



SHOP SMART EAT WELL

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Get Growing with Beans

Protein is essential for the growth and repair of our bodies. Foods in the protein group come from animals—chicken, beef, port, fish, and eggs. They also come from plants—dried beans, nuts, and peanut butter. It is important to include foods from the protein group every day.

It can sometimes be challenging to make protein rich meals for the family and also stay within the budget. A great way to do this is to serve beans. They are an inexpensive source of protein and can be used in many ways. To get the most bang for your buck, start with dried beans. All it takes is a little planning.

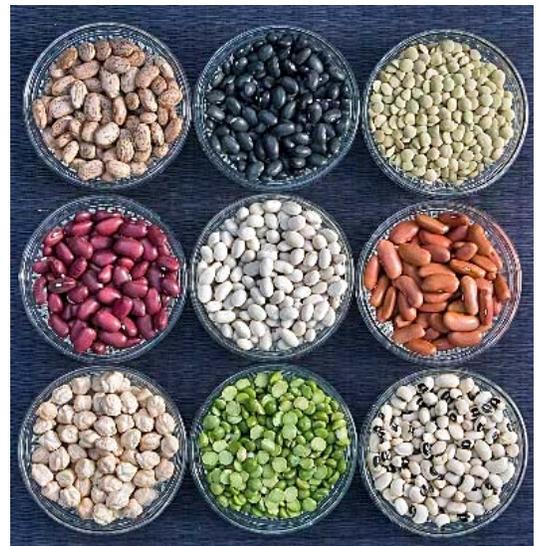
There are two steps to cooking dried beans: soaking and cooking.

Soaking Beans

1. In a large pot, cover 1 pound dried beans with 10 cups of water.
2. Cover and refrigerate 6-8 hours or overnight.
3. Drain and the beans.

Cooking Beans

1. Return the soaked, rinsed beans to the pot. Cover the beans with 3 times their volume of water. Add herbs or spices (not salt), if desired.
2. Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occasionally until tender (the time will depend on the type of bean, but start checking after 45-60 minutes). Do not boil; this will break the skin and you will end up with mushy meal. Add more water, if the beans are not covered. Most beans will cook in about 1 to 1½ hours.



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Get Growing with Beans *(continued)*

- When the beans are tender, drain and use in recipes; or for later use, cover with cold water until cool, then drain well and freeze in 1 to 2 cup packages.

Helpful Information:

- One pound of dried beans yields 6 cups cooked beans, drained.
- One cup dry beans equals three cups cooked, drained.
- One 15 ounce can of beans equals 1½ cups cooked beans, drained.
- Do not add salt or acidic ingredients like vinegar, tomatoes, juice; this will slow the cooking process. Instead add these ingredients when the beans are just tender.

Recipe Refried Bean Soup

Servings: 4

Using dried beans that have been cooked ahead of time is a great way to make a quick soup with slow cooked flavor.

Ingredients

- 2 teaspoons vegetable oil
- 1 large onion (1 cup chopped)
- 1 medium green bell pepper (1 cup chopped)
- 2 teaspoons minced garlic
- 1 can (14½ ounces) vegetable broth or fat-free chicken broth
- 1 can (14½ ounces) Mexican-style stewed tomatoes
- 1 can (15½ ounces) black beans*
- 1 can (15½ ounces) red kidney beans*
- 1 can (15½ ounces) refried beans
- ¼ teaspoon ground cumin
- Black pepper to taste

* Substitute cooked dried beans - any variety

Directions

1. Heat the oil in a 4½ quart soup pot over medium heat. Add the chopped onion and bell pepper to the pot, and cook for 2 to 3 minutes or until the vegetables are tender.
2. Add the garlic, broth, and stewed tomatoes and stir. Raise the heat to high.
3. Rinse and drain the black beans and kidney beans, and add them to the soup pot. Stir in the refried beans and cumin. Stir well.
4. Cover and let the soup come to a boil. Reduce the heat to low and stir occasionally for 5 to 7 minutes or until ready to serve.

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