

# BEANS

**Beans are a healthy, low cost alternative to meat.**



## **Beans:**

- can be bought canned or dried.
- are naturally low in sodium and fat.
- are a good source of fiber and potassium.
- contain the same amount of protein as meat.

## **Canned Beans:**

- are ready to eat.
- do not need soaking or cooking.
- can be used in salads, salsa, soups, chili or dips.

## **Dried Beans**

Inspect beans before soaking and discard any foreign objects or broken beans.  
Rinse beans thoroughly in cold water before soaking.

## **2 Ways to Soak Dry Beans**



### **Quick Soak**

- Step 1** - Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
- Step 2** - Bring to boil and boil for an additional 2 to 3 minutes.
- Step 3** - Remove beans from heat, cover and let stand for 1 hour.
- Step 4** - Drain beans and discard soak water.
- Step 5** - Rinse beans with fresh, cool water.

### **Traditional Soak**

- Step 1** - Pour cold water over the beans to cover.
- Step 2** - Soak beans for 8 hours or overnight.
- Step 3** - Drain beans and discard soak water (beans will appear wrinkled after soaking).
- Step 4** - Rinse beans with fresh, cool water.

## **How to Cook Dry Beans**

- After soaking, simmer beans in fresh water.
- Beans generally take 30 minutes to 2 hours to cook, depending on the variety (check bean package for cooking times).
- During cooking, drop in a tablespoon of oil to prevent foaming and boil-overs.
- Add warm water as needed during the cooking process to keep the beans covered.
- Stir beans occasionally to prevent sticking.
- When done, beans should be tender but not mushy.
- Drain beans immediately after they become tender to stop the cooking process and prevent over-cooking.



# Recipes

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## Super Cheesy Beans

(Serve with bread, tortillas, or crackers and a salad)

2 teaspoons vegetable oil                      2 cups cooked beans (or a 15.5 oz can of beans)  
½ cup chopped onion                          ½ cup grated cheese (cheddar or mozzarella)

Heat oil in a large pan. Add onion and cook until clear. Rinse and drain beans. Add beans to onion mixture. Mash beans (use a little water if necessary). Sprinkle cheese over beans. Stir to melt cheese and serve.

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## Three-Can Chili

(Serve with crackers or cornbread)

1 can (15 ounce) pinto or kidney beans  
1 can (14 ounce) tomatoes, diced or stewed  
1 can (15 ounce) corn  
1-3 teaspoons chili powder

Optional additions:

½ teaspoon oregano  
½ teaspoon cumin  
2 teaspoons onion powder

Pour cans of beans, tomatoes and corn with liquid into a medium-sized pan. Stir. Add chili powder and other spices, as desired. Simmer 10 minutes. Taste; add more chili powder ½ teaspoon at a time, if desired.



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## Cowboy Caviar

(Serve with tortilla chips)

For marinade combine:

½ cup sugar  
½ cup apple cider vinegar  
¼ cup canola oil  
¼ cup olive oil

Bring to a boil. Let simmer for 5 minutes. Let cool.

For bean mixture, in a large bowl combine:

1 bell pepper, diced  
3-4 stalks of celery, diced  
1 small red onion, diced  
1 can of pinto beans, rinsed and drained  
1 can of black eyed peas, rinsed and drained  
1 can of corn with peppers (fiesta corn), may also use regular canned corn

Pour marinade over bean mixture. Cover and place in refrigerator until chilled. Drain marinade before serving. Keep refrigerated.