



SHOP SMART EAT WELL

Winter
2017

...a quarterly bulletin from the UC CalFresh Nutrition Education Program

Beans...High in Protein, Low in Cost

Protein is essential for the growth and repair of our bodies. Foods in the Protein Group come from animals—chicken, beef, pork, 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.

Dried beans need to be soaked and cooked before using.

Traditional soak

Add 1 pound of dry beans to 6 cups of water in a large dish. Let beans soak overnight.

Quick soak

Combine 1 pound of dry beans with 6 cups of water in a large pot. Bring water to a boil. Turn off heat, cover the pot and let beans soak for 2 hours.

After soaking, drain water off beans. Rinse beans with water.

Cook the Beans

Place beans in a pan and cover with water. Cover and simmer for 45 to 60 minutes or until beans are soft. Drain off water and rinse beans.



- 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.

Beans

Beans are nutrient-rich. They contain a variety of vitamins and minerals, as well as protein, fiber, folate, iron, potassium, and magnesium. Because of their high concentration of health-promoting nutrients, including more beans in your family's diet can improve overall health and also decrease the risk of developing certain diseases, including heart disease, obesity, and many types of cancers. The 2015 Dietary Guidelines for Americans recommend consuming 1½ cups of beans per week to take advantage of these potential health benefits.

Refried Bean Soup

Serves: 4-5 Cooking time: 30 minutes

Using dried beans that have been cooked ahead of time is a great way to make 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.



CINDY FAKE
COUNTY DIRECTOR

KELLEY BRIAN
YOUTH, FAMILIES AND COMMUNITIES ADVISOR

ROSEMARY CARTER
UC CALFRESH PROGRAM MANAGER

UC Cooperative Extension Placer and Nevada Counties

PLACER:

11477 E Avenue, Auburn, CA 95603
530-889-7385 office 530-889-7397 fax
ceplacer@ucanr.edu

NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945
530-273-4563 office 530-273-4769 fax
cenevada@ucanr.edu

Website: <http://ceplacervevada.ucanr.edu>

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>)

Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.