

# Can-Do BEANS



## *Three Bean Chili*

Servings: 6

### Ingredients

- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- Salt and pepper to taste
- Two 14.5- to 16-ounce cans low-sodium stewed tomatoes
- One 14.5-ounce can black beans, drained and rinsed
- One 14.5-ounce can kidney beans, drained and rinsed
- One 14.5-ounce can pinto beans, drained and rinsed
- 1 cup chicken or beef broth
- ½ cup water

### Directions

1. In a large skillet over medium heat, combine all ingredients.
2. Simmer uncovered until thickened, about 10 minutes.
3. Enjoy! Refrigerate leftovers immediately.

### **Additional cooking tip**

Add extra flavor and nutrition with veggies. Try adding onion, bell peppers, diced carrots, corn or any other vegetable you like.

## Quick Quesadilla Pockets

Servings: 6

### Ingredients

- Nonstick cooking spray
- One 15.5-ounce can pinto beans, drained and rinsed
- One 15-ounce can corn, drained
- $\frac{3}{4}$  cup salsa
- $1\frac{1}{2}$  cups shredded cheddar or Mexican blend cheese
- Six 8-inch tortillas

### Directions

1. Preheat the oven to 400°F. Lightly coat a large baking sheet with cooking spray and set aside.
2. In a pot over medium-heat, mix beans, corn and salsa until heated through, stirring occasionally. Reduce heat to low. Add cheese and stir until cheese melts, about 1 minute.
3. Spoon 2-3 tablespoons of the bean and cheese mixture evenly over half of each tortilla. Fold over and press down gently. Place each on the baking sheet.
4. Bake until tortillas become crisp at the edges, approximately 8 minutes. Cut into quarters and serve.
5. Enjoy! Refrigerate leftovers immediately.



### Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Draining and rinsing canned beans can reduce the sodium content by as much as 41%.
- You can use prepared bouillon cubes instead of canned chicken broth.
- If a recipe calls for fresh herbs and you would like to use dried, use  $\frac{1}{3}$  of what the recipe asks because dried herbs are more potent. If a recipe calls for dried herbs and you would like to use fresh, triple the amount called for in the recipe.

## ***Three Bean Salad***

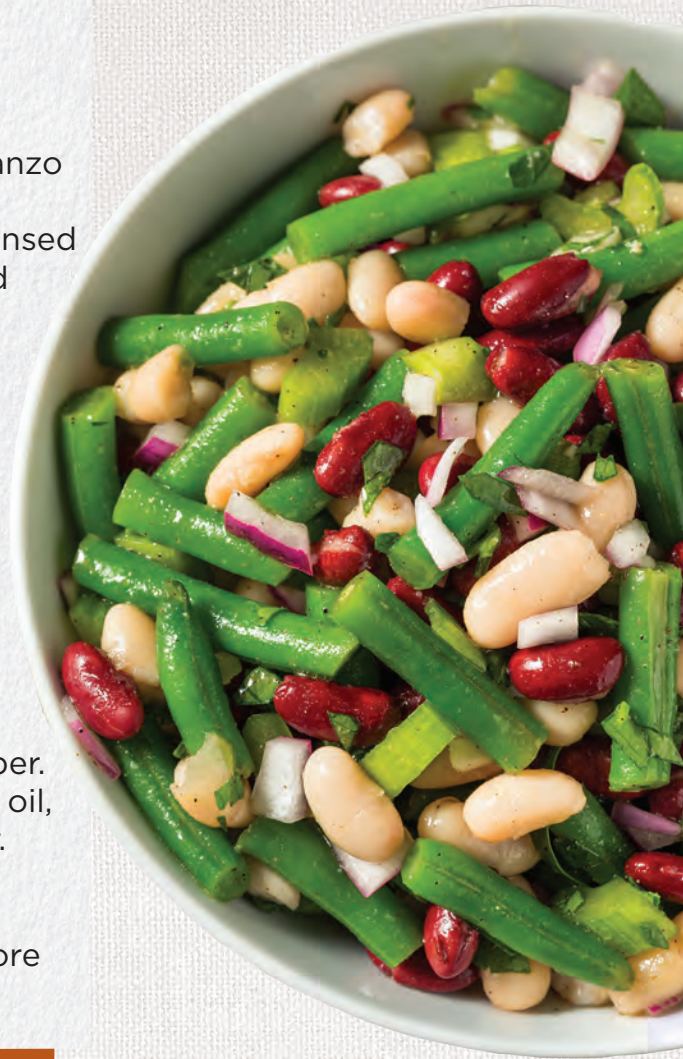
Servings: 6

### **Ingredients**

- One 15-ounce can chickpeas (also called garbanzo beans), drained and rinsed
- One 15-ounce can kidney beans, drained and rinsed
- One 15-ounce can Northern beans, drained and rinsed
- ¼ cup diced red onion
- ½ bell pepper, chopped
- ¼ cup vegetable oil
- ¼ cup apple cider vinegar
- ½ teaspoon salt
- 1 tablespoon sugar
- ½ teaspoon oregano
- ½ teaspoon garlic powder

### **Directions**

1. Wash hands and surfaces.
2. In a large bowl, mix beans, onion and bell pepper.
3. In a small bowl, make a dressing by combining oil, vinegar, salt, sugar, oregano and garlic powder. Whisk with a fork to combine.
4. Pour dressing over bean mixture.
5. For best flavor, refrigerate at least 2 hours before serving.



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## **Succotash**

Servings: 8

### **Ingredients**

- 1 tablespoon butter or margarine
- One 15.25-ounce can diced tomatoes
- Two 15.25-ounce cans lima beans, drained
- One 15.25-ounce can corn, drained
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon dried sage
- Salt and pepper to taste

### **Directions**

1. In a skillet over medium-high, place butter.
2. Add all ingredients including the liquid from tomatoes.
3. Cook until vegetables are heated through, approximately 10 minutes.
4. Enjoy! Refrigerate leftovers immediately.

