

Beans, Beans, Beans!



Cooking dried beans is easy as 1-2-3!

1. Sort

Lay dried beans out on a large cake pan or tray. Sort through them to remove any small rocks or dirt pieces. Put beans in a strainer or colander and rinse with cold water.

2. Soak

Place rinsed beans in a large cooking pan. Cover with 3 cups of water per 1 cup of beans (or 10 cups water per 1 pound package dried beans). Use either the quick soak or overnight soak.

Quick Soak: Bring beans to a boil and boil for 2- 3 minutes. Remove from heat and cover. Let stand for 1 - 4 hours. Do not remove lid while beans are soaking.

Overnight Soak: Cover beans with cold water and let soak overnight in refrigerator.

3. Cook

Drain off soaking water. Rinse the beans and the pan with fresh water. Return beans to pan and cover them with fresh water and bring to a boil. Reduce heat and simmer until tender. Most beans will be tender in 2 hours. Chickpeas may take up to 3 hours.

Bean Counting

- 1 cup of dried beans = 2 - 3 cups cooked beans
- 1 pound of dried beans = 5 - 6 cups cooked beans
- 1 - 15 1/2 ounce can (drained) beans = 1 1/2 cups cooked beans

Storing Beans

Store packaged dry beans in a cool dry place. Cover and refrigerate cooked beans for 3 - 4 days. Freeze for up to six months in freezer containers or bags.

Bean Cooking Tips

- Usually, any bean variety can be substituted for another in a recipe.
- Onions, herbs and spices such as oregano, parsley, thyme and garlic may be added to beans anytime during the cooking process.
- Add acidic ingredients such as tomatoes, vinegar, ketchup, chili sauce, molasses, lemon juice or wine as well as salt after beans have been fully cooked. They can prevent beans from becoming tender.
- Do not add soda to soften beans, it destroys B vitamins in the beans.
- Always rinse canned beans before adding to any recipe.
- Lentils and dried peas do not need to be soaked. They cook in a shorter time, approximately 30 minutes.

Beans are good for you! High in fiber, protein, iron, folate, potassium and complex carbohydrates, they are low in sodium and fat.

The problem with eating beans ...

- Add beans to the diet slowly over a period of several weeks. Once you are eating beans on a regular basis, intestinal gas will be less of a problem.
- Use the hot soak method of soaking beans (instead of the cold water overnight method). This method reduces many of the gas-producing substances in beans.
- Always discard soaking water and rinse beans with fresh water after soaking.
- Chew beans well to help digest them.
- Drink plenty of water and other fluids to help your system handle the extra fiber in beans.

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Bean Recipes

Barbeque Bean Casserole

1 pound ground beef
1 large onion, chopped
1/4 cup brown sugar
1/2 cup catsup
2 tablespoons vinegar
1/2 teaspoon pepper
15 ounce can kidney beans
15 ounce can pork and beans
15 ounce can great northern beans, lima beans or butter beans



1. Cook ground beef in dutch oven until no pink remains. Drain off all fat. Add chopped onion to skillet and sauté until translucent, about 5 minutes.
2. Add brown sugar, catsup, pepper and beans. Mix well.
3. Place dutch oven in oven and bake at 350 degrees for one hour. Or, cook on low heat on top of stove, stirring frequently for 30 minutes.

Makes 8 servings. Nutrition information per serving: 270 calories, 20g protein, 6g fat, 38g carbohydrate, 8g fiber, 830mg sodium.

Quick Bean Dish Ideas

- Add black beans, red beans or kidney beans to a vegetable or pasta salad to make it a protein-rich main dish
- Mash cooked beans, spread on a soft tortilla, heat and eat! Optional toppings: cheese, lettuce, tomato, salsa
- Use 2 cups beans in pasta sauce instead of meat when making spaghetti, goulash or other pasta dishes
- Add 2 cups of beans to vegetable soup...instead of, or along with meat
- Add beans to leftover cooked rice for a quick main dish

Italian Wedding Minestrone Soup

2 teaspoons cooking oil
1 onion, chopped
2 or 3 large garlic cloves, minced
2-14 1/2 ounce cans (3 1/2 cups) low sodium chicken broth
1 16 ounce can stewed tomatoes or diced tomatoes
1 16 ounce can kidney beans, drained and rinsed
1 10 ounce package frozen vegetables or 1 1/4 cups fresh vegetables, peeled and chopped
1 teaspoon dried pasta, such as rotini, macaroni, or small shells

1. Heat oil in large saucepan. Sauté onion and garlic.
2. Add broth, tomatoes, beans, frozen or chopped vegetables, and seasoning. Stir to mix. Bring to boil on medium-high heat.
3. Stir in pasta. Reduce heat to medium-low. Simmer about 20 minutes until the pasta is tender.

Makes 8 servings, 1 cup each. Nutrition information per serving: 133 calories, 7g protein, 2.3g fat, 23g carbohydrate.

Confetti Bean Salsa

1 15 ounce can red or black beans
1 11 ounce can corn
1 cup salsa

Rinse beans and corn under cold running water and drain thoroughly. Combine beans, corn and salsa in medium sized bowl.

Serve with tortilla chips, cut up raw vegetables or as a topping for baked potatoes, quesadillas or wraps.

Makes 6 servings 1/2 cup each. Nutrition information per serving: 117 calories, 6g protein, .5g fat, 24g carbohydrate.