

HEALTHY WAYS

KIDNEY BEANS



Kidney beans are a good source of protein and fiber as well as nutrients such as: Folate, Potassium and Magnesium. Because they're a good source of protein, and naturally low in saturated fat they are a great alternative to meat.

USING KIDNEY BEANS

Add beans to ground meat in chili, tacos, or hamburger skillets- this adds nutrition and also allows you to stretch expensive ingredients further.

Boost protein by adding kidney beans to salads, pastas, scrambled eggs, burritos, stir fries, curries, soups or stews.

For canned beans, look for "low-sodium" or "reduced sodium" on the label; if that's not available, rinse the beans in water before using.

4 ways to cook dried beans

Stovetop

1. **Clean and soak:** remove any rocks, dirt or broken beans. Soak for at least 8 hours always covered by water.
2. **Drain and boil:** In a lidded pot boil beans covered with water, add spices but not salt. Bring pot to a boil, and then reduce heat, then cover and simmer for two hours.
3. **Cook until tender and soft:** Season with salt to taste before serving.

Quick soak method

1. **Clean and soak:** remove any rocks, dirt or broken beans. Soak and cover the beans with water by at least 2 inches.
2. **Boil:** Place the lid and bring to a boil, cook for 2 minutes and remove from heat.
3. **Let rest:** Turn off the heat and let the beans rest for one hour covered.
4. **Drain:** Drain the beans and rinse. The beans are ready to use.

Slow cooker

1. **Clean and soak:** remove any rocks, dirt or broken beans. Soak and cover the beans with water by at least 4 hours.
2. **Cook:** Drain the beans and cover with water or broth and spices (no salt) and cook for 6-8 hours in slow cooker.
3. **Season:** Add salt to taste and enjoy.

Pressure cooker

1. **Clean and soak:** remove any rocks, dirt or broken beans.
2. **Cook:** Add three times the amount of water and the desired spices. Close the lid, and seal the valve, cook in high pressure for 30 minutes or until beans are soft.
3. **Release and season:** Allow to release pressure and salt to taste.



MAKE IT A MEAL

RECIPES



SCAN FOR MORE
RECIPES & RESOURCES

HEARTY VEGGIE CHILLI

INGREDIENTS

- | | |
|--|--------------------------------|
| 1 large onion, chopped | 2 tbsp oil |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 2 (15-oz.) cans diced tomatoes |
| 2 (15-oz.) cans kidney beans, drained & rinsed | 1 ½ cup water or stock |
| 1 (15-oz.) can whole kernel corn, drained & rinsed | 1 tbsp chili powder |
| | 1 tsp ground cumin |
| | ½ tsp salt |
| | ½ tsp ground black pepper |

DIRECTIONS

1. Heat oil in a large pot over medium-high heat. Add onions. Cook, stirring frequently, until tender (about 5 minutes). Add garlic and cook, stirring constantly, 1 minute longer.
2. Add tomatoes and their juices, water, chili powder, cumin, salt, and pepper. Bring to a boil.
3. Reduce heat to low. Add beans and corn.
4. Cover and cook, stirring occasionally, about 30 minutes. Serve hot.

SPINACH AND BEAN QUESADILLAS

INGREDIENTS

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| 2 tbspoil | 1 tsp chili powder (optional) |
| 1 (15-oz.) can beans, drained & rinsed | ½ tsp cumin (optional) |
| 1 (14-oz.) can spinach, drained | 4 (10-inch) whole wheat flour tortillas |
| 1 tsp garlic powder | 8 ounces low-fat cheddar cheese, shredded |

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add spinach, beans, garlic powder, chili powder and cumin. Sauté for 3-5 minutes, until mixture is heated through.
2. Place spinach and bean mixture over 1/2 of each tortilla. Top with cheese and fold tortillas over, pressing lightly with a spatula to flatten.
3. Spray pan with cooking spray or coat with oil and heat over medium heat. When hot, place quesadillas in skillet one at a time; cook on each side until golden brown and cheese is melted. Cut each quesadilla in half and serve.