**Directions**

1. Cook brown rice according to package.
2. Remove black beans, corn, and tomatoes from cans and drain.
3. Finely chop the cilantro and measure out ½ cup.
4. Combine the rice, beans, corn and tomatoes in a large bowl and stir together.
5. Then add the cilantro, olive oil, and lime juice while mixing continuously.

**Shopping List**

Brown rice

Canned Black beans

Canned corn

Canned diced tomatoes

Cilantro

Olive Oil

Lime juice

**Ingredients**

**Serves 5**

**Serving size: 1 cup**

2 cups brown rice

15.5 oz. canned black beans, drained

15.2 oz. canned corn, drained

14.5 oz. canned dice tomatoes

½ cup of cilantro, chopped

2 tbsp. olive oil

3 tbsp. fresh lime juice

**Black Bean Salad with Brown Rice**

**Tuna Pasta Salad**

**Directions**

1. Cook pasta according to package.
2. Chop broccoli/zucchini.
3. Combine pasta and all vegetables in large bowl.
4. Drain tuna and add to bowl with pasta and vegetables.
5. Add dressing and stir until well combined.
6. Serve and enjoy.

**Shopping List**

Pasta (any kind)

Broccoli or zucchini

Canned dice tomatoes

Can of tuna (in water)

Italian salad dressing

**Ingredients**

**Servings per recipe: about 3**

**Serving size: 1 cup**

½ pound pasta, cooked and drained

2 cups broccoli or zucchini, chopped

1 can diced tomatoes

½ cup Italian salad dressing

1 can of tuna, drained

**Shopping List**

Mac n’ cheese

Margarine

Milk

Canned mixed vegetables

Canned chicken

Chili powder

**Directions**

1. Cook macaroni in a large saucepan according to the directions on the box, drain pasta when done and return to pan.
2. Add the margarine, milk, and cheese sauce. Mix well.
3. Add in the canned vegetables and mix.
4. Add in the canned chicken and mix.
5. Add a pinch of chili powder or to taste, mix all together, and enjoy!

**Ingredients**

**Servings per recipe: about 3**

**Serving size: 1 cup**

1 box of Mac n’ Cheese

3 tbsp. of margarine

3 tbsp. of milk

1 can of mixed vegetables

1 can of chicken

1 pinch of chili powder or to taste

**Veggie and Chicken Mac n Cheese**

**Black Beans and Corn Soup**

**Shopping List**

**Directions**

1. Bring black beans to a boil, stirring occasionally adding salt to taste.
2. Drain corns and add to beans along with the enchilada sauce, cover and bring to a slight boil stirring occasionally.
3. Cook rice according to package then stir in with the beans and corn.
4. Serve and enjoy.
5. Chopped, cooked chicken can be added in at the end of cooking for additional flavor and protein.

Canned black beans

Canned corn

Enchilada sauce

Rice

Salt

**Ingredients**

**Servings per recipe: about 3**

**Serving size: 1 cup**

1 (15 oz.) can black beans

1 (15 oz.) can corn

1 (28 oz.) can enchilada sauce

1 cup of cooked rice

Salt to taste