

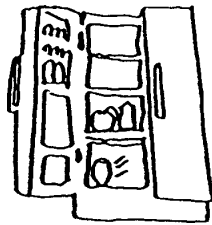
At the Grocery Store

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



Keeping Dry Beans Safe

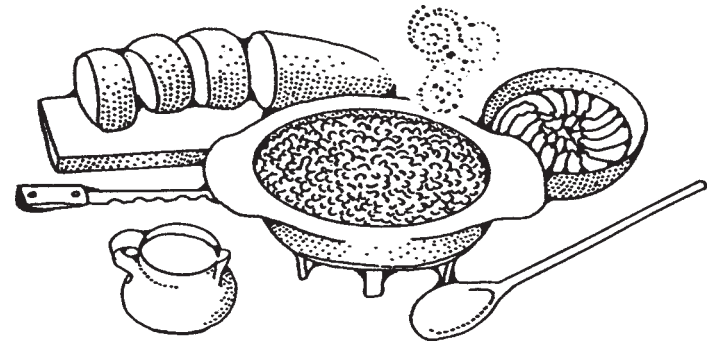
- Store dry beans in an unopened package or a covered container in a cool, dry place.
- Refrigerate soaked or cooked beans until you are ready to use them.
- Use refrigerated cooked beans within 2 - 3 days.
- For longer storage, freeze cooked beans. Use within 1 year.
- To use frozen cooked beans, thaw in the microwave or in the refrigerator.



Beans

What You Need to Know
& Favorite Recipes

Dry beans help you stay
within your budget!



Use dry beans, peas, and lentils to create tasty, nutritious one-dish meals, soups and salads.

Based on a brochure created by Eau Claire County UW-Extension. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office

MyPyramid Helps Build a Healthy Diet



Cooked Dry Beans Are Part of a Healthy Diet

Dry beans are part of the Meat Poultry, Fish, Dry Beans, Eggs and Nut group.

5-1/2 ounces are recommended from this group. Dry beans can replace meat for variety in our meals.

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.

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

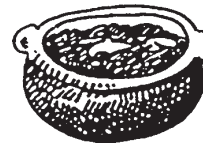
Overnight Soak

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

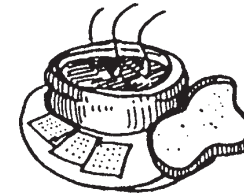
COOK DRY BEANS.

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.

Creative Uses for Dry Beans



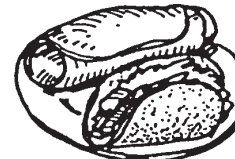
Bean & Cheese Casserole



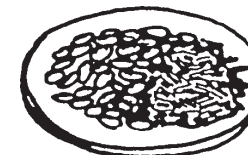
Lentil Soup with Bread



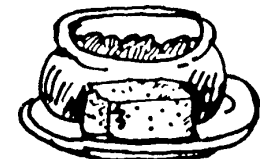
Pea Soup with Milk



Bean Tacos or Burritos
with Cheese



Red beans with Rice



Baked Beans & Corn Bread

Cooking Hints

- 1 cup dry beans makes 2 - 3 cups cooked beans.
- Cook more beans than you need. Freeze for future meals.
- To make refried beans: Mash cooked beans. Heat mashed beans using just enough oil to keep beans from sticking. Pinto beans usually work best.

Full of Beans Hot Dish

Makes 8 Servings

347 calories and 13 grams of fat per serving

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

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Full of Beans Hot Dish
Coleslaw
Corn Bread
Pineapple Slices
Milk

Menu Ideas

Terrific Bean Tacos
Corn
Grapes
Milk

Full of Beans Hot Dish
Coleslaw
Corn Bread
Pineapple Slices
Milk

Menu Ideas

Terrific Bean Tacos
Corn
Grapes
Milk

Terrific Bean Tacos

Makes 8 Servings

200 calories and 9 grams of fat per serving

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

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.

Terrific Bean Tacos

Makes 8 Servings

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Menu Idea

Delicious Lentil Stew
Simple Lettuce Salad
Bread or Dinner Rolls
Apple Slices
Milk

Delicious Lentil Stew

Makes 8 Servings

267 calories and 4 grams of fat per serving

2 Tablespoons butter or margarine
1 cup chopped onion
6 cups water
1 pound dry lentils, washed (no need to soak)
1 teaspoon Worcestershire sauce
1/2 teaspoon oregano
1/4 teaspoon garlic powder
6 large carrots, cut into 1/2-inch pieces
4 large stalks celery, cut into 1-inch pieces
1 teaspoon salt
1 can (16 ounces) tomato pieces
or 3 - 4 fresh tomatoes cut in wedges

1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add the carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

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Delicious Lentil Stew
Simple Lettuce Salad
Bread or Dinner Rolls
Apple Slices
Milk

Delicious Lentil Stew

Makes 8 Servings

267 calories and 4 grams of fat per serving

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