



Simply Delicious. Naturally Nutritious.

BEANS

Simply Delicious BEANS. Naturally Nutritious.

It's hard to find a simply delicious, naturally nutritious food that provides more benefits than beans. Beans are available dry or canned. Both canned and dry beans are a unique food, one that counts as either a protein-rich food or a vegetable.

Dry beans cost less per serving, but cooking dry beans takes time. Using canned beans is a quick, convenient way to add beans to any dish or meal. Canned beans do contain added salt, however draining and rinsing will remove about 40% of the added salt. Open the can, pour the beans into a sieve, strainer or colander and rinse with cold water until the foam is gone. They are ready to eat, use in a recipe or meal.

Choose Beans and Live Well!



Chili Dog Stew



Baja Bean Tacos



Breakfast Bean Burrito



Baked Beans



Quick White Chili

DID YOU KNOW?

Additional benefits from fiber is the feeling of being full and bowel regularity.

Food	Serving Size	Fiber	Food	Serving Size	Fiber
Navy Beans	½ cup	10 g	Black Beans	½ cup	8 g
Kidney Beans	½ cup	8 g	Lentils	½ cup	8 g
Almonds	¼ cup	4 g	Peanuts	¼ cup	2 g
Blueberries	1 cup	4 g	Whole Wheat Bread	1 slice	2 g
Apple	1 medium	4 g	Wild Rice	1 cup	2 g
Quinoa	½ cup	3 g	Brown Rice	½ cup	2 g
Strawberries	1 cup	3 g	Spinach	1 cup	1 g

Don't let fear of flatulence rob you of the many benefits of beans when eaten as part of a healthy meal and snack. Enjoy them regularly so you experience all the nutrition benefits. Remember the more you eat, the less you may toot!



Calico Beans



Black Bean Brownie

Chili Dog Stew | 6 servings

Ingredients

1 tablespoon vegetable oil or cooking spray
1 14-16-ounce package hot dogs
1 small onion, chopped fine
1 11-ounce can bean and bacon soup
1 15.5-ounce can beans, drained and rinsed
1 15-16-ounce can vegetarian with beans chili
1 14-15-ounce can diced tomatoes
1 teaspoon prepared mustard
½ – 1 ¼ cups water
1 teaspoon chili powder, optional

Method

1. Heat medium to large frying pan, add oil and spread around pan. Brown hot dogs on all sides, turning often. Remove hot dogs to cutting board.
2. Add onion to frying pan, sauté, stirring to cook evenly.
3. Slice hot dogs lengthwise, cut crosswise into ½ inch wide pieces.
4. Put onion and hot dogs into 3 – 6 quart pot. Add remaining ingredients, stir. Heat to simmer. Stir carefully and often.
5. Serve hot stew with crackers or cornbread, fruit and milk.

Optional: Substitute 1 can tomato soup, 2 cups any canned tomato product for diced tomatoes. Omit water for thicker stew. Use leftover hot dogs.

Nutrition Information: Each serving has 206 calories, 4g fat, 15g protein, 26g carbohydrates, 6.5g fiber, 16g calcium, 3.5mcg folate, 28mg potassium and 243mg sodium.

Baja Bean Tacos | 6 servings

Ingredients

½ cup onion, chopped
1 tablespoon vegetable oil
1 15.5-ounce can kidney beans
1 15.5-ounce can pinto or black beans
2 teaspoons chili powder
¼ teaspoon cumin
¼ teaspoon garlic powder, or dry or fresh minced garlic
¼ teaspoon onion powder
¼ teaspoon black pepper
1 cup cheddar cheese, shredded
½ cup Monterey Jack cheese, shredded
12 6-inch corn or flour tortillas
1½ cups lettuce, shredded
¾ cup tomato salsa
¾ cup sour cream or yogurt

Method

1. Sauté onion in oil until tender, about 5 minutes.
2. Drain and rinse each can of beans. Coarsely chop or mash kidney beans. Combine beans, onions, spices and cheese. Pour mixture into greased 1½-quart casserole.
3. Bake, covered, in a 350°F oven 20 to 30 minutes, until heated through.
4. To serve, scoop ¼ cup filling into each tortilla; top with 2 Tbsp. lettuce and 1 Tbsp. each tomato salsa and sour cream or yogurt. Roll tortilla. Serve.

