



LESS MEAT = LESS HEAT

JOIN US FOR MEATLESS MONDAYS KICK-OFF FEBRUARY 3, 2021

You can do something about climate change with just this small change.

You can go to the Meatless Mondays website at

www.palmbeachstate.edu/meatless-mondays

or use the recipe below to get started.

Do not forget to post to Instagram [#pbscmeatlessmondays](https://www.instagram.com/pbscmeatlessmondays)

Sauté a green pepper, onion, and garlic in olive or avocado oil or whatever you have on hand on medium heat. Once the onion and green pepper have lost their shape, turn the heat down. Put a can of beans into the pot. Use as many cans as you will need. About one can will feed two people. You can add some broth here depending on what you want to do with the beans. For the soup, I add a little vegetable broth about a cup and some cilantro, and I let it simmer for about 10-15 minutes. I then serve into bowls with a little bit of avocado or salsa and tortilla chips. Quick and easy. You can put rice into the bowl for a complete protein.

Mash them and refry them for burritos or tacos. Use them to make black bean burgers. The beans will keep in an airtight container for 4-5 days in the refrigerator or several months in a freezer. For more recipe ideas, visit [Meatless Mondays](http://www.meatlessmondays.com) or check out how other people have used their beans on our website.