

DRY BEANS & PEAS

Storage

- Dry beans keep for years if stored in a tight container.
- Cooked beans – Store covered in a non-metallic container in the refrigerator for 2-3 days or frozen up to 6 months.

Preparation

- Rinse dried beans in a strainer. Throw away broken or shriveled beans.
- Soak beans

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

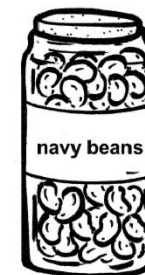
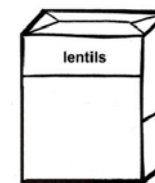
- a. Quick Soak Bring 8 cups of water to boil. Add 1 pound of sorted, washed, beans. Boil for 2 minutes. Remove from heat, cover and let stand 1 hour.
- b. Overnight Soak In a large bowl place 1 pound of sorted, washed beans in 6 cups of cold water and let stand at room temperature overnight.

How Many Beans?

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

Cooking Beans

- 1 Drain soaked beans.
- 2 Place beans in a large pot with 6 cups of *fresh* water.
- 3 Bring beans to a boil. Reduce heat, cover and simmer beans until tender (1-2 hours).



Uses & Tips

- Cooked beans may be used in salads, soups, casseroles, stews, chili or as a side dish.

Quick-Cook Chili Serves 6.

1 lb. ground beef, pork or turkey
1/2 cup onion, chopped or 3 Tbsp. dried onion flakes
2 cups cooked dry beans or 16 oz. can of beans
10 3/4 oz. can tomato soup, condensed
1 Tbsp. chili powder

1. Cook meat and onion in a large skillet until meat is brown and onion is tender.
2. Drain off excess fat.
3. Stir in beans, soup and chili powder. Cover.
4. Simmer for 30 minutes, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 240 - fat 9 g - calories from fat 80 - sodium 500 mg - total carbohydrate 20 g - fiber 6 g

Beans & Corn Chili Serves 6 (1 cup serving).

1 (16 oz.) jar salsa 4 oz. package low-fat cheddar cheese
3 cups cooked dry beans 1/2 tsp. ground cumin
1 (8 oz.) can tomato sauce 1/2 tsp. chili powder
1 cup corn

1. Cook dried beans.
2. In a skillet, combine beans, salsa, tomato sauce, corn, cumin and chili powder.
3. Bring to a boil and reduce heat and simmer for 5 - 10 minutes. Grate cheese.
4. Serve chili in bowls and top with grated cheese.

Nutrition Facts (per serving): Calories 240 ~ fat 5 g ~ calories from fat 45 ~ sodium 1230 mg ~ total carbohydrate 32 g

Split Pea Soup Serves 6.

1 1/2 cups dry green split peas 1/8 tsp. pepper
1 small ham hock 6 cups water
1 medium onion, chopped

1. Rinse dry peas and remove stems or stones.
2. Put peas, ham hock, onion, pepper, and water into pot. Cover and simmer 1 1/2 hours or until ham hock is tender.
3. Remove ham hock and cut meat from bone. Cut meat into small pieces.
4. Return meat to soup. Heat to serving temperature.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 20 mg ~ total carbohydrate 28 g ~ fiber 10 g

Chili with Lentils Serves 7.

1 pound dry lentils 1 1/2 Tbsp. chili powder
1 tsp. salt 1 medium onion, chopped
5 cups boiling water 1/2 cup celery, chopped
1 can tomatoes (16-oz.) 1 garlic clove, minced

1. Rinse dry lentils and remove stems or stones.
2. Add salt and dry lentils to boiling water. Cover and simmer 30 minutes. Do not drain.
3. Add tomatoes or tomato sauce, chili powder, onions, celery, and garlic. Cover and simmer 30 minutes more.
4. Serve over rice, spaghetti, or tortilla chips.

NUTRITION FACTS (per serving) - Calories 110 ~ fat .5 g ~ calories from fat 5 ~ sodium 460 mg ~ total carbohydrate 20 g ~ fiber 7 g

Ham and Beans Serves 6.

2 Tbsp. margarine 1 cup cooked lean ham, cubed
2 Tbsp. onion, minced 1 cup cooked dry beans
1 1/3 cups quick cooking rice 1 1/2 cups hot water
1 can cream of chicken soup Salt and pepper, to taste

1. Melt margarine in skillet. Cook onions in margarine until tender.
2. Add rice to onions and cook until rice is golden brown.
3. Add chicken soup, ham, beans and hot water.
4. Bring to boil, simmer uncovered 5 minutes.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 12 g ~ calories from fat 110 ~ sodium 880 mg ~ total carbohydrate 25 g ~ fiber 2 g