

Dried Beans, Peas and Lentils Can Help You Save \$\$



What is a dried bean? Beans belong to the family of plants called legumes, which produce seeds in a pod. Beans are usually oval or kidney shaped, peas are round and lentils are flat disks.

Beans are good for you! Beans are high in fiber, protein, iron, folate, potassium, and complex carbohydrates. They are low in sodium and fat. The 2005 Dietary Guidelines for Americans recommend eating 3 cups of legumes (for a 2,000 calorie intake) per week.

Storing Beans:

Packaged dry beans - store in a cool, dry place. **Cooked beans** - cover and refrigerate for 3 – 4 days or freeze for up to six months.

Preparing dried beans:

1. **Cleaning:** Lay dried beans out on a cookie sheet. Sort through them to remove any small rocks or dirt pieces. Put beans in a strainer or colander and rinse with cold water.
2. **Soaking:** Place rinsed beans in a large cooking pan. Cover with 3 cups of water per 1 cup of beans (or 10 cups water per 1 pound package dried beans).
 - a. **Method 1 – Hot/Quick Soak**
 1. Bring beans to a boil and boil for 2 – 3 minutes.
 2. Remove from heat and cover. Let stand for 1 – 4 hours. (Do not remove lid while beans are soaking.)
 3. Drain off soaking water. Rinse the beans and the pan with fresh water and cover the beans with fresh water.
 - b. **Method 2 – Overnight Soak**
 1. Cover beans with cold water and let soak overnight in an uncovered pot.
 2. Drain soaking water off the next day. Rinse the beans and the pan with fresh water.
3. **Cooking:** After soaking, the next step is cooking. Cover the beans with fresh cold water and bring to a boil. Reduce heat and simmer until tender. (See chart on Page 2. Cook anywhere from 30 minutes to 2-3 hours, depending on the type of bean and how long the beans were soaked.)
4. **Test for doneness:** Remove a few beans and pinch or bite for tenderness every 10 – 15 minutes.

Bean Cooking Tips:

- For the most part, any bean variety can be substituted for another in a recipe.
- Onions, herbs and spices such as oregano, parsley, thyme and garlic may be added to beans any time during the cooking process.
- Add acidic ingredients such as tomatoes, vinegar, ketchup, chili sauce, molasses, lemon juice or wine after beans are fully cooked. They can stop beans from becoming tender. Many sources also recommend adding salt only after beans are cooked to tender.
- Do not add soda to soften beans, it destroys B vitamins in the beans.
- Always rinse canned beans before adding to any recipe.
- Cook beans to a tender stage before using a slow-cooker or crockpot. Once the beans are tender, add with other ingredients and simmer in crockpot. Why? Some crockpot temperatures are too low to use for the initial cooking of the dried beans (unless you cook for 16 or more hours).
- Lentils and dried peas do not need to be soaked. They cook in a shorter time period, approximately 30 minutes.

Cooking Chart for Beans

Type of Beans	Cooking Time
Black Beans	1-1/2 to 2 hours
Garbanzo Beans (Chickpeas)	3 hours
Great Northern Beans	2 hours
Kidney Beans	2 hours
Navy and Small White Beans	2 hours
Pinto Beans	2 hours
Red Beans	3 hours

Do the Bean Math:

- One cup of dried beans will expand to 2 – 3 cups cooked beans. One pound of dried beans equals 5–6 cups cooked beans.
- One 15 ½ ounce can (drained) beans equals 1 ½ cups cooked beans.
- If a recipe calls for cooking 1 pound of dry beans, you could get the same amount of cooked beans from three 3-15 ½ ounce cans of drained beans.

A 1 pound bag of dried beans costs approximately \$.75 - \$1.25 per bag (pinto, Great Northern, navy, black), 1-15.5 oz. can of beans costs anywhere from \$0.50-\$0.80 (black beans, red beans, pinto, navy), so you could save \$0.20 or more per 1 ½ cups of cooked beans if you started with dry and cooked them yourself instead of purchasing the canned beans.

Save Time and Money: Cook up a large pot of beans. Freeze the beans in 1 – 2 cup amounts (remember 1 ½ cups is equal to the amount in 1 can of drained beans). Quart size freezer bags work well for freezing beans. Thaw frozen beans using the defrost cycle of microwave, in the refrigerator overnight, or by setting them in a pan of water for 1 hour. Reheating cooked beans in the microwave needs less stirring and has less chance of scorching compared to reheating on the top of the stove.

Using cooked beans can save your family money and promote good health:

- Add black beans, red beans or kidney beans to a vegetable or pasta salad to make it a protein-rich main dish.
- Mash cooked beans, spread on a soft tortilla, heat and eat!
(Include other ingredients such as: cheese, lettuce, tomato, salsa)
- Use beans in pasta sauce instead of meat when making spaghetti, goulash or other pasta dishes.
- Add 2 cups of beans to vegetable soup instead of or along with, meat.
- Add beans to leftover cooked rice for a quick main dish

Gas – Gas – Gas!

