup canned low-sodium chicken stock
- 1 dash hot sauce
- 1 - 8 ounce can low-sodium tomato paste
- ¼ cup reduced-fat cheddar cheese, shredded
- ¼ cup low-fat mozzarella cheese, shredded



Directions:

1. Combine cheddar and mozzarella cheeses and set aside.
2. Heat canola oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender.
3. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
4. Add tomatoes, chicken stock, and hot sauce. Bring to a boil. Simmer uncovered for 10 minutes.
5. Add tomato paste and mix well. Bring to a rolling boil for at least 15 seconds. Reduce heat to low and simmer for at least 10 minutes.
6. Place ¾ cup chili in a bowl, top with tablespoon cheese.



Recipe From: What's Cooking? USDA Mixing Bowl
Photo credit: Shawn Campbell, flickr.com/photos/thecampbells

USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with the Healthy Maine Partnerships. Maine SNAP-Ed educates low-income families on low-cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

