



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Black Bean and Avocado Enchilada Meal Prep

GROCERY ITEMS	
	Tomato Paste, 3oz.
	Black Beans, 15oz. can
	Avocado, 1
	Tomato, 1
	Green Onions, 2
	Frozen Corn Kernels, 1 cup
	Cilantro, 1 bunch
	Tortillas, 10
	Sweet Potatoes, 1.5 lbs.
	Lime, 1

PANTRY ITEMS	
	Vegetable Oil, 2 Tbsp
	All-Purpose Flour, 2 Tbsp
	Chili Powder, 2 Tbsp
	Cumin, 1.5 tsp
	Garlic Powder, 3/4 tsp
	Cayenne Pepper, 1/4 tsp
	Cocoa Powder, 2 tsp
	Salt, 1.75 tsp
	Olive Oil, 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.