Tip: Filling may also be used as a bean dip.

Nutrition Information: Each serving has 452 calories, 19g fat, 19g protein, 49g carbohydrates, 12g fiber, 350mg calcium, 65mcg folate, 267mg potassium and 736mg sodium.

[Check out beaninstitute.com for more bean recipes](http://beaninstitute.com)

Baked Beans | 10 servings

Ingredients

3 15-ounce cans white beans
8 ounces raw bacon, cut into small pieces
¼ cup diced onion
½ cup unsulphered molasses
¼ cup catsup
1 teaspoon prepared mustard
1 cup water

Method

1. Drain beans, rinse until foam is gone.
2. Cut bacon into small pieces.
3. In a bean pot or 3-quart covered casserole, combine all ingredients. Cover with lid or foil.
4. Bake 1 hour at 325°F. Stir. If beans are browning, re-cover and continue baking an additional hour. If beans are not browning, increase temperature 25 degrees, cover, check every 30 minutes until beans turn brown. Add water if beans look dry on top.
5. Serve as a vegetable, side dish or main dish with whole wheat bread and fruit.

Beans are a best bet for B-complex vitamins including folate

Nutrition Information: Each serving has 260 calories, 10g fat, 8g protein, 34g carbohydrate, 8g fiber, 114mg calcium, 24mcg folate, 550mg potassium and 280mg sodium.

Beans, Beans the Magical Fruit, the More You Eat, the Less You May Toot!

A healthy gut contributes to overall physical and mental health. Fiber is very important for a healthy gut. Beans have twice as much fiber as most other foods. But, because beans contain harmless, indigestible and soluble fiber and sugars, they may cause your gut to react with gas. But, you can solve this problem!

DID YOU KNOW?

You can cut down or eliminate bean GAS!

Add beans slowly, one tablespoon at a time, to your meals over an 8 or 12-week period until you are eating a ½ to ⅓ cup daily serving. **Gently, slowly is the best policy.** Then continue to eat beans on a regular basis, 3 to 6 days a week, and you may have little or no problem with gas.

Black Bean Brownies | 24 servings

Ingredients

1 cup canned or home-cooked black beans
½ cup cocoa powder
4 eggs
½ cup butter or margarine
2 cups white sugar
¾ cup all-purpose flour
1 teaspoon salt
½ teaspoon baking powder

Method

1. Drain black beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed.
2. Mix cocoa, eggs, butter, sugar, and black bean puree in a bowl until well blended.
3. Mix flour, salt and baking powder in a small bowl and stir into wet mixture.
4. Grease a 9x13-inch pan with cooking spray. Pour batter into pan, spread evenly.
5. Bake 40 minutes at 350°F or until brownies test done with a toothpick.
6. Sprinkle with powdered sugar. Cut into 24 bars.

Nutrition Information: Each serving has 143 calories, 5g fat, 2g protein, 24g carbohydrates, 1g fiber, 17mg calcium, 9mcg folate, 42mg potassium and 177mg sodium.

Cooking with Dry Beans: 4 Simple Steps

1. **Clean the beans.** Pick up a handful or pour beans into a shallow container. Remove and discard small stones, dirt, twigs and broken beans. Pour the beans into a strainer, rinse with cold water.
2. **Hot Soak.** Fill a 6-8 quart pan with 10 cups of water, heat water to boiling. Add 2 cups beans and 1 teaspoon salt, boil 2-3 minutes. Remove from heat. Cover, let stand 4-16 hours. Drain and rinse beans with cold water.
3. **Cooking beans.** Rinse the pan, add beans, cover with fresh, cold water and 1 teaspoon salt. Stir and cover. Simmer. After 10 minutes, test a bean for tenderness. Test every 30 minutes until tender.
4. **When beans are tender, remove from heat.** Follow recipe directions or refrigerate 3 days or freeze in 1 or 2 cup containers. Thaw in microwave or refrigerator.

