**HEALTHY WAYS**

BLACK BEANS

**Preparation Tips:**

- Drain and rinse canned beans to reduce sodium (salt)
- Add black beans to ground meat in chili, tacos, or hamburger skillets—this adds nutrition and allows you to stretch expensive ingredients further.
- Boost protein by adding black 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.
- Remember to rinse all fruits and vegetables before using.

**When Using Dried Beans**

- Dried beans can be kept in an airtight container for a year.
- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- To cut down on cooking time, you can soak black beans before they are cooked. To soak, cover beans in cold water and bring to a gentle boil, then turn off the heat and allow beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours, depending on whether you pre-soaked or not. Do not let beans dry out, beans should always be covered with water.
- One pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- You can use dried beans in place of canned beans. 1 (15oz.) can of beans equals 1/3 cup of dried beans once cooked.

**RECIPES**

**Rice and Beans***

**Ingredients:**

- 1 Tbsp. cooking oil
- 1 onion, chopped, OR 1/2 tsp. onion powder
- 1 (15oz.) can beans, drained & rinsed
- 1 (14.5oz.) can diced tomatoes, with juices
- 1/2 tsp. garlic powder
- 1 tsp. dried oregano (optional)
- 1/2 tsp. cumin (optional)
- 1/2 tsp. chili powder (optional)
- 1 1/2 cups rice
- 1/2 cup water

**Directions:**

1. Heat oil in a saucepan over medium heat. Add onion to pan and cook until tender.
2. Add beans, tomatoes, and any seasonings.
3. Bring pot to a boil; stir in rice and water.
4. Cover, reduce heat, and simmer for 10-15 minutes, or until rice is cooked through.
5. Remove from heat and let stand 5 minutes before serving.

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

Find more online at: www.gcfb.org/recipes_resources
### Black Bean Tacos

**Ingredients:**
- 1/2 onion, diced
- 1 (14.5 oz.) can tomatoes
- 2 Tbsp. oil
- 2 (15 oz.) cans beans, drained & rinsed
- 1/2 tsp. garlic powder
- 1 cup shredded sweet potatoes OR carrots
- 1/2 tsp. chili powder (optional)
- 1/2 tsp. cumin (optional)

**Directions:**
1. Heat oil in a large skillet over medium heat. Add onion and beans. Sauté for 5-7 minutes, until mixture is heated through.
2. Add shredded vegetables, tomatoes, and seasonings.
3. Use black bean taco mix and cheese to fill tortillas.

### Black Bean and Corn Salad**

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

**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.

### Bean Burgers

**Ingredients:**
- 2 (15 oz.) cans beans, drained & rinsed
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 cup flour (whole wheat if you have it)
- 1/2 tsp. black pepper
- 1/2 tsp. cumin (optional)
- 1 tsp. chili powder (optional)
- 1 cup cooked rice or oats

**Directions:**
1. Preheat oven to 350°F. Grease a baking sheet.
2. Place beans in a large bowl and mash with a fork. Add seasonings. Stir in rice or oats and flour.
3. Form into 8 patties. Flatten patties so that they are 1/2-inch thick. Place on baking sheet.
4. Bake for 15 minutes, then flip. Bake for another 15 minutes until outsides are crunchy. Eat them on their own, with a whole grain bun, or on top of greens!
5. Refrigerate for up to 5 days and reheat in the microwave. Cooked patties may be frozen and defrosted in the microwave.

### Tex Mex Black Bean Skillet

**Ingredients:**
- 1 Tbsp. oil
- 2 tsp. chili powder (optional)
- 1 tsp. cumin powder (optional)
- 1 tsp. cayenne pepper (optional)
- 1 clove garlic, minced OR 2 tsp. garlic powder
- 2 bell peppers, diced
- 1 cup low-fat cheese
- 1 lb. boneless chicken
- 1 tsp. salt
- 1 onion, diced
- 1 (15 oz.) can black beans, rinsed and drained

**Directions:**
1. Season chicken with spices, then heat oil in a large skillet over medium-high heat. Add chicken and cook until golden and cooked through, about 8 minutes per side. Transfer to a plate.
2. Add garlic, onion, and peppers to skillet and cook until soft. Stir in black beans until warmed through, then transfer to a plate.
3. Reduce heat to low and return chicken to skillet. Top with cheese and black bean mixture, then cover and let cheese melt. Garnish with cilantro before serving.

**Recipe adapted from Share Our Strength’s Cooking Matters™**