



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Sweet Potato Taco Meal prep

GROCERY ITEMS	
	Sour Cream, 8oz.
	Sweet Potato, 1.25 lbs.
	Black Beans, 15oz. can
	Green Onions, 4
	Cilantro, 1/4 bunch
	Tortillas, 8 small
	Yellow Onion, 1 small
	Frozen Corn Kernels, 1 1/3 cup

PANTRY ITEMS	
	Garlic, 4 cloves
	Lime, 1
	Salt, 1.25 tsp
	Olive Oil, 1 Tbsp
	Cumin, 1.5 tsp
	Pepper
	Cooking oil, 2 Tbsp
	Long Grain White Rice, 2 cups
	Chili Powder, 1/2 Tbsp
	Oregano, 1/4 tsp

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