

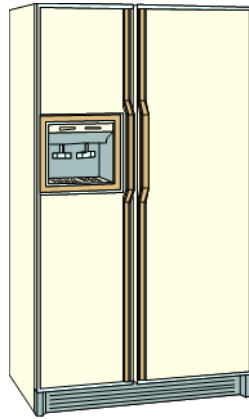
## At the Grocery Store

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



# Dried Beans



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## Nutrition Education Program

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

# 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 fat diets because they have little fat.
- 1/2 cup of cooked beans equal one ounce of lean meat or about 1/3 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 3/4 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.

**Menu Idea**  
**Black Bean Burgers**  
 Whole Wheat bread or bun  
 Apple slices  
 Low fat Milk

**Black Bean Burgers**  
 (4 servings)  
*Per serving: 200 calories,  
 6 grams of fat*

- 1 can low sodium black beans
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/4 cup onion, minced
- 1/4 teaspoon pepper
- 1 tablespoon oil
- Optional: cheese sliced, lettuce leaves, mushrooms, onion, tomato

1. Mash beans with a fork
2. Stir mashed beans, egg, bread crumbs, onion, pepper, and oil together until combined. Shape into 4 inch patties. Wash hands.
3. Heat a skillet over medium heat. Spray with nonstick cooking spray.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties and cook for 4 more minutes on the other side.
5. Serve with optional ingredients.

**Menu Idea**  
**Turkey Sandwiches**  
 Carrot & Celery Sticks  
 Pinto Bean Fiesta Cake  
 Low fat Milk

**Pinto Bean Fiesta Cake**  
 (12 servings)  
*Per serving: 233 calories,  
 5 grams of fat*

- 1 cup sugar
- 2 teaspoons vanilla
- 1/4 cup butter or margarine
- 1 egg, beaten
- 2 cups pinto beans, cooked and mashed
- 1 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 teaspoon baking soda
- 1/2 teaspoon allspice
- 1 teaspoon cinnamon
- 2 cups raw apples, diced
- 1 cup raisins
- 1/2 cup chopped nuts (optional)



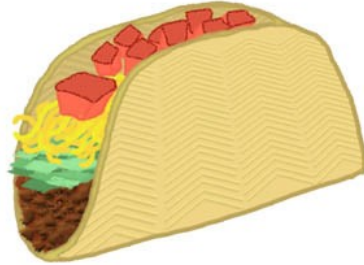
1. Preheat oven to 375°.
2. Mix together sugar, butter and vanilla. Add beaten egg and beans. Mix all dry ingredients together; add to sugar mixture. Add apple, raisins and nuts.
3. Pour into greased 9" x 13" pan and bake at 375° for 45 minutes.
4. If you wish, frost the cake. Tastes like spice cake.

## Lentil Tacos (6 servings)

*Per serving: 350 calories,  
11 grams of fat*

**Menu Idea**  
**Lentil Tacos**  
**Corn**  
**Grapes**  
**Low fat Milk**

- 1 tablespoon oil (canola or vegetable)
- 1 onion, diced
- 2 cloves garlic, diced (or ¼ teaspoon garlic powder)
- 1 cup dried lentils
- ½ package (1.25 ounces) of 40% less sodium taco seasoning
- 3 cups water
- 12 corn tortillas
- 1 cup salsa
- 1 cup cheddar cheese, shredded
- 2 cups lettuce, shredded



1. Heat oil in a skillet over medium high heat. Add the onion and garlic and cook for 4-6 minutes or until they become soft and fragrant. Stir several times during cooking.
2. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread ¼ cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

**Tip:** Spread the cooked lentil mixture onto a pan or large plate to make a party dip. Then layer on the salsa, cheese, and lettuce. Serve with baked tortilla chips.