- Add beans to the diet slowly over a period of several weeks. Once you are eating beans on a regular basis, intestinal gas will be less of a problem.
- Use the hot soak method of soaking beans (instead of the cold water overnight method). This method reduces many of the gas-producing substances in beans.
- Always discard soaking water and rinse beans with fresh water after soaking.
- Chew beans well to help digest them.
- Drink plenty of water and other fluids to help your system handle the extra fiber in beans.

Recipes

Substitute 1 ½ cups cooked beans for each 15 oz. can of beans in any recipe.

Three Can Chili

Yield: 4 servings

Ingredients:

1-15 ounce can beans (pinto, kidney, red, etc.), or 1 ½ cups cooked beans
1-15.5 ounce can corn
1-14.5 ounce can tomatoes, chopped or broken into pieces
Chili powder to taste

Instructions:

1. Place contents of all three cans, undrained, into a large saucepan.
2. Sprinkle with chili powder to taste.
3. Stir and heat thoroughly.
4. Serve immediately. Refrigerate leftovers.

Tips: Other ingredients that may be added are cooked meat, chopped cooked onions and/or green peppers.

Nutrition Facts			
Serving Size 1.00 serving(s) (320g)			
Amount Per Serving			
Calories	194	Calories from Fat	11
% Daily Value			
Total Fat	1.2g		2 %
Saturated Fat	0.1g		1 %
Trans Fat			
Cholesterol	0.0mg		0 %
Sodium	815.6mg		34 %
Total Carbohydrate	40.0g		13 %
Dietary Fiber	10.7g		43 %
Sugars	8.0g		
Protein	9.1g		
Vitamin A	19 %	Calcium	6 %
Vitamin C	24 %	Iron	17 %

Quick Black Bean Salad

Yield: 6 servings

Ingredients:

1-15 ounce can black beans, drained, or 1 ½ cups cooked beans
1-15 ounce can corn, drained
1-16 ounce jar salsa
Tortilla chips or flour tortillas

Instructions:

1. Stir to mix first three ingredients in a medium mixing bowl.
2. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.

Tips: Try other canned beans such as garbanzo, red, or pinto. Use 1 ½ cups frozen corn instead of canned corn.

Nutrition Facts			
Serving Size 0.50 cup(s) (217g)			
Amount Per Serving			
Calories	128	Calories from Fat	7
% Daily Value			
Total Fat	0.8g		1 %
Saturated Fat	0.1g		1 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	828.5mg		35 %
Total Carbohydrate	27.4g		9 %
Dietary Fiber	5.4g		22 %
Sugars	5.9g		
Protein	6.4g		
Vitamin A	6 %	Calcium	5 %
Vitamin C	12 %	Iron	10 %

Mexican Chicken Soup

Yield: 8 servings

Serving Size: 1 cup

Ingredients:

- 2-15-ounce cans diced tomatoes (Mexican-style)
- 1-15-ounce can black beans, drained and rinsed, or 1 ½ cups cooked beans
- 2 cups frozen corn or 1-15-ounce can corn, drained and rinsed
- 1-14.5-ounce can sodium-reduced chicken broth or 2 cups Homemade Chicken Broth
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon pepper
- 1 pound skinless, boneless chicken breast

Instructions

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper in large saucepan.
2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.
4. Serve with choice of garnishes, such as baked tortilla chips.

Nutrition Facts			
Serving Size 1.00 cup(s) (310g)			
Amount Per Serving			
Calories	180	Calories from Fat	14
%			
% Daily Value			
Total Fat	1.5g		2 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	32.9mg		11 %
Sodium	635.6mg		26 %
Total Carbohydrate	24.0g		8 %
Dietary Fiber	5.2g		21 %
Sugars	8.2g		
Protein	18.7g		
Vitamin A	16 %	Calcium	5 %
Vitamin C	17 %	Iron	10 %

Resources, Recipes and Information about Cooking with Dried Beans

University of Nebraska Cooperative Extension
Cooking with Dried Beans
<http://food.unl.edu/web/fnh/cooking-with-dry-beans>

Minnesota Department of Public Health, WIC:
<http://www.health.state.mn.us/divs/fh/wic/newwicfoods/ppt/foodfunfacts/recipes/beans/index.html>

Northarvest Bean Growers Association
(Click on 'Consumer and Foodservice Information')
<http://www.northarvestbean.org/>

California Dry Bean Board
<http://www.calbeans.org>

The Nebraska Dry Bean Growers Association
<http://www.beangrower.com/>

Central Bean Co. Inc
<http://www.centralbean.com/>

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