

# Beans:

*The  
Healthy  
Choice  
for  
Every  
Meal*



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Delicious bean recipes for  
breakfast, lunch, dinner, and dessert

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

## Berry Bean Smoothie

*makes 8 servings | serving size: 6 oz.*

### NOTES:

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### Ingredients:

- \_\_\_ 15 oz. cooked and cooled Great Northern beans (substitute 1 can of beans, drained and rinsed, if desired)
- \_\_\_ 1 cup orange juice
- \_\_\_ 2 cups quartered strawberries, fresh or frozen

- \_\_\_ One 8 oz. can crushed pineapple with juice
- \_\_\_ 3 Tablespoons honey
- \_\_\_ 1 teaspoon ground cinnamon
- \_\_\_ ¼ teaspoon vanilla extract
- \_\_\_ 6–8 ice cubes (crushed works best)

### Preparation:

1. In a blender or food processor process all ingredients, except ice cubes.
2. Add ice cubes and blend until smooth.
3. Serve in glasses.

**Tip:** Add a banana for thicker, smoother texture.



For more recipes visit



### Nutrient information per serving:

Calories: 125; Fat: 0g; Protein: 4g; Total Fiber: 3.5g; Cholesterol: 0mg; Calcium: 39.5mg (4%); Iron: 1mg (6%); Sodium: 6mg; Carbohydrates: 28g



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**Chef's Tip:** Check beans for doneness before eating. When cooked properly, beans should be tender but not mushy. Skins should still be intact, but the bean can be mashed easily between two fingers or with a fork. [More](#)

**Beans—Naturally fat-free!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Lunch

## Kale and White Bean Soup

*makes 8 servings | serving size: 1 cup*

### NOTES:

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### Ingredients:

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|---|---|
| ___ 1½ cups onion, diced  | ___ ½ teaspoon fresh rosemary,<br>roughly chopped |
| ___ 1½ Tablespoons extra virgin olive oil   | ___ 1 teaspoon kosher salt                        |
| ___ ½ teaspoon garlic, minced   | ___ ⅛ teaspoon freshly ground black pepper        |
| ___ ½ pound (dry weight) cannellini beans,<br>cooked (roughly 2½ cups cooked)           | ___ 2 cups carrots, medium dice                   |
| ___ 4 cups vegetable stock (plus a bit more<br>to adjust liquid to your personal taste) | ___ 7 cups kale, chopped                          |
| ___ 1 bay leaf  | ___ ¾ cup parmesan cheese, grated                 |

### Preparation:

1. Sauté onions in oil for 5 minutes or until soft. Add garlic and cook for an additional minute.
2. Add cooked beans, stock, salt, pepper, bay leaf, and rosemary and simmer for 10 minutes.
3. Add carrots and cook another 5 minutes.
4. Add kale and cook about 12 minutes or until kale is tender. Add more vegetable stock if your soup needs more liquid, and warm through.
5. Check seasoning, adjust as needed, and serve sprinkled with grated parmesan cheese.



For more recipes visit



### Nutrient information per serving:

Calories: 212; Fat: 5g; Protein: 13g; Total Fiber: 8g; Cholesterol: 7mg;  
Calcium: 254mg; Iron: 4mg; Sodium: 670mg; Carbohydrates: 29g



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**Chef's Tip:** Cook only one kind of bean at a time. Different varieties and ages of beans have different cooking times, so never cook different varieties of beans together at the same time. [More](#)

**Beans—High in iron and folic acid!**



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Snack

## Guacamole with Pinto Beans

*makes 8 servings | serving size: ¼ cup***NOTES:**


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**Ingredients:**

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| ___ 2 avocados, very ripe                          | ___ 1 teaspoon cilantro, chopped           |
| ___ ½ cup pinto beans, cooked until soft           | ___ Lime juice, to taste                   |
| ___ ⅓ cup red onion, small dice                    | ___ ¼ teaspoon salt, Kosher                |
| ___ 1 Tablespoon poblano chili peppers, small dice | ___ ⅓ teaspoon pepper, black, fresh ground |
| ___ ¼ cup tomatoes, small dice                     |  |

**Preparation:**

1. Pit and scoop the avocados. Using a potato masher or a fork, mash them in a small bowl.
2. Mash the cooked pinto beans and add to the avocados.
3. Mix in the onions, chili peppers, tomatoes, and cilantro.
4. Season with lime juice, salt, and pepper. Serve with tortilla chips.



