

I successfully completed this goal.
This is what I did:

GetFIT Helpful Connections - Replace Meat with Beans

Replace $\frac{1}{2}$ of the ground beef with kidney beans in chili and other ground beef dishes. Mash the kidney beans in taco recipes.

Replace $\frac{1}{2}$ of the chicken in quesadilla recipes with black beans.

Add baked beans as a side dish (in place of meat).

Soups are a great place to add beans. Garbanzo beans (chick peas) have an especially meaty taste. **Canellini beans are** plump beans that add texture and flavor to soup. Mash to thicken soups.

Don't forget to add garbanzo beans to salads as a protein source.

Try soy-based products such as soy sausage patties and hot dogs, soy burgers, tempeh, (cultured soybeans) or falafel (spicy chick pea patties).

Veggie or garden burgers are alternatives to meat burgers.

Try tofu in stir fry recipes.

Spread flavored hummus (chickpea spread) on whole-wheat bread. Look for low-fat hummus prepared with little oil. Two tablespoons hummus equals 1 oz. meat.

Blend together drained tofu, Parmesan cheese, garlic, and spread on whole-wheat tortillas.

To reduce the sodium content of canned beans, drain and rinse the beans with warm water.

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