



From Diane Stadler: Below is one of my go-to recipes that we developed for a school meals program in Honduras--but with variation, could be a favorite at many different tables.

Red or Black Bean-Yam Quesadillas

(6-8 servings)

Ingredients

1 Tbsp oil

½ red onion, finely chopped

2 tsp ground cumin

3 cups grated yams

1 ½ C cooked beans (red or black)

2 C packed fresh spinach leaves, chopped
(or other greens)

¼ C water

6-8 large tortilla (whole wheat)

Salt to taste

Grated cheese

Salsa for garnish

Instructions

Heat 1 Tbsp oil in large skillet over medium high heat.

Add onion and sauté for ~5 minutes until soft and brown.

Add cumin and sauté for 1 minute

Add yam, beans, spinach leaves and water

Stir to combine

Cover and cook 5-7 minutes until yam is tender but not mushy

Add salt as desired

Heat another skillet, wipe with oil

Place one tortilla in skillet and spoon in ~1/2 C yam-bean mixture over half.

Top with cheese, fold other half of tortilla over bean mixture

Cook for ~3 minutes until lightly browned

Turn over and heat for 3 minutes

Serve with salsa if desired



Succotash



From Charles Smith and Vanessa Chambers:

Here is our "go to" succotash recipe that was inspired by one of the grandmas in our group (Mildred). It is now posted on the Oregon Food Hero site (<https://foodhero.org/recipes/healthy-recipes>) Of course, everyone who eats succotash has their own variation.

Ingredients

1/4 cup vegetable oil

1/2 medium onion, chopped

2 cups whole kernel corn (fresh, frozen or canned and drained)

2 cups lima beans (fresh, frozen or canned and drained)

2 cups cut okra (fresh or frozen)

1 can (14.5 ounces) stewed or diced tomatoes

1 cup water

1 teaspoons salt

1/2 teaspoon pepper

Makes: 5 1/2 cups
Prep time: 15 minutes
Cooking time: 30 to 45 minutes

Directions

1. Wash hands with soap and water.
2. In a large saucepan on medium heat, sauté onion in the oil until soft, about 5 minutes.
3. Add the rest of the ingredients, reduce heat to medium-low and slowly cook until the veggies are tender, the liquids reduce and the flavors are blended, about 30 to 45 minutes.
4. Refrigerate leftovers within 2 hours.

Notes

- The amounts of each vegetable are provided as a guide and do not have to be exact. Create your own combination according to your taste and what's available!
- Try adding other vegetables such as black eyed peas, chopped bell pepper, hot pepper or zucchini.
- Try adding other seasonings such as garlic powder, thyme, basil or hot sauce.
- If using fresh corn, slice 2 cups kernels from 2 to 4 ears, uncooked or cooked.
- If using fresh tomatoes, use 4 large to 6 medium (3 cups chopped, peel first if desired).

Recipe developed with assistance from Mildred Braxton and other grandmothers in the Grandma's Hands group sponsored by the Black Food Sovereignty Coalition and Rockwood CDC -

Nutrition Facts	
11 servings per container	
Serving size	1/2 cup (133g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 331mg	8%
Vitamin A 12mcg	1%
Vitamin C 11mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Black or Red Bean Picante Soup

Makes 12, ½ cup servings

Ingredients

2 tsp oil

1 C chopped onion

1 clove garlic, minced

4 C black or red beans,

2 C stewed tomatoes

½ C picante sauce

1/8-1/4th tsp red pepper flakes

½ tsp dried oregano leaves

Sour cream, for garnish

Instructions

Heat oil in small skillet.

Sauté onions and garlic until onions are soft.

Pour into large pot

Add beans, tomatoes, picante sauce, pepper flakes, and oregano.

Cook until heated.

Serve with a spoonful of sour cream

Grilled Fajita Burgers

4 servings

25 minutes



Ingredients

- 1 lb Extra Lean Ground Beef
- 1 1/2 tbsps Taco Seasoning
- 1/2 Yellow Onion (small, finely chopped)
- 1/2 Jalapeno Pepper (medium, finely chopped)
- 2 Garlic (clove, minced)
- 2 Orange Bell Pepper (stem and seeds removed, quartered)
- 1 tsp Avocado Oil
- 8 leaves Romaine
- 2 Avocado (small, mashed)

Nutrition

Amount per serving	
Calories	425
Fat	28g
Carbs	21g
Fiber	10g
Sugar	3g
Protein	27g
Sodium	376mg
Potassium	1217mg
Calcium	74mg
Iron	5mg
Phosphorous	303mg

Directions

- 1 Preheat your grill to medium heat.
- 2 In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
- 3 Rub the peppers with the oil.
- 4 Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
- 5 To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

More Flavor: If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Lettuce Bun: Serve with a hamburger bun or over a bed of lettuce instead.

No Beef: Use chicken or turkey instead.



Black or Red Bean Chili

(12 servings, ½ C each)

Ingredients

2 Tbsp oil

2 red bell peppers, chopped

1 onion, chopped

4 cloves of garlic, minced

2 tsp chili powder

2 C stewed tomatoes

2 C red or black beans, cooked

2 C corn kernels

½ tsp salt

Topping

½ c sour cream

2 scallions, thinly sliced

1 avocado, peeled in cut in cubes

Instructions

Heat oil in large pot over medium heat

Saute peppers until tender and brown on the edges (about 5 minutes)

Add onion and saute until tender and brown on edges (about 5 minutes)

Add garlic and chili powder, stir until mixed

Add tomatoes and beans, stir until mixed

Simmer for 10 minutes

Add in corn and salt, stir until mixed

Topping

Put spoonful of sour cream on top and sprinkle with scallions and avocado



Braised Cabbage

Ingredients:

2-3 Tbsp Extra Virgin Olive Oil

2 garlic cloves, minced

¼-1/2 C chopped yellow onion

½ tsp ground pepper

½ tsp smoked paprika

½ tsp dried thyme

Cayenne Pepper to taste

2 cups vegetable broth (or broth of preference)

1 medium head of cabbage—thinly sliced

Preparation:

Heat olive oil in Dutch oven over medium heat

Sautee garlic and onions in heated oil until translucent (3-4 minute)—stirring to prevent burning

Add spices to sautéed onions and garlic and cook for 1-2 minutes

Add vegetable broth to vegetable and spice mixture and heat to simmer

Add cabbage and simmer uncovered 15-20 minutes

Remove from heat and enjoy!



Spicy Red Beans with Spinach

(12 servings, 1/2 C each)

Ingredients

8 cloves garlic, minced (optional)

1 tsp red chili flakes (optional)

4 Tbsp oil (divided)

2 C red beans, cooked

1 C orange juice (or other citrus fruit juice; guava, lemon, pineapple)

3 C water (if using dried beans)

10 oz fresh spinach

½ tsp salt

Ground pepper (as desired)

Instructions

Add 2 Tbsp to large sauce pot

Over medium-low heat, sauté garlic and chili flakes for 1-2 minutes.

Add beans and stir to coat with oil

Increase heat to medium high

Add fruit juice and water

Simmer until beans are tender and hot (~15 minutes), add more water if necessary

Stir in spinach, simmer for 2 minutes until tender

Season with salt and pepper, add additional oil to taste