For more recipes visit

**Nutrient information per serving:**

Calories: 105; Fat: 8g; Protein: 2g; Total Fiber: 5g; Cholesterol: 0mg;  
Calcium: 0mg; Iron: 1mg; Sodium: 65mg; Carbohydrates: 9g



**Chef's Tip:** Maintain water at a gentle simmer (not rapid boil) during cooking to prevent split skins. [More](#)

**Beans—Naturally gluten-free!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Salad

## 3 + 3 Bean Salad

makes 16 servings | serving size: ½ cup

## NOTES:

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## Ingredients:

- \_\_\_ 1 16 oz. can green beans, drained
- \_\_\_ 1 15 oz. can Dark Red Kidney beans, drained, rinsed
- \_\_\_ 1 15 oz. can Garbanzo beans, drained, rinsed
- \_\_\_ 1 15 oz. can Great Northern or Navy beans, drained, rinsed
- \_\_\_ 1 15 oz. can Pinto beans, drained, rinsed
- \_\_\_ 1 15 oz. can Black beans, drained, rinsed
- \_\_\_ ¼ cup sliced green onions and tops

## Ginger Dressing

- \_\_\_ ½ cup canola oil
- \_\_\_ ¾ cup apricot preserves
- \_\_\_ ½ cup cider vinegar or rice wine vinegar
- \_\_\_ ¼ cup sugar
- \_\_\_ 1 teaspoon ground ginger

## Preparation:

1. Mix the ingredients for the ginger dressing in a small bowl.
2. Put the drained beans and onion in a large bowl with a cover. Add the dressing and mix. Cover and refrigerate.
3. Turn the bowl over occasionally during the first few hours to mix the dressing and ingredients. Serve cold.



For more recipes visit



## Nutrient information per serving:

Calories: 234; Fat: 8g; Protein: 13g; Total Fiber: 4g; Cholesterol: 0mg;  
Calcium: 65mg; Iron: 2mg; Sodium: 317mg; Carbohydrates: 34g



**Chef's Tip:** Add oregano, thyme, garlic, parsley or any other herbs/spices any time during cooking. However, keep in mind that flavors of herbs and spices tend to diminish the longer they are cooked. [More](#)

Beans—Both protein and vegetable, according to ChooseMyPlate.gov!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Dinner

## Spinach and Black Bean Burritos with Salsa

*makes 16 servings | serving size: ½ burrito*

### NOTES:

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### Ingredients:

#### Salsa

- \_\_\_ 2 cups plum tomatoes, diced
- \_\_\_ 2 Tablespoons fresh poblano chili, seeded and minced
- \_\_\_ 2 Tablespoons fresh cilantro, chopped
- \_\_\_ 1 clove garlic, minced
- \_\_\_ ½ cup onion, diced
- \_\_\_ 4 ½ teaspoons lime juice, fresh
- \_\_\_ ¾ teaspoon salt

#### Burrito

- \_\_\_ 1 ⅓ cups black beans, dry
- \_\_\_ 2 ½ teaspoons extra virgin olive oil
- \_\_\_ 1 clove garlic, minced
- \_\_\_ ¼ cup onion, diced
- \_\_\_ 1 teaspoon ground cumin
- \_\_\_ 2 ½ teaspoons fresh oregano, chopped
- \_\_\_ ¾ teaspoons salt
- \_\_\_ 3 Tablespoons water
- \_\_\_ 1 cup spinach steamed and chopped (approximately 1 lb. cooked spinach)
- \_\_\_ 2 cups Queso Fresco, grated
- \_\_\_ Eight 6-inch flour tortillas

### Preparation:

1. In a large pot of water cook the black beans until tender. Cooking time depends upon how old and “dry” the beans are.
2. In a medium-sized mixing bowl combine all salsa ingredients, mix thoroughly, and set aside.
3. Heat oil over medium heat. Add onions and sauté for 5 minutes, add garlic and cook an additional minute.
4. Add cumin, oregano, and salt and cook for one minute.
5. Add beans and water and cook for approximately 8 minutes. Remove from heat and keep warm.
6. Assemble burritos by evenly distributing the spinach, beans, cheese and salsa among the eight tortillas. Roll up as desired and serve.



