

## Dry and Canned Beans – Teacher Guide

**Objective:** To teach how to creatively use dry and canned beans in recipes.

**Icebreaker:** Share with participants: *“Beans belong to the Legume Family. Legumes (botanically a fruit) come from plants whose seed pods split on two sides when they are ripe. Any bean, pea, peanut or lentil is a legume. Beans, peas and lentils are grown in pods above the ground and peanuts are grown in the pod below the ground.”*

Ask participants: *“How often do you eat beans?”; “Would you make beans more often if you had canned beans to cook instead of dry beans that you need to soak ahead of time?”; “Why do you like or not like to serve beans at mealtime?”*

Read the Dry and Canned Bean Questions to your participants. But first share with participants: *“I am going to read to you several questions concerning dry and canned beans. Just listen to the questions and don’t shout out the answers. If you do not know the answers that’s OK because it will be fun and interesting to learn the answers in today’s lesson. At the end of today’s lesson, we will review the questions one more time to make sure everyone has learned the answers.”*

### *Dry and Canned Bean Questions*

**T or F 1. Beans are a good source of fiber.**

**True** *A half-cup serving of cooked beans supplies 4-10 grams of fiber. It is recommended a healthy adult eat 20 to 35 grams of fiber each day.*

**T or F 2. A 1/2 cup of beans is equal to a serving of meat.**

**False** *A serving of meat is 2-3 ounces. A 1/2 cup serving of beans is equal to 1 ounce of meat.*

**T or F 3. Dry lentils and split peas do not need to be presoaked before cooking.**

**True** *Lentils and split peas do not need to be soaked before cooking.*

**T or F 4. There is nothing you can do to lessen the intestinal discomfort often caused from eating beans.**

**False** *The more often you have beans in your diet the less intestinal discomfort you will have. However, eat small servings to start then slowly increase the amount you eat. Overnight soaking of beans and cooking beans break down starches which make them more digestible. After the overnight soak, rinse beans, discard soaking water and cook beans in fresh water. Drink plenty of fluids. This helps your body handle the dietary fiber. Chew your food well and chew slowly.*

**T or F 5. 1 pound (2 cups) dry navy beans = 6 cups cooked**

**True** *1 pound of dry beans makes about 6 cups of cooked beans.*

## Why Eat Beans?

Ask participants: *"Why eat beans?"*

- Cheap
- Easy to cook
- Very low in fat, high in fiber
- High in protein

**Bean Nutrition** Ask participants: *"Beans are an easy way to add fiber to your diet. Approximately how many servings of beans would you need to eat in order for you to get the daily recommended intake of fiber?"* (Answer-Depending on the kind of bean, anywhere from 2 - 5 servings)

- Beans are a good source of vitamins, mineral, protein and fiber.
- A **half-cup** serving of cooked beans supplies 4-10 grams of **fiber**. It is recommended a healthy adult eat 20 to 35 grams of fiber each day.

## Serving Size

The Food Guide Pyramid recommends 2-3 servings of meat each day. A serving of meat is 2-3 ounces. A 1/2 cup of beans is equal to 1 ounce of meat.

## Preparing/Soaking Dry Beans & Peas

Rinse beans and pick out stems or stones.

**Note:** Lentils and split peas do not need to be soaked before cooking.

### Soaking Beans

**Quick Soak** – Bring 1 pound of beans or peas and 6 cups of water to a boil. Boil for 2 minutes. Remove pan from heat and let stand 1 hour.

**Overnight Soak** – Soak beans overnight in a pan containing 6 cups of water for each pound of beans or peas. Beans and peas soaked by this method will keep their shape, have uniform texture and cook more quickly. Overnight soaking of beans will make them more digestible so less intestinal gas is usually produced after you eat them.

## Cooking Dry Beans & Peas

1. Cover the soaked beans or peas with water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking.
2. Bring beans/peas to a boil. Reduce heat to low and simmer until tender. Simmer gently to prevent skins from bursting. Stir occasionally.
3. Beans and peas are done when they are fork tender. Most varieties will take 1-1/2 to 2 hours to cook. Split peas take less than an hour and lentils cook in about 30 minutes.

## How Many Beans?

- 1 cup of dry navy beans = 2 1/2 - 3 cups cooked
- 1 pound (2 cups) dry navy beans = 6 cups cooked
- 1 pound cooked beans will serve 6-8 people

### **Storing Dry Beans and Peas**

Store dry beans and peas in an airtight (covered) container. Store in a cool, dry area. Dry beans and peas may be stored up to two years.

### **Storing Cooked Dry Beans and Peas**

Cooked beans may be covered and refrigerated for 2-3 days.

Freeze beans - Most beans freeze well (except lentils). Place 1 to 3 cups of beans in a container or plastic freezer bag. Label bags with content, quantity and date. They will keep for up to 6 months.

### **Intestinal Discomfort From Eating Beans**

Ask participants: *"Do you avoid eating beans because they give you intestinal discomfort?"* Share with participants the following tips on how to reduce intestinal gas from eating cooked dried beans.

- The more often you have beans in your diet the less intestinal discomfort you will have. However, eat small servings to start, then slowly increase the amount you eat.
- Overnight soaking of beans and cooking beans break down starches which make them more digestible. After the overnight soak, rinse beans, discard soaking water and cook beans in fresh water.
- Drink plenty of fluids. This helps your body handle the dietary fiber.
- Chew your food well and chew slowly.

### **Ways to Add Beans To Your Meals**

Ask participants: *"Do you like beans but other members of your family turn their nose up at them?"* When beans are combined with other foods they take on more flavor.

Try adding beans to your family's favorite foods. Use cooked, dry beans or canned beans.

- Make soup/stew or use canned soups and add beans (ex. lentils, split peas, navy beans or black beans).
- Top salads with beans (ex. chickpeas, kidney beans).
- Fill tacos or burritos with pinto beans. Add your favorite toppings (salsa, tomato, lettuce, cheese).
- Season canned beans. Add vegetables and spices and your favorite sauces (tomato, molasses).
- Use beans as a meat substitute. Replace the meat with beans. (Ex. kidney beans in chili, lentils in curry or meatloaf, white beans in stew, etc.).
- Add beans to your favorite rice dishes.



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