

Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



Benefits of Beans, Peas & Lentils

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Legumes — a class of vegetables that includes beans, peas and lentils — are among the most versatile and nutritious foods available.

What are some common legumes?

- Black beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Pinto beans
- Navy beans
- Lentils
- Split peas (green or yellow)
- Soybeans
- Lima beans

2 cups of dry beans = 4 to 5 cups of cooked beans

Soaking methods:

The three different soaking methods vary in the amount of time required for adequate soaking. The “hot soak” method typically is recommended because it reduces cooking time and gas-producing compounds the most while consistently yielding tender beans.

First, inspect the dry beans, removing any broken beans or foreign material. Rinse the beans thoroughly in cold water. Next, prepare the beans using one of the “soak” methods. Finally, drain and rinse soaked beans. Cook and use in recipes.

Traditional Soak	Hot Soak (preferred)	Quick Soak
1. Pour cold water over beans to cover	1. Place beans in a large pot and add 10 cups of water for every 2 cups of beans	1. Place beans in a large pot and add 6 cups of water for every 2 cups of beans
2. Soak beans for eight hours or overnight	2. Heat to boiling and boil for an additional 2 to 3 minutes	2. Bring to boil and boil for an additional 2 to 3 minutes
3. Drain beans and discard soak water	3. Remove beans from heat, cover and let stand for 4 to 24 hours	3. Remove beans from heat, cover and let stand for 1 hour
4. Rinse beans with fresh, cool water	4. Drain beans and discard soak water	4. Drain beans and discard soak water
	5. Rinse beans with fresh, cool water	5. Rinse beans with fresh, cool water
Advantages: No boiling required; reduces gas-producing compounds with long soak	Advantages: Reduces cooking time and gas-producing compounds; consistently yields tender beans	Advantages: Much faster soaking time, requiring less planning

Source: All About Beans, NDSU Extension Service



SWEDIE'S MIXED BEAN SOUP

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|---------------------------------------------------------------------------|----------------------------------------------------|
| 1 1/2 cups Swedie's Bean Soup Mix (mixture of small dried beans and peas) | 1 large green bell pepper, washed and chopped |
| 1 (16-oz) can tomatoes | 1 cup celery, washed and chopped |
| 1 large onion, chopped | 1 clove garlic, minced or crushed |
| | Pieces of cooked ham, chicken or sausage, optional |

1. Follow Quick Soak cooking method on first page.
2. Combine drained beans with 6-7 cups fresh water. Bring to boil, reduce heat, cover and simmer for 1 hour or until beans are soft.
3. Add remaining ingredients. Mix well and season to taste. Bring to boil and then simmer for 30-45 minutes or until desired consistency, stirring occasionally.
4. To get the desired soup consistency, add more water to thin or allow soup to simmer uncovered until it has thickened.
5. Refrigerate leftovers and use within 2-3 days. If you wish, freeze soup in freezer and microwave-safe containers.

Serves 8: cal 200; fat 1g; sodium 160mg; fiber 14g

SWEDIE'S BEAN SOUP MIX

Prepare bean mix by combining equal portions of any of the following small, dried peas or



beans: green split peas, yellow split peas, black-eyed peas, small pinto beans, red beans, black beans, white lima beans, great northern beans, navy beans or lentils.

Mix together in a large bowl. Put 1 1/2 cups into airtight plastic bags. For a gift idea, put a copy of Swedie's Bean Soup recipe with each bag of beans for gifts for friends and family.

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