

- 1 Black Bean and Rice Bowls with Crispy Slaw
- 2 Veggie-Full Marinara with Whole Grain or Chickpea Pasta, Spinach Salad with Tomatoes, Black Olives and Vinaigrette
- 3 Easy Hummus Wraps, Kale Chips
- 4 15-Minute Bean and Kale Soup, Green Salad, Whole Grain Rolls
- 5 Tofu Scramble, Oven Fries, Fruit Salad
- 6 Blue on Blue Salad

PRODUCE

- 1 2 4 Garlic cloves, 1, +2, +2
- 1 Slaw mix, 1 bag
- 1 Green onions, 4-5
- 1 Lemon juice, 1 Tbs.
- 1 Avocados, 2
- 1 Cilantro, ¼ cup
- 2 Bell peppers, 2 any color
- 2 Zucchini, 2
- 2 3 5 Grape or cherry tomatoes, 1 cup, +1 cup, +2 cups
- 2 4 5 Onion, 1 small, +1, +1
- 2 3 4 Kale, 3-4 cups, {+6-8 cups}, +2 cups
- 2 3 {Baby spinach, 1 bag}, +2 cups
- 2 {Roma tomatoes, 2}
- 3 Hummus, 2 cups
- 3 Cucumber, ½ cup, or dill pickle slices
- 3 6 Red onion, ½ cup, +1
- 4 {Green salad}
- 5 Greens of choice (kale, spinach, chard, etc.), 6-8 cups
- 5 Extra firm tofu, 28 oz.
- 5 {Fruit salad}
- 5 {Baking potatoes, 4-6}
- 6 Romaine lettuce, 2 heads
- 6 Blueberries, 1 pint

CANNED/DRY

- 1 4 Black beans, 2 (15 oz.) cans, +2 (15 oz.) cans
- 1 3 5 Chili powder, 1 tsp., +2 Tbs., +1 tsp.
- 1 Brown rice, 2 cups
- 1 4 Vegetable broth, 2½ cups – IP only, 2 cups, +4 cups
- 1 2 3 4 5 Olive oil, ¼ cup, +2-3 Tbs., {+2-3 Tbs.}, +1 Tbs., +2 Tbs.
- 1 Salsa, 16 oz. jar
- 1 Hot sauce, 6 oz. jar
- 2 Crushed tomatoes, 28 oz. can
- 2 Whole wheat or chickpea pasta, 1 lb.
- 2 {Black olives, 1 small can}
- 2 {Vinaigrette dressing-or use homemade}
- 2 {Red wine vinegar, 3 Tbs.}

- 3 5 Onion powder, ¼ cup, +1 tsp. {+1 tsp.}
- 3 5 Garlic powder, ¼ cup, +1 tsp., {+1 tsp.}
- 3 Black pepper, ¼ cup
- 3 5 Paprika, 3 Tbs., {+1 tsp.}
- 3 Himalayan salt or sea salt, ½ cup
- 4 Butter beans or cannellini beans, 2 (15 oz.) cans
- 4 Diced tomatoes, 15 oz. can
- 4 Diced tomatoes with green chilies, 15 oz. can
- 6 Pecan halves, 1 cup
- 1 6 Balsamic vinegar, 1 tsp., +3 Tbs.

BREAD

- 3 Whole wheat tortillas, 6-8
- 4 {Whole grain rolls}

ITEMS TO HAVE IN PANTRY/FRIDGE

- 1 2 4 5 6 Salt
- 1 2 4 5 6 Pepper
- 1 5 Cumin
- 1 2 6 Honey or maple syrup
- 2 4 Basil
- 3 Seasoned salt, or use homemade
- 1 Allspice
- 2 Oregano
- 2 Thyme
- 2 Dijon mustard
- 3 Dried parsley
- 3 Ground red pepper flakes
- 4 Fennel seed
- 6 Dijon mustard



Black Bean and Rice Bowls with Crispy Slaw

Yield: 6-8 Servings

Hands-on Time: 20 Minutes

Stovetop Time: 30-35 Minutes

Instant Pot Time: 15+ Minutes + 5 Minutes Natural Release

For the beans:

- 2 (15 oz.) cans black beans, undrained
- 1 tsp. chili powder
- ½ tsp. cumin
- ⅛ tsp. allspice
- 1 garlic clove, crushed
- ½ tsp. salt

Combine all the ingredients and warm on stove top or in microwave.

For the rice:

- 2 cups brown rice
- 2½ vegetable broth - for IP only use 2 cups

Stovetop Version:

In a saucepan, stir together the rice and broth. Bring to a boil, then reduce the heat and simmer, covered, until the water is all absorbed – about 30-35 minutes. Turn off the heat and let sit for 5 minutes, then fluff with a fork.

Instant Pot Version:

Reduce the broth to 2 cups. Combine rice and broth in the Instant Pot. Set the manual cook time for 15 minutes on high pressure. Let the pressure release naturally for 5 minutes, then release remaining pressure.

For the slaw:

- 1 bag slaw mix
- 4-5 green onions, chopped
- ¼ cup olive oil
- 1 Tbs. lemon juice
- 1 tsp. balsamic vinegar
- 1 tsp. honey or maple syrup
- salt & pepper, to taste

Stir together slaw mix and green onions. In a container with a tight-fitting lid, combine remaining ingredients. Shake well and pour on slaw mix, tossing to coat.

To serve:

- 16 oz. jar salsa
- 2 avocados, sliced for serving
- 6 oz. jar hot sauce
- ¼ cup cilantro

Serve beans over rice, topped with slaw and extras like salsa, avocado slices or guacamole, hot sauce, cilantro etc. if desired.

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