

WELLNESS WAYS



Ideas For Eating Better For Less

EAT BEANS Fresh, Dried or Canned

Why Eat Beans?

- Beans are cheap.
- Beans are easy to cook.
- Beans are very low in fat and a good source of fiber.
- Beans are a good source of protein.



New Orleans Red Beans* Serves 8.

1 lb. dry red beans	3 Tbsp. chopped garlic
2 quarts water	3 Tbsp. chopped parsley
1 1/2 cups chopped onion	2 tsp. dried thyme, crushed
1 cup chopped celery	1 tsp. salt
4 bay leaves	1 tsp. black pepper
1 cup chopped sweet green pepper	4 cups cooked brown rice



1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a 5-quart pot combine beans, water, onion, celery, and bay leaves. Bring to a boil then reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender.
3. Stir and mash beans against side of pan.
4. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook uncovered over low heat until creamy, about 30 minutes. Remove bay leaves.
5. Serve over hot cooked brown rice.

NUTRITION FACTS (per serving) - Calories 340 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 330 mg ~ total carbohydrate 63 g ~ fiber 17 g *"Down Home Healthy - Family Recipes of Black American Chefs", Leah Chase and Johnny Rivers, NIH and NCI, 1993.

Try Adding Beans To Your Family's Favorite Foods

Use cooked, dried 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 (ex. salsa, tomatoes, lettuce, cheese).
- Season canned beans. Add vegetables and spices and your favorite sauces (ex. tomato, molasses).
- Use beans as a meat substitute. Replace the meat with beans (ex. kidney beans in chili, lentils in meatloaf, white beans in stew).
- Add beans to your favorite rice dishes.

Split Pea Soup Serves 6.

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

Add peas, ham hock, onion, and pepper to water in a medium sauce pan. Simmer covered, 1 1/2 hours or until ham hock is tender.

Remove ham hock and cut meat from bone. Cut meat into small pieces. Return meat to soup. Heat to serving temperature.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 3 g ~ calories from fat 25 ~ sodium 15 mg ~ total carbohydrate 30 g ~ fiber 16 g



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.