

Kidney Beans

Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



Rancher's Beans

Ingredients:

1 teaspoon vegetable oil
1/4 cup chopped bell pepper
1/4 cup chopped onion
2 cups cooked kidney beans
2 cups cooked pink beans
1/2 cup tomato sauce
2 tablespoon brown sugar
1 tablespoon mustard
Salt and pepper, to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add peppers and onions and cook over medium heat until soft, about 3 minutes.
3. Add beans, tomato sauce, brown sugar and mustard.
4. Cook uncovered for 10 minutes until thoroughly heated.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 10 servings.

Kidney Bean and Pasta Salad

Ingredients:

1 bell pepper, chopped
1 teaspoon onion powder
2 teaspoons Italian seasoning or oregano
1/3 cup white or red vinegar
2 garlic cloves, minced
1/4 cup vegetable oil
2 tomatoes, diced
2 cups cooked kidney beans
5 cups cooked pasta, cooled
1/2 cup shredded low fat cheddar cheese (optional)
Salt and pepper, to taste

Directions:

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

Makes 8 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Rancher's Beans

Recipe Name:
Kidney Bean and Pasta Salad

Nutrition Facts

Serving Size (109g)
Servings Per Container

1. Start with the serving size.

Nutrition Facts

Serving Size (235g)
Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat 5**

2. Check calories.

Amount Per Serving

Calories 280 **Calories from Fat 70**

% Daily Value*

% Daily Value*

Total Fat 0.5g **1%**
Saturated Fat 0g **0%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 200mg **8%**

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

Total Fat 8g **12%**
Saturated Fat 1g **5%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 230mg **10%**

Total Carbohydrate 21g **7%**

Total Carbohydrate 41g **14%**

Dietary Fiber 5g **20%**

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Dietary Fiber 6g **24%**

Sugars 4g

Sugars 3g

Protein 6g

Protein 11g

Vitamin A 2% • **Vitamin C 6%**

Vitamin A 2% • **Vitamin C 40%**

Calcium 4% • **Iron 10%**

Calcium 8% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Fat 9 • Carbohydrate 4 • Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH