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| Monthly Menu Dinner Ideas | | | | | | |
| M | T | W | T | F | S | S |
| Black Bean Tacos  Rice and Beans | Chile  cornbread | Italian veggies and Pasta | Chile cheese fries or tots | Veggie Fajitas | Black bean Salad with cous cous | Sweet -Potato Enchiladas  Rice and beans |
| Pizza | Nachos | Plain veggie burrito | Black bean burgers | Veggie burro | Loaded potatoes  zucchini | Hash |
| Stuffed Zucchini | Eggrolls/spring rolls wild rice | Purple cabbage  Rosemary garlic Potatoes  peppers | Stuffed peppers | Pasta primavera | Southwestern eggrolls | kababs |
| Salad | Grilled cheese with tomato | Lettuce boats | Stuffed pitas | Mediterranean pizza | Lasagna | Stir fry |
| Veggie pesto sandwiches | Eggplant parmesan | Sandwiches  Potato soup | Minestrone  soup | Green chili cheese enchiladas & rice | leftovers | Nachos |

**Black Bean Tacos**

1 can black beans

1 Onion

Corn tortillas

Lettuce

Tomatoes

Cheese

Olive oil

Chili powder

Garlic powder

Onion powder

Salt

Pepper

Canned tomatoes

Spanish rice

Vegetarian refried beans

**Cheater chili!**

1 can rotel tomatoes

1 pkg bear creek darn good chili

1 pkg hot chili seasoning blend

1 can black beans

1 can red kidney beans

Crock pot

Cheese and onions for topping

Mommy hates cooking cornbread recipe

**Italian veggies and Pasta** (spaghetti night for omnivores)

Sautee zucchini , bell peppers, tomatoes, onion, garlic in olive oil with Italian seasoning, pepper

Serve over noodles drained and drizzled in olive oil

**Fajitas**

5 kinds pepper and onion sautéed with fajita seasoning served with tortillas beans rice guac cheese and salsa

(meal prep slice peppers and onions ahead of time)

**Black bean Salad**

Black beans and corn seasoned southwestern style

Sautéed with onion and red peppers

Add spring mix

Green chili

Tomatoes

Guacamole

Green chili queso

Enjoy

**Plain veggie burro**

Sliced peppers, and whole beans in tortilla warmed

**Spicy veggie burro**

Black bean patty

Hummus ( can make your own here)

Pepper jack cheese

Lettuce

Tomato

Avacado

Tortilla chips

Pico de gallo ( make your own here)