



Dried Beans

Health Benefits of Beans

Beans are the key to a healthy diet. Inexpensive & versatile, beans are high in protein, nutrients & fiber, without the calories, saturated fat, cholesterol or price tag of animal products.

1/2 cup cooked or canned beans provides:

- 105-125 Calories (depending on the bean), 6-9 gm protein, 6-10 gm fiber, <0.5 gm fat, no cholesterol

Potential benefits of consuming beans:

- Excellent source of soluble fiber, which lowers cholesterol, maintains level blood sugars and helps you to feel full
- Excellent source of B vitamins & vitamin K, and minerals iron, potassium & magnesium for heart health and brain function
- Canned beans are as nutritious as those prepared at home. Seek out no-salt canned beans and be cautious of added fats
- Wash & boil dried beans in water until soft. Add to soups, pasta, casseroles, burritos & salads or mash into dips or spreads

For more information, visit: www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the Healthy Eating Active Living committee



Give Them More
of the
Good Stuff!

Bean Basics

Shop and Save

✿ Dried and canned beans are great food to keep on hand. You may want to stock up when they are on sale.

✿ Dried beans are usually cheaper than canned beans but take longer to cook. Canned beans are fully cooked and ready to use cold or heated.

✿ Bulk bins are a great place to find different kinds of dried beans. Buy just the amount you need.

Bean Math

1 pound of dried beans =

2 cups dried beans =

4 to 6 cups cooked beans

1 can (15 to 16 ounces) =

1½ to 1¾ cups
cooked beans

Beans are filled with protein,
fiber and vitamins and minerals
like folate and iron.



Using Beans

✿ Although each type of bean is slightly different, you can swap one type for another in most recipes. Use what you have or buy what is cheapest or on sale.

✿ You can replace 1 pound of meat with 2 cups of cooked beans in many recipes.

✿ Drain and rinse canned beans to reduce the sodium by 35% or more.

✿ Beans have a high nutrient content and can be used either as a protein food or a vegetable.

Store Well Waste Less

■ Store dry beans in an airtight container in a cool, dark, dry place. Label with the date they were purchased and try to use within 1 year for best quality.

■ Store cans of beans in a cool dry place. Look for a “BEST if used by” date on the can to help know how long to store them.

• If the can is leaking, bulging on the ends or spurts when opened, throw it away.

■ Refrigerate cooked or opened canned beans in a covered container that is not made of metal. Use within 5 days.

■ Freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.



Enjoy Beans

Cook Dry Beans in Three Easy Steps

1 Sort and Rinse—Sort to remove stones, seeds or damaged beans. Rinse well to remove dust.

2 Soak—Soak to speed up the cooking time. Choose a long or quick soak depending on how much time you have.

- **Long Soak**—Cover beans with plenty of water (8 cups of water for every 2 cups of beans); soak for 6 hours or overnight.

- **Quick Soak**—In a large saucepan, cover beans with plenty of water (8 cups of water for every 2 cups of beans) and bring to a boil. Boil the beans and water for 2 minutes. Turn off the heat and let them soak for 1 hour.

3 Cook—Drain and rinse the beans. In a large saucepan, add fresh water to cover the beans by at least 1 inch. Bring the beans and water to a boil then reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. Beans are done when you can easily mash them with a fork.

★ **Tip:** Wait until the beans are tender before adding salt or acidic ingredients such as tomato products, lemon or vinegar. If added too soon, these ingredients will delay softening of the beans.

Visit
FoodHero.org
for more
recipes using
beans.

Quick Chili

Ingredients:

- ½ pound lean **ground meat** (15% fat)
- 1 medium **onion**, chopped
- 1 can (15 ounces) **beans**, drained and rinsed (try kidney, small red or other types)
- 2 cans (14.5 ounces each) diced **tomatoes** with liquid
- 2 Tablespoons **chili powder**

Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Add beans, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Add water if chili becomes too thick. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- No meat on hand? Add another cup of beans.
- Serve with shredded cabbage, low-fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!

Makes 6 cups

Prep time: 5 minutes

Cook time: 20 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- find and remove small rocks or other seeds and plant parts from dried beans.
- use a colander to rinse dry or canned beans under cool running water.
- wash or chop vegetables.