



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Stuffed Bell Pepper Meal Prep

GROCERY ITEMS	
	Mexican Chorizo, 1/2 lb.
	Diced tomatoes with green chiles, 10 oz. can
	Black Beans, 2 15oz. cans
	Monterey Jack, 4 oz.
	Green Onions, 2
	Green Bell Pepper, 3 large
	Black Eyed Peas, 15oz. can
	Yellow Bell Pepper, 1
	Roma tomatoes, 2
	Jalapeño, 1
	Red onion, 1/4
	Cilantro, 1/4 bunch
	Lime, 1

PANTRY ITEMS	
	Cooked rice, 2 cups
	Chili powder, 1/2 Tbsp + 1/2 tsp
	Salt, 3/4 tsp
	Olive oil, 2 Tbsp
	Balsamic vinegar, 1/2 Tbsp
	Cumin, 1 tsp
	Sugar, 1/2 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.