

# Dried Beans



Dried beans are an excellent source of protein, vitamins, minerals and phytochemicals. They are also low in fat and high in fiber. Dried beans are an important addition to any diet. They work great for soups, casseroles, easy lunch tacos, and much more!

## Storage:

- Store in a cool, dry place. If opened, store in a plastic or glass container.
- Cooked beans can be stored in the refrigerator for 4-5 days.
- Cooked beans may be frozen for up to 6 months. Thaw by placing the container in hot water or drop into soups.

## Sorting:

- Sort through dried beans and remove any broken, shriveled, or discolored beans. Rinse.

## Soaking:

- Soaking helps to decrease cooking time.
- Beans expand to 2 ½ times their dried size during soaking.
- **Regular soak:** Add 6-8 cups of water to 1 lb dried beans. Cover and leave 6-8 hours or overnight before cooking.
- **Quick soak:** Boil 1 lb beans in 6 cups of water for 2-4 minutes. Turn the heat off and let the beans sit for 1-4 hours.
- **Overnight soak:** Cover the beans with water and allow to soak overnight (8-12 hr) Be sure to rinse once again after soaking.

## Cooking:

- Boil soaked beans gently for 1 ½ to 2 hours or until tender.

<b>Dried Bean Guide</b>	
<i>Use this guide to gauge how much dried beans to cook.</i>	
1/3 cup dry beans =	1 cup cooked beans
1/2 cup dry beans =	1 1/2 cups cooked beans
2/3 cup dry beans =	2 cup cooked beans
1 cup dry beans =	3 cups cooked beans
2 cups (1 pound) dry beans =	6 cups cooked beans

**\*\*Acid slows down cooking time. Add ingredients such as tomatoes, vinegar, and lemon juice when beans are tender.**

**\*\*A tablespoon of oil or butter added during cooking reduces foaming and boil-overs.**

**\*\*To prevent split skins, simmer and stir beans gently. Avoid overcooking.**

**\*\*Increase soaking and cooking times in hard water or high altitude (above 3500 ft).**

"Health Benefits." *The Bean Institute*. 2010. 3 December 2011. <<http://beaninstitute.com/health-benefits/>>.

"Bean Basics." *Mohave County WIC*. 3 December 2011. <<http://legacy.co.mohave.az.us/WIC/beansFixed.htm>>.

"Dried Beans-Cooking and Using Dried Beans." *What's Cooking America*. 15 May 2012.<<http://whatscookingamerica.net/Vegetables/driedbeantip.htm>>.

# Bean Recipes

## Tex-Mex Lasagna

Makes 8 servings:

### Ingredients:

- 1 lb lean ground beef
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1  $\frac{3}{4}$  cups cooked pinto beans
- 1 (16 oz) can diced tomatoes
- 1 (4 oz) can diced green chilies
- 2 teaspoons ground cumin
- $\frac{1}{4}$  tsp ground pepper
- 1 dozen corn tortillas
- 16 oz lowfat cottage cheese
- 1 cup shredded Monterey Jack cheese
- 1 egg

Optional: shredded cheddar cheese, chopped fresh tomato, chopped green onions, sliced black olives and lettuce

### Preparation:

1. Preheat oven to 350 degrees.
2. Heat 3 tablespoons oil in large frying pan, brown beef; drain. Sauté onions & garlic until soft. Add beans, tomatoes, green chilies, garlic, cumin and pepper. Heat through.
3. To soften tortillas, layer between damp paper towels and microwave until warm.
4. Put layer of tortillas in bottom of greased 9 x 13 inch baking dish. Pour beef mixture over tortillas. Put another layer of tortillas on top. Set aside.
5. Combine cottage cheese, Monterey Jack cheese and egg; pour over tortillas and beef mixture. Bake 30 minutes.
6. Remove from oven and sprinkle with cheddar cheese, fresh tomatoes, green onions, olives and lettuce.

### Nutritional Information (for 1/8 recipe):

357 Kcal, 14 g Total Fat, 485 mg Sodium, 32 g Carbs, 7 g Fiber, 26 g Protein



## Black Bean Dip

### Ingredients:

- 2 cups cooked black beans
- ½ cup salsa
- 4 ½ tsp lime juice
- 2 Tbsp chopped fresh cilantro
- ½ tsp ground cumin
- Pepper, to taste

### Preparation:

Put all ingredients into a food processor and blend. Makes 1 ½ cups.

### Nutritional Information (per Tbsp):

27 Kcal, 5 Kcal from Fat, 0.2 g Total Fat, 0 mg Cholesterol, 5 mg Sodium, 4.8 g Carb, 1.8 g Fiber, 1.7 g Protein

Recipe adapted from Idaho Bean Commission, <http://bean.idaho.gov>.

## Fudgy Black Bean Brownies

### Ingredients:

- 2 cups cooked black beans
- 3 large eggs
- 3 tablespoons canola oil
- ¾ cup granulated sugar
- ½ cup unsweetened cocoa powder
- 1 tsp vanilla extract
- ½ tsp peppermint extract, optional
- ½ tsp baking powder
- Pinch salt
- ½ cup mini semi-sweet chocolate chips, divided

### Preparation

1. Preheat the oven to 350°F. Lightly oil or coat an 8 X 8-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla, peppermint extract as desired, baking powder, and salt and process until smooth. Add ¼ cup of the chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining ¼ cup chocolate chips.
4. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares. Makes 16 bars.

### Nutrient Information (per 2-in square):

120 Kcal, 5 g Fat (1.5 g saturated), 95 mg Sodium, 18 g Carb, 2 g Fiber, 3 g Protein

Recipe from The Bean Institute, <http://beaninstitute.com/recipes/easy-recipes/fudgy-black-bean-brownies/>.



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