

Nutrition Update

August 2023

Beans – Dry and Canned

Dried and canned beans are an inexpensive but tasty way to get protein and fiber. There are many varieties of beans including black beans, navy beans, kidney beans, pinto beans, and great northern beans. Other foods that have the same nutritional benefits are chickpeas, split peas, and lentils.

Beans can be added to a lot of different recipes including soups and stews, salads, dips, sandwiches, casseroles, and even desserts. They are also a great side dish.

Canned beans are fully cooked and ready to eat cold or heated.

Dry beans need to be soaked and cooked first. Both dry and canned beans should be stored in a cool, dark, dry place.

Cooking dry beans takes three steps:

1. Sort and Rinse: Sort to remove stones, seeds, or damaged beans. Rinse well to remove dust.
2. Soak: Soak depending on how much time you have:
 - a. *Long Soak*: Cover beans with 8 cups of water for every 2 cups of beans. Soak for 6 hours, or overnight.
 - b. *Quick Soak*: In a large saucepan, cover beans with 8 cups of water for every 2 cups of beans, and bring to a boil for 2 minutes. Turn off the heat and allow beans to soak for 1 hour.
3. Cook: Drain and rinse the beans. In a large saucepan, add enough fresh water to cover the beans. Bring beans and water to a boil, then reduce heat, cover saucepan, and simmer until the beans are tender. Add water if needed while cooking to keep the beans covered with liquid. Cooking time varies for different beans but is usually 1 to 2 hours.

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

This institution is an equal opportunity provider.

Michigan Produce Seasonal Spotlight

Beans

Michigan is the second largest producer of dry beans. We grow more black beans and small red beans than any other state. Most of Michigan's beans are grown in The Thumb area. Beans are a great source of protein, and an excellent source of fiber, which is important for digestive health and provides a feeling of fullness. Beans are rich in B vitamins, and contain many important minerals such as iron, calcium, and potassium. Beans are naturally low-fat, and do not have any trans-fat or cholesterol. The *Dietary Guidelines for Americans* recommends adults eat 1 to 3 cups of beans per week, depending on calorie needs based on age, gender, and physical activity.

Recipe of the Month: Mac and Beans Medley

Makes 4 servings

www.myplate.gov

Ingredients

- 4 garlic clove
- 1 bell pepper (green, red, yellow, or orange)
- 2 tablespoons oil
- 1 can CSFP diced tomatoes
- 1 can CSFP black, kidney or pinto beans, drained and rinsed
- 1/2 teaspoon red pepper flakes (crushed)
- 2 cups CSFP cooked elbow macaroni or rotini

Directions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.

The contents of the CSFP boxes are intended for consumption only by the program recipient and no other person(s). CSFP foods are specifically chosen to supplement the nutritional needs of the population served by this program.

This institution is an equal opportunity provider.