

**Black Beans
Are Your
Friends**

Introduction

So you have decided it is time to back off of meat. For health reasons or for spiritual or maybe you just want to make a change. There are various examples of this journey with favorable results.

Daniel 1:12 Prove thy servants, I beseech thee, ten days; and let them give us pulse(vegetables (as sown) to eat, and water to drink.13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.14 So he consented to them in this matter, and proved them ten days.15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

Daniel 10: 1-2, which says, "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

I can tell you my personal journey letting go of the American diet and changing the way my family and I eat has been huge for us! We are what is traditionally called vegetarian as we still consume cheese (without rennet or enzymes) and also eggs. As we have gone on this journey we have found that pain and suffering that we were dealing with has dissipated or disappeared. The stomach issues of gas, bloating, acid reflux and indigestion are a thing of the past. And best of all our energy level skyrockets when we are making good choices on purpose.

So to begin this journey you must first do a bit of research. There are many cheeses that are on the market, but many are made with rennet and enzymes. So you must, if you are going to continue to eat cheese find out what vegetarian cheeses are available in your area. Next as you decide to do exclusively fresh fruits vegetables and grains or if you are more like we are (spoiled by convenience) you will be looking into pre prepared foods and or canned veggies. The first pitfall here is with beans. Many are made with lard. (Pig fat) So you must read the labels. Next you have to be aware of the processing and if there are any other ingredients, i.e. chili beans that have meat in them.

Vegetarians are different then vegan as they still partake in dairy products. This is a personal choice and you may experience even more health benefits from reducing your dairy intake. Just remember this journey is your own. Don't get frustrated or discouraged if you are struggling. Just know that with time and practice making the healthy choice becomes easier and oh the benefits you'll reap!

This is a recipe book has some great vegetarian options and even a shopping list to help you get started.

So with those few tips know that you can begin on this journey and no you do not have to just eat salad all the time!

Nacho Love

To make my favorite yet easy version of nachos you will need

1 bag corn tortilla chips

1 can vegetarian refried beans

1 Can black beans

1 can green chilies enchilada sauce

Cheese

Small handful lettuce/ spring mix/ or spinach

1 onion

1 tomato

1 can black olives

Guacamole or avocado

Layer chips, beans, enchilada sauce, and cheese

Warm

Add toppings and enjoy!!



Vegetarian Enchiladas

1 Hour Cook time

Ingredients:

- 2 cups peeled and chopped (1/2-inch dice) sweet potato
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 2 cups grated Colby Jack Cheese
- 1 medium onion, diced (2 to 2 1/2 cups)
- 1 large garlic cloves, minced
- 3-4 diced sweet peppers
- 1 can diced tomatoes drained
- 2 cups baby spinach, roughly chopped
- 1 (14-ounce) can black beans (about 1 1/2 cups), drained and rinsed
- 1 Large can Red Chili enchilada sauce
- 1 tsp chili powder
- 1 tsp black pepper or 2 drops [black pepper oil](#)
- 1 tsp ground cumin
- 1/2 teaspoon fine sea salt, or to taste
- 12-15 white corn tortillas



Directions:

Lightly grease a large rectangular baking dish (at least 8x12 inches). Set aside.

Add the chopped sweet potato into a medium pot of water and bring to a boil. Reduce heat and simmer for 9 to 15 minutes, uncovered, until fork tender. Drain and set aside. You can also steam the potatoes until tender, instead of boiling.

In a large skillet, stir together the oil, onion, and garlic and sauté over medium heat for around 3 to 5 minutes until the onion softens. Season with a pinch of salt and pepper.

Preheat the oven to 350°F.

Add the chopped peppers, tomatoes, cooked/drained sweet potato, spinach, and black beans. Cook for 3 to 5 minutes over medium-high heat, until the spinach is wilted.

Stir in 1/4 cup plus 2 tablespoons of homemade enchilada sauce, chili powder, cumin, and salt. Adjust seasonings to taste, if desired.

Add 3/4 cup of Enchilada Sauce onto the bottom of your casserole dish and spread it out evenly.

Scoop 3/4 cup of the sweet potato and black bean filling with a small pinch of grated cheese onto each tortilla. Roll up the tortilla and place it, seam side down, in the casserole dish. Repeat for the rest. If you have any leftover filling, you can spread it on top of the tortillas. Spread all of the remaining enchilada sauce on top of the tortillas until they are completely covered in sauce. Grate some cheese over top.

Bake the enchiladas, uncovered, at 350°F for 20 to 25 minutes, until the sauce is a deep red color and the enchiladas are heated through.

(Modified from <http://ohsheglows.com/2016/02/01/next-level-vegan-enchiladas/>)

Black bean tacos

2 cans black beans

Corn tortillas

1 TBS olive oil

½ onion diced

1 tsp Chili powder

1 tsp cumin

1 tsp garlic powder or 1 clove minced garlic

½ tsp paprika

½ tsp pepper or 2 drops [black pepper oil](#)

1 tsp salt

Lettuce

2 c cheese

2 chopped tomatoes

Sautee onions in oil, add black beans and seasonings. Fry tortillas in oil creating shells and build tacos

Stuffed Peppers

4 Bell peppers

Onion chopped

2 cups quinoa and wild rice

Sm jar pimentos

1 can black beans

1 tsp garlic powder or 1 clove minced garlic

1 tsp onion powder

1 tsp basil or 2 drops [basil oil](#)

1 tsp Italian seasoning



1 can tomatoes or 1 tomato chopped

Slice tops off of bell peppers. Set to the side to chop and add to sauté. Place upside down in backing dish with $\frac{1}{2}$ in water and bake to steam 20 min at 350 deg. While baking prepare quinoa/ wild rice- boil in 3c water until done. Sauté onion, garlic and pimentos along with the peppers. Mix into prepared quinoa/rice mixture. Take peppers out of oven. Drain water and flip right side up. Stuff peppers with mixture. Add a bit of tomato sauce or b-b-q sauce over the top if you want. Grate cheese over top and bake in oven 350 for 20 min.

