

✓ PROTEIN PACKED

✓ FILLING

✓ EASY TO COOK AND  
ADD TO MEALS

all about

# BEANS

There are many varieties of beans. All beans are packed with protein and fiber. Swap them into all sorts of dishes to help stretch your grocery budget!



## Cooking with Beans

Quick Tip: If you have dry beans on hand, cook up a big batch and add to recipes all week long (see back side for cooking and storage instructions).



### Country Jambalaya with Black Eye Peas

**Serves: 4-6**

2 Tbsp cooking oil  
1 diced onion  
1 diced green bell pepper  
1 diced red bell pepper  
1 pound sliced sausage  
1 lb boneless, skinless chicken breasts or thighs - cut into ½" cubes  
8 ounces diced ham  
2 tsp chili powder  
1 tsp garlic powder  
1 tsp cayenne pepper  
2 Tbsp black pepper  
2 (15 oz) cans diced tomatoes  
2 (15 oz) cans black-eyed peas  
1 (4-6 oz) can green chilies  
1 (8 oz) can tomato paste  
2 cups chicken broth or water  
1 cup uncooked white rice (optional)  
Green onions for garnish (optional)

Add oil to a large pot over medium heat. Add onion, peppers, and sauté for 2 min. Stir in sausage, chicken, and ham. Add chili powder, garlic powder, cayenne, black pepper. Cook for 5 min. Add diced tomatoes, black-eyed peas, green chilies, tomato paste, and chicken broth. Bring to a boil, then reduce heat to a simmer and cook for 25-30 min. Stir in rice and serve. Top with green onions and enjoy!



### Black Bean and Chicken Chili

**Serves: 4-6**

2 Tbsp cooking oil  
2 clove chopped garlic  
1 large diced onion  
1 diced green bell pepper  
1 diced red bell pepper  
1 diced jalapeño  
2 (15 oz) cans drained and rinsed black beans or kidney beans  
2 (15 oz) cans diced tomatoes  
Meat from 1 rotisserie chicken, shredded  
1 (15 oz) can corn, drained  
2 cups chicken broth or water  
3 Tbsp chili powder  
2 Tbsp cumin  
1 Tbsp black pepper  
1 (8 oz) can tomato paste  
Salt to taste  
Optional Toppings: green onions, low-fat sour cream, jalapeños, hot sauce.

Add oil to a large pot over medium heat. Add garlic, onion, peppers, and jalapeño. Sauté for 2-3 min. Stir in black beans and tomatoes. Cook 5 minutes. Add chicken, corn, broth, chili powder, cumin, black pepper, and tomato paste. Bring to a boil, then reduce to a simmer for 10 minutes, or until fragrant. Salt to taste. Divide into bowls and serve.



### Pinto Bean Enchiladas

**Serves: 4-6**

1 onion, diced  
4 stalks celery (1 cup), diced  
4 (15 oz) cans pinto or kidney beans, drained & rinsed  
1 package taco seasoning  
1 bunch green onions, sliced  
1 (16 oz) can enchilada sauce (green or red)  
2 cups shredded cheese (cheddar, pepper jack, etc)  
1 bunch cilantro, chopped  
2 Tbsp cooking oil  
1 tomato, diced  
12 corn tortillas  
Optional Toppings: Low-fat sour cream, salsa, jalapeños, sliced olives.

Pre-heat oven to 375°. Grease 9x13 baking dish. Set aside. Over medium heat, sauté onion and celery for 2 minutes. Add beans, taco seasoning, sliced green onions, and ½ cup of the enchilada sauce. Cook and stir for 2 more minutes. Remove from heat. Stir in 1 cup cheese and half of the cilantro. Scoop ½ cup of the bean mix into a corn tortilla. Roll the tortilla around the mix and place into the greased baking dish. Repeat with remaining tortillas. Pour the leftover enchilada sauce over the enchiladas, then sprinkle with remaining cheese. Bake in oven for 20 minutes. Dish and serve with toppings.

For more recipes visit: [www.usapulses.org/TIPS](http://www.usapulses.org/TIPS)

# all about BEANS



## How to Soak and Cook Dry Beans



**\*Note: Canned beans are already cooked. Just drain, rinse, & use!**

### 1. Soak your beans.

**TRADITIONAL SOAK:** Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

OR

**QUICK SOAK:** Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

### 2. Combine 1 cup beans with 2 cups water and bring to a boil.

For every cup of beans, use 2 cups of water.

**TIP:** ½ cup dry = 1 cup cooked

### 3. Simmer on low for 1-2 hours. Note that larger beans (Lima or fava) may take longer to cook.



## How to Store

### PANTRY

#### DRY BEANS

**Store Time: Up to 1 Year**

If stored for longer, beans may require longer cooking times to soften.

#### CANNED BEANS (sealed)

**Store Time: Several Years**

**TIP:** Store dry and canned beans in a dark, dry and cool place for lasting freshness.

### REFRIGERATOR

#### COOKED OR CANNED BEANS (opened)

**Store Time: Up to 5 Days**

Sealed in airtight container in cooking liquid or covered with water.

#### SOUPS, CHILI AND CURRIES

**Store Time: Up to 5 Days**

Store in sealed, airtight container.

### FREEZER

#### COOKED BEANS

**Store Time: 6 Months**

After beans have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

#### SOUPS, CHILI AND CURRIES

**Store Time: 3-6 Months**

Store in sealed, airtight container.

**TIP:** To thaw frozen beans or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.

## Easy Swaps

Looking for more ways to use beans? Try these easy swaps!



#### Burgers

Reduce cost and add fiber to your burgers by replacing half of the beef with the same amount of mashed cooked beans.

#### REPLACE THIS

½ OR ALL GROUND BEEF

#### WITH THIS

MASHED PINTO, BLACK OR KIDNEY BEANS



#### Lasagna

Replace half or all of the ricotta cheese with pureed white beans and lower the fat content and cost!

½ OR ALL RICOTTA CHEESE

MASHED OR PUREED CANNELLINI BEANS



#### Brownies

Turn sweets into protein-packed snacks to keep your energy high between meals. Just replace 1 cup of all-purpose flour with 1 15 oz. can of beans, pureed.

1 CUP ALL-PURPOSE FLOUR

1 15 oz. can BLACK BEANS, MASHED OR PUREED



For more recipes or information, please visit:

[www.usapulses.org/TIPS](http://www.usapulses.org/TIPS) or follow us on social media @USAPulses