

## Beans – A Good Deal

Beans can help stretch your food dollars. They are a great source of protein, just like meat.

Cooking meals with plenty of beans and a small amount of meat for flavor will save both your money and your health!

*Dry beans need to be soaked and cooked before using in these recipes.*

### Soak the Beans

One pound of dry beans is 2 cups. After soaking, 1 pound of dry beans will make 5 to 6 cups of cooked beans. They absorb a lot of water!

#### Traditional soak –

Add 1 pound of dry beans to 6 cups of water in a large dish. Let beans soak overnight.

#### Quick soak –

Combine 1 pound of dry beans with 6 cups of water in a large pot. Bring water to a boil. Turn off heat, cover the pot and let beans soak for 2 hours.

Drain water off beans after soaking. Rinse beans with water.

### Cook the Beans

Place beans in a pan and cover with water. Cover and simmer for 45 to 60 minutes or until beans are soft. Drain off water and rinse beans.

Use beans in any of the following recipes.



## BEEF AND BEAN CHILI

½ pound lean ground beef  
½ cup chopped onion  
2 cans (15 ounces each) chopped tomatoes  
2 cups cooked pinto or red beans  
1 cup water  
1 cup uncooked macaroni  
1 teaspoon chili powder

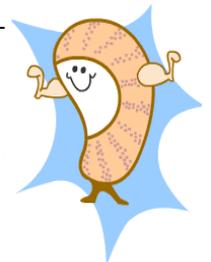
- 1 Cook ground beef and onions in a skillet until meat is browned. Drain off any extra fat.
- 2 Add tomatoes (with liquid), beans, water, macaroni and chili powder to beef.
- 3 Simmer for about 30 minutes or until macaroni is tender. Stir occasionally. Add a little more water while cooking if needed.

6 servings (1 cup) – 219 calories, 6 grams fat, 25% calories from fat, and 6 grams fiber in a serving.

### Spice up your chili

Add any of the following:

- Red pepper
- Cayenne pepper
- Black pepper
- More Chili powder



## Beans are full of fiber

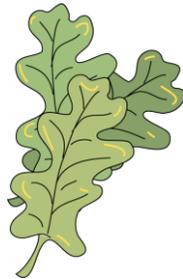
Fiber can help prevent diseases such as heart disease and cancer.

Fiber is also satisfying – you will feel fuller and eat less.

Dried beans, fruits, vegetables and whole grains all have fiber.

## ITALIAN GREENS & BEANS

- 1 tablespoon olive oil
- ½ cup chopped onion
- 2 cloves finely chopped garlic
- 4 cups chopped spinach
- 2 tablespoons wine vinegar
- 2 cups cooked white beans
- 2 tablespoons dry basil
- salt and pepper to taste
- ¼ cup parmesan cheese



- 1 Heat the oil in a large skillet. Add onion and garlic to oil. Cook and stir for 3 minutes.
- 2 Add chopped spinach and wine vinegar to skillet. Cook for 3 more minutes, stirring often.
- 3 Add beans and basil to skillet. Cook for 3 more minutes. Add a small amount of water if needed.
- 4 Season with salt and pepper. Sprinkle with parmesan cheese.

6 servings (1 cup) – 104 calories, 3 grams fat, 26% calories from fat and 4.6 grams fiber in a serving.



## BEEF AND BEAN ENCHILADAS

- ½ pound lean ground beef
- ½ cup chopped onion
- 1 clove finely chopped garlic
- 1 cup cooked black beans or pinto beans
- 1 cup salsa
- 6 tortillas
- ½ cup shredded cheddar cheese
- 1 can (20 ounces) enchilada sauce

- 1 Cook ground beef, onion and garlic in a skillet until meat is no longer pink, about 4 minutes. Drain off any extra fat.
- 2 Add beans and ½ cup salsa to cooked meat. Cook over low heat for 10 minutes.
- 3 Spoon ½ cup of beef and bean mixture on each tortilla. Top with remaining salsa and cheese. Roll up tortillas.
- 4 Place tortillas, seam-side down, in a greased baking dish.
- 5 Pour enchilada sauce over all the tortillas. Bake in a 350° oven for 15 minutes.



6 servings (1 tortilla) – 316 calories, 12 grams fat, 34% calories from fat and 4 grams fiber in a serving.

## Eating Beans – Good for You

Beans add protein, fiber and iron to these enchiladas

Try something different!

Substitute chopped chicken for ground beef in this recipe.

## What can you do?

- Make enchiladas with beans.
- Prepare a couple meals each week with beans.
- Cook chili with pinto or red beans.
- Other: \_\_\_\_\_