Hearty Couscous with chickpeas & black beans

2 c couscous

3c water

1 Tbsp. bullion

2 cans chickpeas

1 can black beans

4 sweet peppers

Handful asparagus

½ tsp turmeric

¼ tsp salt

½ tsp paprika

¼ celery

½ tsp garlic powder

¼ tsp onion powder

Dash of oregano, dash of cayenne, basil, and thyme

Boil the couscous in 3 c water with the bullion 10-12 min. Stir in spices. Chop peppers and asparagus. Drain cans of chickpeas and black beans. Stir all together. Top with a little butter red cabbage chopped and parsley and Enjoy.



Spicy Black Bean Soup

Ingredients

1 tablespoon vegetable oil

1 1/2 cups chopped onion

2 cloves garlic, minced

4 teaspoons dried parsley

2 teaspoons salt

1 teaspoon celery salt

1 teaspoon Worcestershire sauce

2 cubes chicken bouillon

1 bay leaf

1/2 teaspoon ground black pepper or 1 drop [black pepper oil](#)

1/2 teaspoon ground mustard

1/4 teaspoon ground cayenne pepper

1/4 teaspoon dried oregano or [1 drop oregano oil](#)

1/4 teaspoon dried thyme or 1 drop [thyme oil](#)

1 (15 ounce) can kidney beans, drained and rinsed

1 (15 ounce) can black beans, rinsed and drained

1 (14.5 ounce) can Italian-style stewed tomatoes

1 (14.5 ounce) can diced tomatoes, drained

1 (4 ounce) can diced green chilies

Put everything into crock pot and stir together. Cook on high for 1 hour. Place on low or warm until serving. Top with sour cream, shredded cheese, or avocado and cilantro.

Vege Sante Fe Soup

4c cheese

1 onion, chopped

2 (14 ounce) can black beans

1 (14 ounce) can rotel

2 (14 -21 ounce) cans corn (can mix white or yellow)

1 cups water

1 (6 ounce) can green chilies (optional)

Pour into saucepan and cook over medium heat stirring frequently until cheese is melted. You can also cook this on low in your crock pot but you will need to stir it at least once an hour. Serve with tortilla chips or tortillas on the side.

Another lunch idea if you are worn out with black beans!

Egg Salad Sandwiches

Hard boil 2- 6 eggs about 10 min

Remove shells

Chop up add 1 TBS vegetarian mayonnaise or Greek yogurt

½ TBS Mustard

1 tsp dill weed (seasoning)

Dash salt and pepper or 1 drop [black pepper oil](#)

Put on bread with lettuce and tomato and enjoy

Cold Back bean Taco Salad

Ingredients

3 tomatoes diced

2 ripe avocados diced

1 15 oz can black beans , rinsed and drained

1 can sweet corn

1 bell pepper , diced

½ cup red onion , diced

1 jalapeno pepper , seeds removed, diced into very small pieces

½ cup Cilantro , finely chopped

DRESSING

½ cup olive oil

2 Tablespoons red wine vinegar

2 Tablespoons lime juice (fresh preferred)

1 teaspoon sugar

½ teaspoon salt

½ teaspoon pepper or 1 drop [black pepper oil](#)

1/4 tsp garlic powder

Tortilla chips , for serving

Instructions

Combine tomatoes, avocado, onion, black beans, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.

In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder. Pour dressing over other ingredients and stir/toss very well. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Modified from <http://www.spendwithpennies.com/cowboy-caviar/>

Lettuce Boats

1 c quinoa

2 c water

1 Tbsp. olive oil

½ Head cabbage

1 onion

1 bell pepper

1 can rotel tomatoes

1 can black beans

1 can corn

Handful cilantro

Head romaine lettuce

Siracha and avocado for garnish

Prepare quinoa and set aside. Chop up and Sauté cabbage, onion, corn, black beans, and bell pepper in oil. Mix all ingredients together and spoon into lettuce leaves. Top with siracha and chopped avocado.

(Modified from a friends recipe)

Shopping List

Black beans

Garbanzo beans

Kidney beans

Vegetarian refried beans

Tomatoes, whole canned, or rotel if you like spicy

Sweet Corn

Green chilies

Red chili enchilada sauce

Green chili enchilada sauce

Onions

Sweet peppers

Bell peppers

Asparagus

Baby spinach

Romaine lettuce

Cabbage

Sweet potatoes

Garlic

Avocados

Cilantro

Parsley

Black olives Pimentos

Couscous

Quinoa

Wild rice

Colby jack cheese

White corn tortillas

Tortilla chips

Eggs

Spice Cabinet

Black Pepper or Black pepper Vitality

Himalayan Sea salt

Olive Oil

Paprika

Cumin

Chili Powder

Bay leaves

Dried mustard

Thyme

Oregano

Italian seasoning

Raw sugar

Garlic powder

Onion powder

Lime juice

Red wine vinegar

Dill weed

Vegetarian Mayonnaise

Cayenne pepper

Celery

Turmeric

I hope you have enjoyed all of these family favorites from my house to yours. Keep experimenting and trying new things! Enjoy living well and Loving it!

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