
What to do with... **Dry Beans**



Storage:

1. Store dry beans in a cool dry place for up to one year
2. Store cooked beans in the refrigerator for up to 4 days
3. Freeze cooked beans for up to 6 months

There are many different types of beans. They are common in many cultures and cuisines.

Use in:

- Rice or grain bowls
- Burritos and salsas
- Soups, chilis, stews
- Crush or grind to make patties as a substitute for meat
- Combine with grains and veggies for salads
- Add to omelettes

General nutrition information:

- Good source of protein and fiber
- Low in fat

Steps to prepare dry beans (kidney, black, pinto):

1. Rinse the beans with cold water and remove any beans that look bad (like shriveled), small stones, or other debris
 2. Place clean beans in a pot
 3. Add water to beans. Use about 5 cups of water for 1 cup of dry beans
 4. Bring beans to a boil
 5. Cook the beans by bringing them to a boil for 10-15 minutes, then simmering on medium low heat until soft, about 2-4 hours. You can also place the beans in a slow cooker on low for 4-8 hours after soaking overnight
 6. Add onion, pepper, celery, carrots, or other vegetables to the pot while cooking
- Do not add salt or tomato sauce until the beans are almost tender

Spice and seasoning suggestions:

- Garlic and cilantro
- Parsley, lemon juice, and garlic
- Chili powder
- Salt, black pepper, and olive oil
- Oregano, basil, and black pepper
- Turmeric, paprika, cumin, and garlic powder



Recipes

Dry Beans

Nutrition information for 1 cup raw:

Vitamin A ~ 0% DV
Vitamin C ~ 2% DV
Magnesium < 85% DV
Potassium ~ 21% DV
Calcium ~ 6% DV
Fiber ~ 15% DV

Sausage, Bean, and Collard Greens Soup

Ingredients:

- 1 teaspoon olive oil
- 8 ounces sweet Italian turkey sausage link
- 1 pound canned low-sodium white beans, drained and rinsed
- 2 potatoes, diced
- 1 onion, diced
- 1 carrot, diced
- 2 garlic cloves, minced
- 4 cups collard greens, roughly chopped
- 8 cups water
- 2 reduced sodium bouillon cubes
- ¼ cup reduced fat grated Parmesan cheese

Instructions:

- Heat oil in a pot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add kale to pot and cook until wilted.
- Add bouillon cubes and water to the pot. Bring to a boil. Reduce heat, cover with lid, and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Serve with Parmesan cheese.



Nutrition Facts

4 servings per container	
Serving size	1 serving (607.79g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 25g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 5mg	25%
Potassium 1290mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NOTE: This recipe is considered high in sodium. Draining and rinsing canned beans may reduce their sodium amounts by up to 40%.

(Recipe adapted from <https://eatSMARTmoveMoreVA.org/recipes/sausage-bean-and-kale-soup/>)

Southern Style Pinto Beans

Ingredients:

- 1 pound dry pinto beans, rinsed
- 16 cups water, divided
- 1 onion, diced
- 3 garlic cloves, minced
- 2 teaspoons ground black pepper
- 5 slices less sodium turkey bacon

Instructions:

- Rinse the beans and check for any small stones or other debris.
- Add beans and water to a bowl, enough to completely submerge the beans, about 8 cups. Soak the beans overnight. Discard the soaking water and rinse the beans.
- Add beans, onion, garlic, and black pepper to a stock pot along with 6-8 cups of water, or stock for extra flavor, and turkey bacon. You can use ham hock for flavor as well if you prefer. There should be enough water to cover the beans by 2 inches. Add extra liquid to the beans as they cook if needed.
- Simmer beans over a medium heat for 2 hours or until desired tenderness.



Nutrition Facts

6 servings per container	
Serving size	1 serving (737g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 50g	18%
Dietary Fiber 12g	43%
Total Sugars 2g	
Includes 0g Added Sugars	
Protein 18g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 4mg	20%
Potassium 1110mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NOTE: Other seasonings can be used to taste if desired such as cayenne pepper, onion powder, garlic powder to add the flavors you enjoy.

(Recipe adapted from: <https://www.food.com/recipe/southern-style-pinto-beans-498172>)



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