

At the Grocery Store

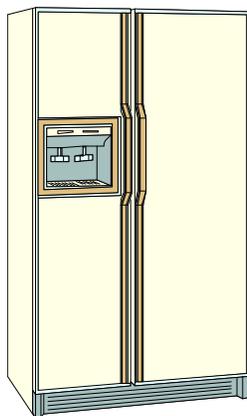
- Buy the amount of dry beans you will use within six months.
- Look for clean, firm, whole beans.



Dried Beans

Keeping Dry Beans Safe

- Dried beans and peas may be stored for up to 12 months. Put them in airtight containers. Put the containers in a cool, dry place.
- Store cooked beans in a covered container in the refrigerator. Use within one or two days.
- Once they are opened, canned beans need to be put into covered plastic or glass containers. Store in the refrigerator.
- Cooked beans may be frozen. Place in a covered glass or plastic container. Store in the freezer for up to six months.
- To use frozen cooked beans, thaw in the microwave or in the refrigerator.



Quick, nutritious, and economical for your family!

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WNEP education is supported by the USDA Food Share Program, UW--Extension, and local partners. Food Share (previously known as Food Stamps) can help provide a healthy diet. To find out more about Food Share, call 715-232-7360. Updated 2/2012.



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Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

The USDA Choose My Plate Helps Build a Healthy Diet



Cooked Dried Beans are Part of a Healthy Diet

- Dry beans can be a part of the Meat, Poultry, Fish, Dry Beans, Eggs and Nut group or the Fruits and Vegetables group but not both groups in the same meal.
- Dry beans can replace meat for variety in meals and to control cost.
- Dry beans provide protein, carbohydrates, fiber and many vitamins and minerals.
- Dry beans are a good choice for low fat diets because they have little fat.
- 1/2 cup of cooked beans equal one ounce of lean meat or about 1/3 of a serving from this food group.

Cooking Hints

- 1 cup dry beans makes 2-3 cups cooked beans.
- Cook more beans than you need. Freeze for future meals.
- Canned beans can be substituted for dried beans in cooking. If the recipe calls for ¾ cup of dried beans (before soaking and cooking,) substitute a 16-ounce can of beans, drained and rinsed.

- To make refried beans: Mash cooked beans. Heat mashed beans using just enough fat to keep beans from sticking. Pinto beans usually work best.

Cooking Dry Beans

Sort & Rinse Beans. Throw away any that are discolored or shriveled. Rinse beans in cold water.

Soak Beans. Use one of the following methods:

Quick Soak

1. Place 1 pound of dry beans in a large pan with 6 cups of water.
2. Bring to a boil. Boil for 2 minutes.
3. Remove from heat, cover and let stand for 1 hour.
4. Drain beans.

Overnight Soak

1. Place 1 pound of dry beans in a large pan with 6 cups of water.
2. Let soak overnight.
3. In the morning, drain beans.

Cook Dry Beans.

1. Place soaked beans in a large pan..
2. Cover beans with water and bring to a boil.
3. Reduce heat to low and simmer until tender, stirring occasionally. Beans are done when they are fork tender.
4. Drain excess liquid.
5. Most beans will take 1½ to 2 hours to cook this way.

Creative Uses for Dry Beans



Bean & Cheese Casserole



Lentil Soup with Bread



Bean Tacos or Burritos



Pea Soup with Milk



Red beans with Rice



Baked Beans & Corn Bread

Menu Idea:

Bean & Cheese Enchiladas
Lettuce Salad
Oatmeal Cookies
Lowfat Milk

Bean & Cheese Enchiladas

(8 servings)

*Per serving: 355 calories,
17 grams of fat*

3 Tablespoons chili powder
2 Tablespoons flour
2 Tablespoons vegetable oil
1 can (8 ounces) tomato sauce
2 cups water
¼ teaspoon sugar (optional)
10 small soft tortillas
2 cups (or 16-ounce can)
refried beans
2 cups cheese, Colby or
cheddar, grated
1 medium onion, chopped

In a small saucepan, combine chili powder, flour, oil, tomato sauce, water and sugar. Cook over medium heat until slightly thickened. Spread ½ cup of the sauce over the bottom of an 8" x 12" pan. Dip tortillas, one at a time, into cooked sauce. Place 2 to 3 Tablespoons beans and 2 Tablespoons grated cheese on center of tortilla and roll up. Place rolled tortillas side-by-side in the pan. Pour remaining sauce over. Sprinkle with onion and remaining cheese. Bake at 350° for 30 minutes.

Menu Idea:

Turkey Sandwiches
Carrot & Celery Sticks
Pinto Bean Fiesta Cake
Lowfat Milk

Pinto Bean Fiesta Cake

(12 servings)

*Per serving: 233 calories,
5 grams of fat*

1 cup sugar
2 teaspoons
vanilla
¼ cup butter or
margarine
1 egg, beaten
2 cups pinto
beans, cooked and mashed
1 cup flour
½ teaspoon salt
½ teaspoon ground cloves
1 teaspoon baking soda
½ teaspoon allspice
1 teaspoon cinnamon
2 cups raw apples, diced
1 cup raisins
½ cup chopped nuts (optional)



Preheat oven to 375°. Mix together sugar, butter and vanilla. Add beaten egg and beans. Mix all dry ingredients together; add to sugar mixture. Add apple, raisins and nuts. Pour into greased 9" x 13" pan and bake at 375° for 45 minutes. If you wish, frost the cake. Tastes like spice cake.

Menu Idea:

Rice and Red Beans
Breadsticks
Frozen Orange Juice Popsicle
Lowfat Milk

Rice and Red Beans

(8 servings)

*Per serving: 543 calories,
3 grams of fat*

1 Tablespoon vegetable oil
1 medium onion, chopped
¼ teaspoon garlic powder
2 medium tomatoes, finely
diced
1 medium green pepper,
chopped (about 1 cup)
2 medium stalks celery, sliced
(about 1 cup)
½ teaspoon diced oregano
1 can (15-ounce) red beans,
rinsed and drained
4 cups cooked brown or white
rice

Place oil in large skillet and heat. Add the onion. Sauté until soft. Add the garlic, tomatoes, green pepper, celery, and oregano. Cover the skillet; simmer the mixture (bubbling lightly) for about 5 minutes or until the vegetables are crisp-tender. Add the beans and simmer, stirring occasionally, until heated through. Add salt and pepper, if desired, to taste. Spoon the vegetable-bean mixture over rice. Refrigerate leftovers.

Menu Idea:

Grilled Chicken
Range Top Baked Beans
Coleslaw
Watermelon Slices
Lowfat Milk

Range Top Baked Beans

(6 servings)

*Per serving: 319 calories,
2 grams of fat*

1 ¾ cups dry beans, Great
Northern or navy
4½ cups water
½ cup cooked smoked pork
shoulder or ham
¼ cup onion, chopped
½ cup brown sugar, packed
½ cup catsup
1 Tablespoon prepared mustard

Soak beans overnight, using 4½ cups water. Drain and rinse beans. Cover with fresh water. Add meat and bring to a boil. Cover and simmer on low heat until beans are tender, 1½ to 2 hours. Do not stir. Add remaining ingredients. Simmer 35 minutes, or until beans are soft but not mushy. Stir only to prevent sticking. Refrigerate leftovers.



Snack Idea:

Chili Bean Dip
Raw Vegetables
Flour Tortillas, Crackers
or Chips
Lowfat Milk

Menu Idea:

Full of Beans Hot Dish
Coleslaw
Corn Bread
Pineapple Slices
Lowfat Milk

Menu Idea:

Terrific Bean Tacos
Corn
Grapes
Lowfat Milk

Menu Idea:

Ham Sandwich
Marinated Three Bean Salad
Chocolate Pudding
Lowfat Milk

**Chili Bean Dip**

(8 servings, 1/4 cup each)
Per serving: 60 calories and 1/2 gram of fat (without cheese)

- 1 can (16 ounce) kidney beans or pinto beans, drained **or** 2 cups of cooked dried beans
 - 3/4 teaspoon chili powder
 - 2 Tablespoons chopped onion
 - 2 Tablespoons shredded cheese (optional)
 - 1/4 teaspoon cumin
 - 1 Tablespoon vinegar
 - 1/4 head lettuce, shredded (optional with tortillas)
1. Mash beans in a bowl.
 2. Add onion and chili powder.
 3. Add shredded cheese, if desired.
 4. Serve with vegetables, flour tortillas, crackers, or chips.

Full of Beans Hot Dish

(8 servings)
Per serving: 347 calories, 13 grams of fat

- 1 pound ground beef
- 1 large onion, chopped
- 1/4 cup brown sugar
- 1/2 cup catsup
- 2 Tablespoons vinegar
- 1/2 teaspoon pepper
- 1 can (15 ounces) **or** 2 cups cooked kidney beans
- 1 can (15 ounces) pork and beans
- 1 can (15 ounces) **or** 2 cups cooked lima beans **or** butter beans **or** great northern beans

1. Cook ground beef and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in casserole dish.
4. Bake in the oven at 350° for 1 hour.

**Terrific Bean Tacos**

(8 servings)
Per serving: 218 calories, 11 grams of fat

- 1 small onion
- 2 teaspoons vegetable oil
- 2 cups refried beans
- 8 taco shells or flour tortillas
- 1/2 head lettuce, chopped
- 2 tomatoes, chopped
- 1 cup (4 oz.) cheese, shredded
- Taco sauce

1. Stir-fry chopped onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

**Marinated Three Bean Salad**

(6 servings)
Per serving: 283 calories, 9.8 grams of fat

- 1 can (about 16 ounces) green beans, drained
- 1 can (about 16 ounces) lima beans, drained
- 1 can (about 16 ounces) red kidney beans, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup vinegar
- 1/4 cup salad oil
- 3 Tablespoons sugar
- 1 teaspoon celery seed
- 1 clove garlic, minced

1. Combine beans, onion and green pepper. Set aside.
2. In a small mixing bowl, combine remaining ingredients. Mix well.
3. Add dressing to vegetables and stir lightly.
4. Cover and chill for up to 24 hours, stirring often.