



# HEALTHY WAYS BLACK BEANS



## Preparation Tips:

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- Drain and rinse canned beans to reduce sodium (salt)
- Add black 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 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

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- 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\*

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### Ingredients:

1 Tbsp. cooking oil	1 tsp. dried oregano (optional)
1 onion, chopped, OR 1/2 tsp. onion powder	1/2 tsp. cumin (optional)
1 (15oz.) can beans, drained & rinsed	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. 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](http://www.gcfb.org/recipes_resources)



# MAKE IT A MEAL: RECIPES



## Black Bean Tacos

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### Ingredients:

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| 1/2 onion, diced                        | 1 cup shredded sweet potatoes OR carrots |
| 1 (14.5oz.) can tomatoes                | 1/2 tsp. chili powder (optional)         |
| 2 Tbsp. oil                             | 1/2 tsp. cumin (optional)                |
| 2 (15 oz.) cans beans, drained & rinsed | 8 oz. low-fat cheddar cheese, shredded   |
| 1/2 tsp. garlic powder                  | 4 corn or whole wheat flour tortillas    |

### 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\*\*

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### Ingredients:

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| 1 medium bell pepper, diced             | 1 small red onion, finely chopped           |
| 2 (15 oz.) cans 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.

## Bean Burgers

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### Ingredients:

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

### 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

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### Ingredients:

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

### 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™