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!**

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Navy Beans</td>
<td>½ cup</td>
<td>10 g</td>
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<tr>
<td>Kidney Beans</td>
<td>½ cup</td>
<td>8 g</td>
</tr>
<tr>
<td>Almonds</td>
<td>¼ cup</td>
<td>4 g</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>4 g</td>
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<tr>
<td>Apple</td>
<td>1 medium</td>
<td>4 g</td>
</tr>
<tr>
<td>Quinoa</td>
<td>½ cup</td>
<td>3 g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>3 g</td>
</tr>
</tbody>
</table>

**DID YOU KNOW?**

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

- Black Bean Brownie
- Baja Bean Tacos
- Baked Beans
- Breakfast Bean Burrito
- Calico Beans
- Quick White Chili
- Chili Dog Stew

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!
Chili Dog Stew | 6 servings

Ingredients
- 1 teaspoon chili powder, optional
- ½ – 1 ¼ cups water
- 1 14-15-ounce can diced tomatoes
- 1 14-16-ounce package hot dogs

Nutrition Information:
- Each serving has 126 calories, 4g fat, 15g protein, 26g carbohydrates, 6.5g fiber, 16g calcium, 3.5mcg folate, 28mg potassium and 177mg sodium.

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 combine even. Add diced tomatoes.
- 3. Slice hot dogs lengthwise, cut crosswise into ½ inch wide pieces.
- 5. Serve hot stew with crackers or cornbread, fruit and milk.

Optional:
- Substitute 1 cup tomato soup, 2 cups any canned tomato product for diced tomatoes. Omit water for thickner. Use leftover hot dogs.

Baja Bean Tacos | 6 servings

Ingredients
- ¾ 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
- ½ teaspoon garlic powder, or dry or fresh minced garlic
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- 1 cup cheddar cheese, shredded
- ½ cup Monterey Jack cheese, shredded
- 12-6-in corn or flour tortillas
- ½ cup lettuce, shredded
- ½ cup tomato salsa
- ½ cup sour cream or yogurt

Nutrition Information:
- Each serving has 452 calories, 19g fat, 37mcg folate, 49g carbohydrates, 12g fiber, 585mg calcium, 20g protein, 70g potassium and 1,025mg sodium.

Method
- 1. Saute onion in oil until tender, about 5 minutes.
- 2. Drain and rinse each can of beans. Carefully 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 ½ cup filling into each tortilla; top with 2 Tbsp. lettuce and 1 Tbsp. each tomato salsa and sour cream or yogurt. Roll tortilla. Serve.

Quick White Chili

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, chicken and tomato paste. Season with salt and pepper.
- 3. Cover and cook on High 2-4 hours, Low 4-8 hours. When beans are tender, remove from heat. Puree beans and liquid in food processor or blender. Serve with shredded cheese.

Baked Beans | 10 servings

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

Nutrition Information:
- Each serving has 260 calories, 10g fat, 8g protein, 34g carbohydrate, 8g fiber, 17mg calcium, 9mcg folate, 42mg potassium and 177mg sodium.

Method
- 1. Drain beans, rinse until foam is gone.
- 2. Cut bacon into small pieces.
- 3. In a bean pot or quality 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, Beans the Magical Fruit, the More You Eat, the Less You May Toot!

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

Breakfast Bean Burrito | 1 serving

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
- 12 15-5-ounce cans or 1½ pounds ground turkey or chicken, browned
- 14 ounce can mondial diced green chilies
- 1 cup shredded Cheddar or Monterey Jack cheese
- 2 tablespoons salsa

Nutrition Information:
- Each serving has 585 calories, 20g fat, 70g carbohydrates, 15g fiber, 960mg potassium and 1025mg sodium.

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.

Calico Beans | 12 servings

Ingredients
- 1 4-ounce can medium or mild green chilies
- 2 16-ounce cans baked or pork and beans
- 1 15.5-ounce can pinto beans
- 1 medium onion, chopped
- ½ pound bacon, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 1 teaspoon salt

Nutrition Information:
- Each serving has 481 calories, 16g fat, 26g protein, 64g carbohydrates, 9g fiber, 17mg calcium, 108mcg folate, 886mg potassium and 1224mg sodium.

Method
- 1. Wash and soak beans with cold water, drain and rinse. Have beans ready to cook.
- 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 4-6 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 for 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 or freeze in 1 or 2 cups containers. Thaw in microwave or refrigerator.

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

Nutrition Information:
- Each serving has 19g protein, 49g carbohydrates, 12g fiber, 350mg calcium, 181mg calcium, 37mcg folate, 354mg potassium and 540mg sodium.