

Beans

This week we will be focusing on beans – another protein sources that can be easy on our budgets -and a bonus they also fall into the vegetable category! They're convenient, versatile and lend themselves to many tasty dishes. Beans are a rich source of protein, fiber, vitamins and minerals. Replace some of the fat in baked goods, such as brownies, with mashed black beans. Beans can be added to casseroles or soups to add flavor, texture and more nutrients.

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Budget Tip of the Week – *Tips on Buying Milk* – Nonfat dry milk is the least expensive way to buy milk. When using it as a beverage, mix it several hours ahead and refrigerate so it can get cold before drinking. Buy fresh milk in large containers (gallon or 1/2 gallon). These generally cost less than quarts. Buy fat-free or lowfat milk to cut the amount of fat in your family's meals.

Enchilada Casserole (as prepared in demo)

Ingredients

- 1 lb. Ground Beef (any ground meat will work)
- 1 can (15-16 oz) Kidney Beans, rinsed and drained
- 1 can (15-16 oz) Pinto Beans, rinsed and drained
- 1 cup Onion, chopped
- ½ cup Green Peppers, diced
- 2 medium Tomatoes, diced (or 1 – 15 oz can Diced Tomatoes)
- 1 10 oz can Enchilada Sauce
- 1/3 cup Water
- 1 tsp Chili Powder
- ½ tsp Cumin
- 2 cup Shredded Cheese (any will work)
- 6 Whole-Wheat or Flour Tortillas

Instructions

1. Preheat oven to 425 degrees. Brown beef, onion and green pepper. Drain off excess liquid once cooked.
2. Mix beef, onion, peppers, beans, tomatoes, enchilada sauce and spices.
3. In a 9 by 13-inch greased pan, layer tortillas, ground beef and vegetables mixture and cheese. Continue to layer tortilla/meat mixture/cheese until full.
4. Place in oven at 425 degrees for 30 minutes. Casserole should be browned on top.
5. May serve with any of your favorite taco toppings – lettuce, tomatoes, jalapenos, olives or salsa.

Recipe Substitutions – May use any combination of beans. Also, may add more frozen or canned vegetables like corn to meat and bean mixture.

Yield: 12 servings

Easy Homemade Enchilada Sauce

Ingredients

- 2 Tbsp Butter
- 2 Tbsp Olive Oil
- 3 Tbsp Chili Season (Chili, Taco or Fajita Seasoning – may make own)
- 3 Tbsp Flour
- 1 cup Low Sodium Chicken Broth (any broth would work)
- 1 8 oz can Tomato Sauce
- ¼ tsp Salt

Instructions

1. Heat the butter and oil in a small saucepan over medium heat. Once the butter is melted add the chili seasoning and stir to combine.
2. Add the flour and stir to combine. Cook the mixture for about a minute stirring frequently. Add the broth, tomato sauce, and salt. Stir to combine. Simmer the sauce for five to ten minutes or until it's thickened.
3. Store the enchilada sauce in an airtight container. It will keep in the refrigerator for up to three to four days. Or freeze the sauce for up to 3 months.

Black Beans and Rice

Ingredients

- 1 Tbsp Olive Oil
- ½ cup Onion, finely diced
- 2 tsp Minced Garlic (1/2 tsp Garlic Powder)
- 1 ½ cup Long Grain Rice
- 1 tsp Cumin, ground
- 3 cups Chicken Broth (any broth flavor would work)
- Salt and Pepper, to taste
- 2 – 15 oz can Black Beans, rinsed and drained
- 2 Tbsp Lime Juice
- 1/3 cup Cilantro Leaves (2 2/3 Tbsp Dried Cilantro)

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion and garlic (if using powder add with other seasonings) and cook for 2-3 minutes until tender.
2. Add the rice and cook for 1-2 minutes.
3. Add the cumin, chicken broth, salt and pepper. Bring the pot to a boil.
4. Cover the pot and turn the heat down to low. Simmer for 15 minutes or until rice is tender.
5. Stir the beans into the rice. Cover the pot and let sit off the heat for 3-5 minute or until beans are warmed through.
6. Stir in the lime juice and cilantro. Fluff the rice with a fork. Taste and add more salt and pepper if desired.

Yield: 8 servings

Recipe Substitutions: May use brown rice or quinoa in place of white rice – just double check liquid amount needed to prepare this amount of rice/quinoa and adjust broth amount. May also use cauliflower rice and just omit the broth. May use any kind of beans you have on hand – may also start with dried beans as well (see cooking tips at end of document on preparing dried beans).