## 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



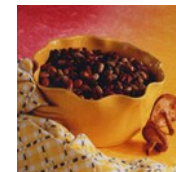
Lentil Soup with Bread



Bean Tacos or Burritos



Pea Soup with Milk Bread



Red beans with Rice



Baked Beans & Corn

**Menu Idea**  
Rice and Red Beans  
Breadsticks  
Frozen Orange Juice Popsicle  
Low fat Milk

**Rice and Red Beans**  
(8 servings)  
*Per serving: 260 calories,  
3 grams of fat*

- ½ tablespoon oil (canola or vegetable)
  - 1 medium onion, chopped
  - ¼ teaspoon garlic powder
  - 1 medium tomatoes (finely diced)
  - 1 medium green bell pepper, chopped (about 1 cup)
  - 2 ribs celery, sliced (about 1 cup)
  - ½ teaspoon dried oregano
  - 1 can (15 ounces) red beans (rinsed and drained)
  - 4 cups instant brown rice, cooked
1. Place oil in large skilled and heat. Add onion and cook until soft.
  2. Add garlic, tomatoes, green pepper, celery, and oregano.
  3. Cover and simmer until vegetables are crisp tender (about 5 minutes)
  4. Add beans and simmer. Stir mixture every once in a while until heated through.
  5. Cook rice according to package directions.
  6. Spoon vegetables and bean mixture over rice.

**Menu Idea**  
Black Bean Soup  
Whole Wheat Dinner Roll  
Clementine  
Low fat Milk

**Black Bean Soup**  
(5 servings)  
*Per serving: 322 calories,  
6 grams of fat*

- 2 tablespoon vegetable oil
  - 1 spanish onion
  - 2 carrots, diced
  - 2 celery sticks, diced
  - 4 garlic cloves, peeled and minced
  - 1 teaspoon dried basil
  - 1 teaspoon dried oregano
  - 2 teaspoon chili powder (or more to taste)
  - 3 can 15.5 ounce low-sodium black beans (drained and rinsed in cold water, or use 6 cups cooked (dried) black beans)
  - 8 cup water
  - 1 cube low sodium chicken bouillon
  - 1 lime, juiced
  - Optional: plain low-fat yogurt
1. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add an onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
  2. Add the beans, water, and bouillon cube and raise the heat to high and bring to a boil. Turn the heat down to low and cook for about 2½ hours until the beans are very tender and the mixture if uniform in color.
  3. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt.
  4. Serve right away or cover and refrigerate up to 4 days.

**Menu Idea**  
Grilled Chicken  
Baked Beans  
Watermelon Slices  
Low fat Milk

**Baked Beans**  
(6 servings)  
*Per serving: 226 calories,  
1 grams of fat*

- 1½ cup navy, kidney, or lima beans (dry, sorted and rinsed)
  - 2 cup water
  - 2 cup apple juice
  - 1 teaspoon salt
  - 2 tablespoon molasses
  - ½ cup ketchup
  - 2 teaspoon vinegar
  - 1 teaspoon mustard (dried)
1. Combine apple juice and water. Bring to a boil.
  2. Add beans and simmer for 2½ hours until beans are tender.
  3. Drain beans, reserve the liquid.
  4. Put beans and other ingredients in greased baking dish.
  5. Cover and bake at 250° for 3 to 4 hours.
  6. Uncover the last hour of baking and add some reserved liquid if beans become dry.



**Menu Idea**  
Tuna Salad Sandwich  
Three Bean Salsa  
Apple Slices  
Low fat Milk

**Three Bean Salad**  
(6 servings)  
*Per serving: 187 calories,  
9 grams of fat*

- 1 cup kidney beans, cooked
  - 1 cup green beans (cut, canned, or cooked)
  - 2 cup yellow wax beans (canned or cooked)
  - 1 green pepper, diced
  - ⅔ cup onion, thinly sliced
  - ½ cup celery, thinly sliced
  - 2 garlic cloves, whole
  - ½ cup wine vinegar
  - ¼ cup oil
  - ¼ cup sugar
  - ¼ teaspoon oregano
  - 1 teaspoon salt
  - ¼ teaspoon pepper
1. Mix beans, vegetables, and garlic cloves in a large bowl.
  2. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
  3. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
  4. Remove garlic before serving.