

Just because it's autumn doesn't mean you can't eat like it's Cinco de Mayo. Try these delicious, healthy recipes and make your fall a fiesta.

For more recipes visit Mercy site at Mercy.Wellfedme.org

CHIPOTLE BLACK-BEAN CHILI

Ingredients

- 3 cups dried black beans (or 1 1/2 cups cooked)
- 2 Tbsps olive oil
- 1 large green bell pepper, cored, seeded, finely chopped (about 2 cups)
- 2 large onions, finely chopped (about 6 cups)
- 8 cloves garlic, finely minced (about 1/3 cup)
- 2 large carrots finely chopped (about 2 cups)
- 1 Tbsp ground cumin
- 1 canned chipotle pepper in adobosauce, seeds discarded, finely chopped
- 2 Tbsps dried oregano leaves
- 1 28-ounce can low-sodium crushed or diced tomatoes
- 1/4 cup white vinegar
- 1 tsp pepper
- 2 cups low-sodium chicken stock

Directions

- Rinse beans well. In a large pot, cover beans with 6-9 cups of cold water. Cover and bring to a boil for 3-5 minutes. Drain beans into a colander, rinse and return to pot. Cover with 6 cups cold water and bring to a boil. Turn down heat and simmer for 90 minutes or until beans are tender, but still firm. (This cooking method replaces soaking the beans overnight.)
- Heat olive oil in a large skillet and sauté green pepper, garlic, onions, and carrots until very tender, about 10 minutes.
- When beans are finished cooking, drain and return to large pot. Add sauteed vegetables and the remainder of the ingredients.
- Bring to a boil and reduce heat to medium-low, simmer for 20 minutes, stirring often.
- Using an immersion stick, blend the soup to desired thickness. Garnish, and serve.

Serves: 12



Recipe and photo courtesy of WellfedMe

QUICK & HEALTHY BREAKFAST BURRITOS

Ingredients

- 5 eggs
- 2 Tbsps 1% milk
- 1 cup black beans, drained and rinsed
- 1/2 cup salsa of your choice
- 4 whole-wheat tortillas (8 inch), at room temperature
- 1/4 cup sour cream
- 2 Tbsps chopped cilantro
- Red chili flakes to taste

Directions

- In a small bowl, whisk together eggs and milk.
- In a small pot, mix together the black beans and salsa and heat.
- In a non-stick skillet over medium heat, cook eggs until done on one side, flip and cook on the other side. Cut into 4 equal slices.
- Lay tortillas on a work surface and top with eggs, 1/4 cup black bean mixture, 1 Tbsp sour cream, some cilantro, and chili flakes to taste. Then roll and eat.

Recipe and photo courtesy of WellfedMe

Serves: 12



PEAR QUESADILLAS

Ingredients

- 4 medium whole wheat tortillas
- 1 cup grated cheese (try cheddar or jack)
- 1 cup pear cubes (fresh or canned/drained)
- 1/2 cup finely chopped green or red peppers
- 2 Tablespoons minced onion (green, red, or yellow)

Directions

- Lay two tortillas on a clean cutting board or on two plates.
- Place 1/4 of the cheese on each tortilla.
- Divide pears, peppers, and onion between the two tortillas.
- Divide the remaining cheese between the two tortillas. Top with remaining two tortillas.
- Heat a skillet or griddle to medium (300 degrees in an electric skillet). Place one quesadilla in pan. Cook for 2-4 minutes, or until bottom of quesadilla begins to look a little brown.
- With large spatula, gently turn quesadilla over and cook the other side until a little brown, 2-4 minutes.
- Gently slide quesadilla onto plate. Cook the second quesadilla.
- Cut each cooked quesadilla into 4 pieces and serve.
- Refrigerate leftovers within 2 hours.

Recipes and photo courtesy of FoodHero.org