

# 6 Budget Egg and Bean Recipes

Meatless Monday | Under \$3 per serving | 30 minutes or less

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## RECIPE 1

### Spiced Black Bean and Egg Skillet

#### INGREDIENTS

- 2 cans black beans, drained
- 4 large eggs
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin + 1 tsp smoked paprika
- 2 tbsp olive oil, salt and pepper
- Serve with tortillas or rice

#### STEPS

1. Heat oil over medium. Cook onion 5 min until soft.
2. Add garlic and spices. Stir 60 sec until fragrant.
3. Add beans. Cook 3 min until edges crisp.
4. Make 4 wells. Crack in eggs. Cover 4-5 min until whites set.
5. Season and serve from the pan.

*Tip: No smoked paprika? Use regular paprika plus a pinch of cayenne.*

## RECIPE 2

### White Bean and Egg Stew

#### INGREDIENTS

- 2 cans white beans, drained
- 4 large eggs
- 1 can diced tomatoes (14 oz)
- 1 onion, 4 cloves garlic
- 1 tsp thyme, 1/2 tsp red pepper flakes
- 2 cups vegetable broth
- 2 tbsp olive oil, salt and pepper

#### STEPS

1. Cook onion in oil 5 min. Add garlic and spices 60 sec.
2. Add tomatoes and broth. Simmer 5 min.
3. Add beans. Simmer 5 min until broth thickens.
4. Make 4 wells. Crack in eggs. Cover 5 min.
5. Serve with crusty bread or over rice.

*Tip: No broth? Use water with 1 tsp soy sauce and a pinch of garlic powder.*

## RECIPE 3

### Chickpea and Egg Curry (30 Min)

#### INGREDIENTS

- 2 cans chickpeas, drained
- 4 large eggs, hard-boiled and halved
- 1 can coconut milk (13.5 oz)
- 1 can diced tomatoes (14 oz)
- 1 onion, 4 cloves garlic, 1 tbsp ginger
- 2 tsp curry powder, 1 tsp turmeric, 1 tsp cumin
- 2 tbsp oil, salt. Serve with rice.

#### STEPS

1. Hard-boil eggs 10 min. Cool, peel, and halve.
2. Cook onion in oil 6-7 min until golden.
3. Add garlic, ginger, spices. Stir 60-90 sec.
4. Add tomatoes. Cook 3 min. Add coconut milk and chickpeas.
5. Simmer 10 min. Nestle eggs in curry. Serve over rice.

*Tip: No coconut milk? Use 1 cup whole milk plus 1 tsp butter.*

## RECIPE 4

### Refried Bean and Egg Tacos

#### INGREDIENTS

- 1 can refried beans (16 oz)
- 6 large eggs
- 8 small corn or flour tortillas
- 1/4 cup salsa
- 1 tbsp butter or oil
- Salt and pepper
- Toppings: avocado, sour cream, hot sauce

#### STEPS

1. Warm refried beans in a saucepan over low heat.
2. Fry eggs to preference in butter over medium heat.
3. Char tortillas over a burner or in a dry skillet.
4. Spread beans on each tortilla. Add egg and salsa.
5. Top with whatever's on hand.

*Tip: No refried beans? Mash a can of pinto beans with oil, salt, and cumin.*

## RECIPE 5

### Lentil and Egg Bowl with Lemon

#### INGREDIENTS

- 1 cup dry green or brown lentils, rinsed
- 4 large eggs
- 2 cups vegetable broth or water
- 1 onion, 3 cloves garlic
- 1 tsp cumin, 1/2 tsp turmeric
- Juice of 1 lemon, 2 tbsp olive oil
- Salt and pepper. Serve over rice or bread.

#### STEPS

1. Cook onion in oil 5 min. Add garlic and spices 60 sec.
2. Add lentils and broth. Simmer covered 18-20 min.
3. While lentils cook, fry or poach eggs.
4. Stir lemon juice into lentils. Season well.
5. Serve in bowls topped with eggs.

*Tip: No lentils? Use canned lentils and reduce simmer to 5 min.*

## RECIPE 6

### Pinto Bean and Egg Breakfast-for-Dinner

#### INGREDIENTS

- 2 cans pinto beans, drained
- 6 large eggs, beaten
- 1 can diced tomatoes (14 oz)
- 1 onion, 3 cloves garlic
- 1 tsp cumin, 1/2 tsp oregano
- 2 tbsp oil, salt and pepper
- Serve over toast or rice

#### STEPS

1. Cook onion in oil 5 min. Add garlic and spices 60 sec.
2. Add tomatoes and beans. Simmer 8-10 min until thick.
3. Push beans aside. Scramble eggs in the same pan.
4. Fold eggs into beans or serve side by side.
5. Serve over toast or rice.

*Tip: No pinto beans? Navy or kidney beans work equally well here.*