Beans are a smart choice with big flavor and a small price

Hints for Tender Beans

1. Use **Hot Soak** for tender dry beans. For quicker soaking and cooking, add 1 teaspoon salt for each 2 cups of dry beans.
2. Dry beans will not soften when cooked with acid or calcium ingredients. Acidic ingredients are tomatoes, vinegar, catsup, chili sauce and lemon juice. Molasses contains both acid and calcium. If you have hard water which contains calcium, use bottled or filtered water for both soaking and cooking.
3. **FOOD SAFETY:** Because beans are a high-protein, low-acid food, handle them like meat: keep hot dishes hot – 140° to 165°F, and cold dishes cold – under 40°F.
4. Recipe and manufacturer recommendations for your crockpot and oven temperature settings may be too hot or cold. After you use your appliances, record your findings for future reference and adjust accordingly. Use your knowledge to be a successful cook.

Breakfast Bean Burrito | 1 serving

Ingredients

1 10-inch flour tortilla, whole wheat or plain
¾ cup canned, drained, and rinsed black beans
1 scrambled egg
¼ cup shredded Cheddar or Monterey Jack cheese
2 tablespoons salsa

Method

1. Lay the tortilla on a cutting board or large dinner plate.
2. Place the beans in the center, top with scrambled egg, cheese and salsa.
3. Roll up to form a burrito.
4. Microwave 30-60 seconds.

For a quick grab-and-go breakfast, make burrito the night before. Assemble your burrito as described above with the exception of adding the salsa. Wrap in plastic-wrap or place in a covered container. Refrigerate overnight. Remove from plastic or container. Microwave 30-60 seconds, top with salsa.

Nutrition Information: Each serving has 585 calories, 20g fat, 32g protein, 70g carbohydrates, 15g fiber, 960mg potassium and 1,025mg sodium.

[Check out beaninstitute.com for more bean recipes](http://beaninstitute.com)

Quick White Chili | 12 servings

Ingredients

4 15.5-ounce cans great northern or navy beans
2 tablespoons vegetable oil
2 onions, diced
2 teaspoons garlic powder
2 teaspoons cumin
2 teaspoons oregano
2 12.5-ounce cans chicken or 1½ pounds ground turkey or chicken, browned
1 4-ounce can medium diced green chilies

Method

1. Drain and rinse beans.
2. In a skillet over medium heat, sauté onions in oil. Add garlic, cumin and oregano to skillet, stir, sauté 2 or 3 minutes. Add beans, onion-herb mixture, chicken and liquid, chilies and 1½ cups water to crockpot. Stir.
3. Cover and cook on High 2-4 hours, Low 4-8 hours.

Tips: This recipe may be cut in half; label and freeze ½ can of chilies in plastic bag for next batch. One pound of home-cooked beans may be substituted for canned beans.

Topping: 8 ounces reduced-fat shredded cheese

Nutrition Information: Each serving has 240 calories, 6g fat, 21g protein, 26g carbohydrate, 9g fiber, 181mg calcium, 37mcg folate, 354mg potassium and 540mg sodium.

Calico Beans | 12 servings

Ingredients

½ pound bacon, cut into 1-inch pieces
1 pound lean ground beef
1 medium onion, chopped
1 15.5-ounce can dark red kidney beans
1 15.5-ounce can light red kidney beans
2 15.5-ounce cans great northern or navy beans
1 15.5-ounce can pinto beans
2 16-ounce cans baked or pork and beans
¾ cup brown sugar
½ cup chili sauce or catsup
2 tablespoons vinegar
1 teaspoon dry mustard

Method

1. Fry bacon in skillet until crisp. Discard all fat.
2. Brown ground beef and onion in same skillet.
3. Drain and rinse kidney, white and pinto beans; do not drain baked or pork and beans.
4. Combine all ingredients in a large pot. Cover. Bake at 350°F for 45-60 minutes, until hot.
5. Or combine in a crockpot. Cover and cook on High 2-4 hours, Low 4-8 hours.
6. Serve hot with whole wheat bread, salad, fruit and milk. Refrigerate leftovers. This bean dish freezes well and is also a popular potluck dish.

Nutrition Information: Each serving has 481 calories, 16g fat, 24g protein, 64g carbohydrates, 14g fiber, 117mg calcium, 108mcg folate, 886mg potassium and 1,224mg sodium.