



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Portobello Fajita Meal Prep

GROCERY ITEMS	
	Portobello mushroom caps, 2
	Bell peppers (any color), 3
	Yellow onions, 2
	6" flour tortillas, 8
	Avocado, 1
	Cilantro, 1/2 bunch
	Lime, 2
	Sweet potato, 1 medium
	Eggs, large, 2
	Sour cream, 1/2 cup
	Milk, 3/4 cup
	Roma tomatoes, 2
	Jalapeno, 1
	Red onion, 1/4
	Black beans, 15 oz can
	Black eyed peas, 15 oz can

PANTRY ITEMS	
	Chili powder, 1 Tbsp plus 1/2 tsp
	Chipolte powder, 1/2 tsp
	Onion powder, 1/2 tsp
	Cumin, 2 tsp
	Garlic powder, 1/2 tsp
	Sugar, 1/2 cup plus 1 tsp
	Salt, 1 1/2 tsp
	Olive oil, 5 Tbsp
	Yellow cornmeal, 1 1/2 cups
	All purpose flour, 1 cup
	Baking powder, 1 Tbsp
	Cinnamon, 1/2 tsp
	Nutmeg, 1/2 tsp
	Vegetable or Canola oil, 2 1/2 Tbsp
	Balsamic Vinegar, 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.