



HEALTHY WAYS BEANS



Preparation Tips:

- Drain and rinse canned beans to reduce sodium (salt)
- Add beans to ground meat in chili, tacos, or hamburger skillet—this adds nutrition and allows you to stretch expensive ingredients further.
- Boost protein by adding beans to salads, pastas, scrambled eggs, burritos, stir fries, curries, soups, and stews... the options are endless!
- You can prepare a whole package of dried beans and freeze leftovers for up to 3 months.

Canned vs. Dried Beans

You can use canned or dried beans in any recipe calling for beans! The conversion is simple: 1 (15 oz.) can of beans is equal to 1/3 cup of dried beans, cooked according to the package directions.

RECIPES

Rice and Beans*

Ingredients:

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| 1 Tbsp. oil | 1 tsp. dried oregano or other herb (optional) |
| 1 onion, chopped | 1/2 tsp. cumin (optional) |
| 15 oz can beans OR 1/3 cup dried beans, cooked | 1/2 tsp. chili powder (optional) |
| 1 (14.5oz) can diced tomatoes with juices | 1 1/2 cups rice |
| 1/2 tsp. garlic powder | 1/2 cup water |

Directions:

1. In a sauce pan, heat oil over medium heat. Add onion and cook, stirring frequently, until soft.
2. Add beans, tomatoes, and seasoning. Bring to a boil, stir in rice and water.
3. Cover, reduce heat, and simmer for 10-15 minutes or until rice is cooked through. Remove from heat.
4. Let stand 5 minutes before serving. Complete the meal by adding vegetables or serving over greens.

Spinach and Bean Quesadillas

Ingredients:

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| 3 Tbsp. oil | 1 tsp. chili powder (optional) |
| 15 oz can beans OR 1/3 cup dried beans, cooked | 1/2 teaspoon cumin (optional) |
| 14 oz can spinach, drained & rinsed | 8 oz low-fat cheddar cheese, shredded |
| 1 tsp. garlic powder | 4 (10-in.) whole-wheat flour tortillas |

Directions:

1. Heat 2 Tbsp. oil in a large skillet over medium heat. Add spinach, beans, and seasoning. Sauté for 3-5 minutes until mixture is heated through.
2. Place mixture over 1/2 of each tortilla. Top with cheese and fold tortillas over.
3. Spray pan with cooking spray or coat with 1 Tbsp. oil and heat over medium heat. When hot, place quesadillas in skillet one at a time; cook for 3 minutes on each side until golden brown and cheese is melted.

Bean Dip

Ingredients:

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|---|--------------------------------------|
| 1 garlic clove, minced OR 1/2 tsp. powder | 1 Tbsp. vinegar |
| 1/2 cup onion, chopped | 1/2 tsp. cumin or paprika (optional) |
| 15oz can beans, drained & rinsed | 1/2 tsp. salt |
| 1 Tbsp. oil | 1/4 tsp. pepper |

Directions:

1. Combine all ingredients in a large bowl or blender, if you have one. Mash or blend together, mixing until all ingredients are evenly combined.
2. Serve with whole wheat crackers or cut up veggies.

*Recipe from Michigan Fitness Foundation's Harvest of the Month

Find more online at: www.gcfb.org/recipes_resources



MAKE IT A MEAL: RECIPES



Hearty Vegetarian Chili

Ingredients:

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|--|---|
| 1 large onion, chopped | 2 (15oz) cans diced tomatoes, undrained |
| 2 cloves garlic, minced | 1 1/2 cup water or stock |
| 2 (15oz) cans beans, drained & rinsed | 1 Tbsp. chili powder |
| 1 (15oz) can whole kernel corn, drained & rinsed | 1 tsp. ground cumin |
| 1 tsp. salt | 2 Tbsp. oil |
| 1 tsp. ground black pepper | |

Directions:

1. Heat oil in a large pot over medium high heat. Add onions, cook until tender. Add garlic and cook 1 minute longer.
2. Add tomatoes and water. Bring to a boil, then reduce heat to low. Add beans, corn, and seasonings.
3. Cover and cook, stirring occasionally, for about 30 minutes. Serve hot.

Southwestern Bean and Corn Salad**

Ingredients:

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| 1 medium bell pepper, diced | 1 small onion, finely chopped |
| 2 (15 oz) can beans, drained & rinsed | 1 (15oz) can corn kernels, drained & rinsed |
| 3 Tbsp. oil | 2 Tbsp. vinegar |
| 1 tsp. cumin | 1/4 tsp. salt |
| 1/2 tsp. ground black pepper | |

Directions:

1. In a large bowl, combine beans and other vegetables.
2. In a small bowl, combine oil, vinegar, and seasoning to create a dressing.
3. Mix the dressing into the salad. Serve cold and store in the refrigerator.

Pasta with Beans and Greens**

Ingredients:

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|------------------------------------|--|
| 1 (16oz) package whole wheat pasta | 2 Tbsp. oil |
| 2 onions, chopped | 3 garlic cloves, minced OR 1 tsp. powder |
| 1 carrot, chopped | 3/4 tsp. salt |
| 15oz can spinach | 2 (15oz) can beans, drained & rinsed |
| 1 1/2 tsp. dried herbs | 1 tsp. red pepper flakes |
| 1/2 tsp. pepper | |

Directions:

1. Cook pasta according to package instructions. Drain, reserving 1 cup pasta water.
2. Heat oil in a large pot over medium heat. Add onion, garlic, an carrot, and cook until tender.
3. Add 1/2 cup reserved pasta water and seasonings. Stir in beans and spinach. If needed, add more pasta water to make a sauce.
4. Mix in cooked pasta to beans and greens. Cook until pasta is heated through. Serve warm.

Easy Pasta Salad**

Ingredients:

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|---|-------------------------------|
| 2 cups whole wheat pasta | 1/4 tsp. each salt and pepper |
| 15 oz can beans, drained & rinsed | 1/2 tsp. garlic powder |
| 14.5 oz can green beans, drained & rinsed | 1 tsp. Italian seasoning |
| 1 medium onion, diced | 2 Tbsp. vinegar |
| 1 bell pepper, chopped | 3 Tbsp. oil |

Directions:

1. Cook pasta according to package instructions. Drain and rinse with cold water.
2. In a large bowl, combine vegetables, beans, and cooked pasta.
3. Combine the oil, vinegar, and seasoning to make an Italian dressing. Pour dressing over pasta salad.
4. Toss and refrigerate until ready to eat. Store in the fridge and eat throughout the week.

**Recipe from Share Our Strength's Cooking Matters™