

Beans are:

- high in protein
- very low in fat
- very high in fiber
- rich in folic acid, calcium, iron and potassium

What kinds of beans?

There are many different choices of beans with different colors, textures and tastes. Mix two or more in a soup or stew.

Dry or canned?

Use both. When using canned beans, drain and rinse the beans to decrease the sodium by almost 40%. Read labels. Some beans have very little added salt, while others have a lot.

Beans from Scratch

- Quick soak: for each pound (2 cups) of beans add 10 cups of hot water, heat to boiling and let boil 2 or 3 minutes. Remove from heat and set aside for an hour.
- Overnight soak: For each pound, cover with 10 cups of cold water and let soak overnight. *Discard beans that float.

Cooking

Drain off soaking water and rinse beans, cover in fresh water and cook 30 minutes to up to 2 hours, depending on the type of bean. When cooked, they should be tender.

Food Safety

Cooked beans may be refrigerated in a covered container for up to 5 days. They also may be frozen for up to six months.

Cook's Tip

Never add salt or anything acidic, like tomato products or lemon juice, wine or vinegar, until the beans are tender. The beans may get tough and not soften if added too soon.

Healthy Tip

Blend mashed beans with seasonings such as garlic and lemon juice or some pesto for a quick dip and sandwich spread.

- Including beans in your diet may reduce your risk of heart disease and certain cancers.
- Beans may cut the risk for high blood pressure and may aid in losing weight.