For more recipes visit



### Nutrient information per serving:

Calories: 177; Fat: 7g; Protein: 8g; Total Fiber: 5g; Cholesterol: 11mg;  
Calcium: 116mg; Iron: 1mg; Sodium: 435mg; Carbohydrates: 21g



**Chef's Tip:** Using black bean puree in place of flour in recipes is a great way to reduce calories and add fiber to baked goods (especially brownies and cookies). If your recipe calls for a cup of flour, try swapping it with a cup of black bean puree! [More](#)

**Beans—Naturally sodium-free!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Dessert

# Fudgy Black Bean Brownies

*makes 16 servings | serving size: one brownie (2x2")*

## NOTES:

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## Ingredients:

- \_\_\_ One 15-ounce can black beans, drained and rinsed
- \_\_\_ 3 large eggs
- \_\_\_ 3 Tablespoons canola oil
- \_\_\_ ¾ cup granulated sugar
- \_\_\_ ½ cup unsweetened cocoa powder

- \_\_\_ 1 teaspoon vanilla extract
- \_\_\_ ½ teaspoon peppermint extract, optional
- \_\_\_ ½ teaspoon baking powder
- \_\_\_ Pinch salt
- \_\_\_ ½ cup mini semi-sweet chocolate chips, divided

## Preparation:

1. Preheat the oven to 350°F. Lightly oil or coat an 8 x 8 inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla, peppermint extract as desired, baking powder, and salt and process until smooth. Add ¼ cup of the chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining ¼ cup chocolate chips.
4. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares.



For more recipes visit



## Nutrient information per serving:

Calories: 120; Fat: 5g; Protein: 3g; Total Fiber: 2g; Cholesterol: 40mg; Calcium: 15mg; Iron: 1mg; Sodium: 120mg; Carbohydrates: 19g



**Chef's Tip:** Rinsing your canned beans well reduces the sodium content by 40%. [More](#)

**Beans—High in protein, dietary fiber and potassium!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Supper

## Southwest Fajita Wrap

*makes 24 servings | serving size: ½ wrap*

### NOTES:

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### Ingredients:

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| ___ 12 tortillas, 10 inch                                | ___ 4 ounces jalapenos, roasted, peeled, small diced |
| ___ 1½ pounds chicken breasts, roasted, medium diced     | ___ 2 Tablespoons cilantro, chopped                  |
| ___ ¾ cup mayonnaise                                     | ___ 1 teaspoon salt, kosher                          |
| ___ 3 teaspoons ancho chili powder                       | ___ ¼ teaspoon black pepper, fresh ground            |
| ___ ½ pound red beans, dry                               | ___ 3 cups romaine lettuce, thin sliced              |
| ___ ½ pound corn, kernels                                |  |
| ___ 6 ounces green chilies, roasted, peeled, small diced |  |

### Preparation:

1. Roast, cool and dice chicken breasts.
2. Bring 2 quarts of water to a boil and cook red beans to a boil. Reduce to a simmer and cook until tender. Drain and cool completely.
3. Combine mayonnaise and chili powder.
4. Combine mayonnaise mixture with chicken, chilies, beans, corn and seasoning.
5. Lay tortilla on ½ piece of parchment on cutting board.
6. Spoon 6 ounces of chicken mixture on tortilla, add ¼ cup romaine, tuck in edges and roll.
7. Roll in parchment and cut in half on bias, keep chilled for service.



For more recipes visit



### Nutrient information per serving:

Calories: 217; Fat: 9g; Protein: 10g; Total Fiber: 1g; Cholesterol: 13mg;  
Calcium: 40mg; Iron: 1mg; Sodium: 640mg; Carbohydrates: 24g



**Chef's Tip:** Canned beans can substitute for dry beans in many recipes. 1 pound (2 cups) dry beans equals 5 to 6 cups cooked beans. A 15½ to 16 ounce can of beans, drained equals 1⅔ cups cooked beans. 1 pound of dry beans cooked, equals 3 cans (15½ to 16 ounce) of cooked beans. [More](#)

**Beans—A diabetes superfood!**





*Special thanks to:*

*Liz Weiss, MS, RD, Janice Newell*

*Bissex, MS, RD, Chef Ann Cooper, and*

*Chef Brielle Bustamante.*



## Useful links:

The Bean Institute

[www.BeanInstitute.com](http://www.BeanInstitute.com)

North Dakota State University Extension Service "All About Beans"

[www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/all-about-beans-fn-1643](http://www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/all-about-beans-fn-1643)

The World Bean Kitchen

[www.ciaprochef.com/northarvest](http://www.ciaprochef.com/northarvest)

Meal Makeover Moms

[www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)



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