



Black Bean Chili Recipes

Black Bean Chicken Chili

- 1 package **Black Bean Chili**
- 1 can of chicken (or 4 raw boneless chicken breasts, chopped)
- 1 can (28 oz) of diced tomatoes
- 3 cups water

Place all ingredients in saucepan. Simmer for about 30 minutes. Garnish with cheese and sour cream if desired.

Make a healthy Chicken Chili Salad by pouring soup mixture over chopped lettuce and tomatoes for a full flavored meal (with low Weight Watcher points!)

Chili Macaroni Bake – Make it for one person or the family!

- Cooked macaroni
- 1 to 2 cups prepared **Black Bean Chili**
- Grated Cheddar or Monterey Jack Cheese

Mix Chili with macaroni, pour into baking dish. Top with cheese. Bake until hot and bubbly. Serve with a dollop of Suddenly Salsa and sour cream.

Black Bean Chili Casserole

- 1 package **Black Bean Chili**
- 15 oz. can tomato sauce
- 1 lb. ground beef or turkey
- 1 package frozen whole kernel corn
- 8 ounces Cheddar or Monterey Jack cheese, grated (or more)
- 1 package egg noodles

Brown meat. Prepare Chili by directions adding corn and meat. Cook noodles. In buttered 9x13 dish, layer noodles, chili, cheese then repeat layers. Bake at 350 for about 20 min. Top servings with chopped tomatoes and sour cream.

Quick Bites with Black Bean Chili

Serve prepared Chili over rice and top with grilled chicken.

Use Chili instead of ground beef to make a Taco Salad.

Top a baked potato with Chili for a full meal!

Chili Dip - Melt Velveta in Chili, top with chopped onions.

Serve Chili (with or without meat) over spaghetti - top with cheese.

Quesadillas: Spread flour tortilla with Chili and cheese. Top with another tortilla, toast lightly in oiled pan or broiler.



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Mississippi Delta Fudge Pie Recipes

Add to Mississippi Delta Fudge Pie before baking: Pecans, walnuts, almonds, Reese's Pieces, Peanut Butter, Chocolate or White Chocolate Chips

Black Forest Pie: In a deep dish pie crust, put half of a prepared **Fudge Pie** mixture, then a layer of cherry pie filling, then top with remaining Fudge and bake. Serve a slice topped with whipped cream and a cherry.

"Dirt" Pie – Just for Kids: Fold chunks of **Fudge Pie**, chocolate pudding and "gummy worms" gently in a bowl. Serve in small clay flower pots or just in bowls with a spoon for digging and eating! Sprinkle with extra "worms."

Turtle Pie

- 1 **Mississippi Delta Fudge Pie**
- 3 eggs and 1 stick butter, melted
- $\frac{3}{4}$ cup chopped pecans
- 1 cup Caramel or Butterscotch Sauce from grocery store
- 1 pie crust

Mix Pie by directions with eggs and butter. Pour into crust, cover with pecans, bake at 350 for 40 min. While pie is hot, drizzle the Caramel Sauce over it.

Banana Cream Fudge Squares

- 1 **Mississippi Delta Fudge Pie Mix**
- 3 eggs and 1 stick butter, melted
- $\frac{1}{4}$ cup cold milk
- 1 small box vanilla pudding mix
- 8 ounces whipped topping
- 2 to 3 bananas
- $\frac{1}{2}$ cup chopped pecans

Prepare Pie as directed. Pour into buttered and floured 9x9 inch baking pan. Bake at 350 for about 40 minutes. Cool! Mix pudding and milk and beat until thick. Fold most of topping into pudding. Slice bananas over pie, spread pudding over bananas, covering completely. "Ice" with whipped topping, sprinkle pecans! Cut in squares.

Rocky Road Pie

- 1 **Mississippi Delta Fudge Pie**
- 3 eggs and 1 stick butter, melted
- 1 cup chopped pecans
- 1 cup miniature marshmallows
- 1 deep dish pie crust, unbaked

Prepare pie by directions, stirring mixture with a spoon. Fold marshmallows and pecans gently into mixture. Pour into crust, bake at 350 for about 40 minutes. Serve warm or cold with Caramel Pecan Sauce and/or vanilla ice cream.



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