

# 3 MEALS TO MAKE WITH FOOD FROM YOUR HOME DELIVERY BOX

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Try these ideas to turn your food box ingredients into a delicious meal!

## Peanut Butter Oatmeal Cookies

Mix 1/2 cup peanut butter and 1/2 cup packed brown sugar in a small bowl until fluffy. Mix in 1 egg. Add 1 and 1/4 cup quick oats and 1/2 teaspoon baking soda and mix well. Add raisins or dates if desired for extra sweetness. Scoop out about 2 tablespoons worth amounts of dough about 2 inches apart on a greased baking sheet. Bake at 350° F for 6-8 minutes. Serve and enjoy with a glass of milk!



Recipe and photo from: <https://www.tasteofhome.com/recipes/easy-peanut-butter-oatmeal-cookies/>

## Bean Dip

Bean dip is a perfect fall dish, especially with football season. It is customizable to your liking. Preheat your oven to 350° F. Just add some refried beans to a pan or casserole dish (greased or nonstick) and add whatever you like! Some common layers include sour cream, salsa, jalapenos, onions, and top with shredded cheese. Bake for about 20-30 minutes until cheese is bubbly and slightly brown. Top with lettuce and/or cilantro and serve with tortilla chips or bell pepper slices.



Recipe and photo from: <https://www.sweetandsavorybyshinee.com/3-ingredient-bean-dip/>

## Black Bean Chili

Note: If using raw/dried black beans, rinse them and soak them in a bowl of water overnight. Dice an onion and add it to a pot with some olive oil. Cook until they are translucent. Dice up a bell pepper and add it to the onions. Add in some garlic, a sprinkle of salt and some pepper. Add a couple cans of tomato sauce and fresh or canned diced tomatoes. Add the black beans and let simmer for about 45 minutes to 1 hour or until tender. Add chili powder to taste and serve. Top with cilantro, sour cream, and/or shredded cheese.



Photo from: <https://www.acouplecooks.com/black-bean-chili/>

