



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Black Eyed Peas Meal Prep

GROCERY ITEMS	
	Onion, 1 medium
	Garlic, 3 cloves
	Celery, 1/2 bunch
	Fresh greens, 12 ounces
	Sweet potato, 1 medium
	Eggs, 2 large
	Sour cream, 1/2 cup
	Milk, 3/4 cup

PANTRY ITEMS	
	Black eyed peas, dry, 1 pound
	Olive oil, 2 Tbsp
	Oregano, 1 tsp
	Smoked paprika, 1 Tbsp
	Cayenne pepper, 1/4 tsp
	Pepper
	Bay leaf, 1
	Vegetable broth, 6 cups
	Yellow cornmeal, 1 1/2 cups
	All purpose flour, 1 cup
	Sugar, 1/2 cup
	Baking powder, 1 Tbsp
	Salt, 1 tsp
	Cinnamon, 1/2 tsp
	Nutmeg, 1/2 tsp
	Canola oil, 2 1/2 Tbsp

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.