



# Give Your Family More of the Good Stuff!



## Bean Basics

Beans are a good source of fiber, phosphorus and folate.



### Types of Beans

There are many types of beans, such as kidney, pinto, black, white and garbanzo. Although each has a unique flavor, you can substitute one type for another in most recipes. Use what you have or buy what is cheapest or on sale.

You can use 2 cups of cooked beans for 1 pound of meat in many recipes

### Shop and Save

- ☼ Dried and canned beans are great foods to keep on hand. You may want to stock up when they're on sale.
- ☼ Dried beans are often cheaper than canned beans for the same amounts but do take more time to cook.



1 pound of dried beans

or



2 cups dried beans

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4 to 6 cups cooked beans

### Bean Math

#### Longer Storage



#### How long will beans last in storage?

- Dry beans will keep for at least one year in an airtight container in a cool, dark, dry place. Label with the date you bought your beans, using tape and a marker.
- Canned beans keep for 2 years or longer.

#### How to store cooked beans:

Refrigerate within 2 hours. Use within 5 days.

Freeze in recipe-sized portions for longer storage. Place beans in freezer-safe containers or bags then cover with water or the liquid they were cooked in. Leave at least half an inch of space between the liquid and the top of the container or bag. Label the container or bag with a date and quantity, and use within 2 to 3 months for best quality.

# Cooking with Beans

## Cook Dry Beans in Three Easy Steps

- 1 Sort and Rinse**—Sort to remove stones, seeds or damaged beans. Rinse well to remove dust.
- 2 Soak**—Soak to speed up the cooking time. Choose a long or quick soak depending on how much time you have.
  - **Long Soak** —Cover beans with plenty of water (8 cups of water for every 2 cups of beans); soak for 6 hours or overnight.
  - **Quick Soak** — In a large saucepan, cover beans with plenty of water (8 cups of water for every 2 cups of beans) and bring to a boil. Boil the beans and water for 2 minutes. Turn off the heat and let them soak for 1 hour.
- 3 Cook**—Drain and rinse the beans. In a large saucepan, add fresh water to cover the beans by at least 1 inch. Bring the beans and water to a boil then reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. Beans are done when you can easily mash them with a fork.
  - ★ **Tip:** Wait until the beans are tender before adding salt or acidic ingredients such as tomato products, lemon or vinegar. If added too soon, these ingredients will delay softening of the beans.

## Quick Fix

You can add beans as a salad topping, use in soups, or spoon beans into quesadillas for quick meals.

Go to [FoodHero.org](https://www.foodhero.org) for easy, tasty bean recipes

## Refried Beans

### Ingredients:

- 1 ¼ cups or 1 can (15 to 16 ounces) **cooked beans** (pinto or other type)
- 1 Tablespoon **oil**
- 2 Tablespoons chopped **onion**
- 1 teaspoon **garlic** minced or ½ teaspoon **garlic powder**
- ¼ teaspoon ground **cumin** (or try substituting ½ teaspoon **chili powder**)

### Directions:

1. Drain beans and reserve liquid. (Rinse canned beans to reduce sodium.)
2. Heat oil in a skillet. Add onion and garlic. Sauté until onion is soft.
3. Mash beans and cumin into onion mixture in skillet. Use a potato masher or back of a spoon.
4. Add reserved liquid or water (1 Tablespoon or more) until desired consistency is reached.
5. Cook and stir bean mixture on medium heat until heated through, 3 to 5 minutes.
6. Refrigerate leftovers within 2 hours.

Yield 1 ¼ cups; 5 minutes to prep and 10 minutes to heat on stove.