



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Tips to Stretch Your Food Budget!

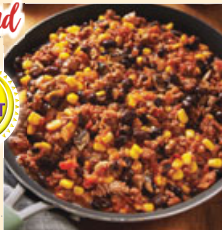
- Prep items all at once so nothing goes to waste.
- Use canned and frozen goods.
- Mix plant-based items with meats to help your entrée go further.
- Make a batch-cooked item that can be used in more than one recipe.

Try this blend of ground beef and mushrooms. It would be great in tacos or burritos, on a taco salad or nachos, stuffed into peppers, or as the meat sauce for a Mexican Lasagna. Check out these and other recipes at MushroomCouncil.com/recipes.

Mexican Mushroom-Beef Blend

Ingredients:

- 1 medium yellow onion
- 8 ozs. fresh mushrooms
- 1 lb. lean ground beef
- 1 Tbsp. olive oil
- 2 cans (15 oz.) black beans, drained
- 1 package (1 oz.) reduced sodium taco seasoning mix
- 1 can (15 oz.) crushed tomatoes
- 1 can (11 oz.) yellow kernel corn, drained



Directions:

1. In food processor, pulse onion and mushrooms to coarse texture. Set aside.
2. In large frying pan, brown ground beef. Drain fat. Set aside.
3. In same frying pan, heat oil. Add mushroom mixture and sauté 3-4 minutes, or until most moisture has been released. Add black beans and mix.
4. Add beef, taco seasoning, tomatoes and corn to black bean and mushroom blend. Mix and cook until heated through.

Recipe and image from MushroomCouncil.com/recipes.

Pepper Burrito "Bowls"

Ingredients:

- 3 large bell peppers
- 2 cups cooked brown rice
- 2 cups Mexican Mushroom-Beef Blend
- 1/2 cup shredded cheese
- **Optional toppings:** diced avocado, sour cream or plain Greek yogurt, salsa, cilantro



Directions:

1. Preheat oven to 350°F.
2. Cut peppers in half lengthwise and remove seeds. Place cut side up in a shallow baking dish. Set aside.
3. Cook brown rice as per package instructions. Set aside.
4. In a mixing bowl, add 2 cups of rice and 2 cups of Mexican Mushroom-Beef Blend. Stir to combine. Spoon rice mixture into each pepper half (approximately 1/2-3/4 cup).
5. Sprinkle each pepper with shredded cheese. Cover baking dish with foil and bake for 25-30 minutes, or until peppers are softened.
6. If desired, serve with chopped cilantro, diced avocado, sour cream, and salsa.

Recipe (adapted) and image from MushroomCouncil.com/recipes.