



Sloppy Wheat Joes

1 lb cooked ground beef
2 cups **cooked** wheat berries
1 can Manwich

Mix together and heat through. Serve on buns and add cheese if desired.



Black Bean Brownies

1 (19 oz) box brownie mix
1 (15 oz) can black beans

Rinse and drain the black beans. Then spoon the beans back into their can and fill the can with fresh water. Pour beans and water into a blender and puree until smooth. Add puree to the brownie mix and stir. Pour into a sprayed cake pan and follow the directions for baking as printed on the back of the brownie mix box.

Only 2 points per brownie for Weight Watchers!



Basic Cooked Wheat Berries

4 cups **raw** whole wheat
10 cups water
1 tsp salt

Oil a large (4 quart or larger) slow cooker and fill with wheat, water, and salt. Cover and cook on low all night, 8-10 hours. Cooked wheat may be bagged and stored in the refrigerator for at least a week or in the freezer for months.



Corn & Bean Salsa

1 cup cooked wheat berries
1 (15 oz) can black beans
1 (14.25 oz) can corn, drained
1 medium tomato, diced
1 small red onion, diced
¼ cup lime juice
1 tsp cumin
1 bunch cilantro, diced

Mix together and serve with tortilla chips.