Yogurt Parfait (as prepared in demo)

Ingredients

- 1 cup Yogurt – any flavor or kind (regular or Greek)
- ½ cup Fruit – fresh, frozen or canned (drain and rinse)
- 2 Tbsp Crunchy Topping (cereal, Granola or nuts), optional

Instructions

1. Layer yogurt, fruit and crunchy topping in cup/bowl – store in fridge until eating.

Serving Suggestions: Make a yogurt parfait bar – set out yogurt, variety of fruit and let your family make their own creations!

Yield: 1 serving

Black Bean Burger

Ingredients

2 14oz-cans Black Beans, drained, rinsed and patted dry
1 Tbsp Olive Oil
¾ cup Bell Pepper, finely chopped
1 cup Yellow Onion, finely chopped
3 Garlic Cloves, minced (1 Tbsp Minced Garlic or ¾ tsp Garlic Powder)
1 ½ tsp Cumin, ground
1 tsp Chili Powder
½ tsp Garlic Powder
¼ tsp Smoked Paprika (Plain Paprika)
½ cup Breadcrumbs (crushed crackers or cereal)
½ cup Feta Cheese (or Shredded Cheese)
2 Eggs, large
1 Tbsp Worcestershire Sauce
2 Tbsp Ketchup, Mayo or BBQ Sauce
Salt and Pepper, to taste

Instructions

1. Preheat oven to 325 degrees. Spread beans (drained/rinsed/patted dry) onto a lined baking sheet and bake for 15 minutes until slightly dried out (this helps to make beans less mushy when making burgers).
2. Meanwhile, sauté olive oil, chopped pepper, onion and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, breadcrumbs, cheese, eggs, Worcestershire, ketchup, salt and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks or beans.
3. Form into patties-about 1/3 cup of mixture in each.
4. **To bake:** Place patties on a parchment paper lined baking sheet (no parchment paper – spray baking sheet well with non-stick cooking spray) and bake at 375 degrees for 10 minutes on each side, 20 minutes total. **To grill:** place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ – generally black bean burgers should grill on medium-high heat about 350 – 400 degrees.
5. Serve with your favorite burger toppings. Store leftovers in the refrigerator for up to 5 days.

Yield: 6-7 burgers

Black Bean Quesadillas

Ingredients

- 1 15 oz can Black Beans, drained and rinsed
- ¼ cup chopped Tomato (may use canned Diced Tomatoes)
- 3 Tbsp Cilantro, chopped (1 ½ Tbsp Dried Cilantro)
- 8 6-in Whole Wheat Tortillas (or your Tortilla of Choice)
- 4 oz Shredded Cheese
- 32 Spinach Leaves, chopped/shredded

Instructions

1. Preheat oven to 350 degrees.
2. Mash drained/rinsed beans. Stir in tomato and cilantro.
3. Spread evenly onto four tortillas. Sprinkle with cheese, spinach and salsa. Top with remaining tortillas.
4. Bake tortillas on ungreased cookie sheet for 12 minutes.
5. Cut into wedges and serve.

Serving Suggestions: May serve with salsa, sour cream or Greek yogurt or guacamole.

Yield: 4 Quesadillas

Chili Mac n Cheese

Ingredients

- 1 Tbsp Olive Oil
- 2 Garlic Cloved, minced (2 tsp Minced Garlic or ½ tsp Garlic Powder)
- 1 Onion, chopped
- 1 Red Bell Pepper, chopped
- 1 lb Ground Beef
- 2 Tbsp Chili Powder
- 28 oz can Crushed Tomatoes
- 14 oz can Red Kidney Beans (any choice of beans)
- 2 ½ cups Beef Broth (any broth of choice)
- 8 oz Elbow Macaroni, uncooked (any smaller shaped pasta will work)
- 2 cups Shredded Cheese (Cheddar or Monterey Jack)

Instructions

1. Heat oil in large pot over high heat. Add garlic and onion, cook for 1 minute. Then add red bell pepper and cook until onion is translucent.
2. Add beef and cook, breaking it up as you go.
3. Once the beef turns from red to brown, add remaining ingredients except the cheese. Stir, bring to simmer, then turn the heat down to medium.
4. Cover and cook for 12 minutes or until the macaroni is al dente, meaning just cooked, still a tiny bit on the firm side. It should be saucy but not tons of liquid.
5. Turn the stove OFF but leave the pot on the stove. Stir in half the cheese – it should still be a bit saucy. Add salt and pepper to taste. Top with remaining cheese, put the lid back on and leave until the cheese melt – about 2 minutes (sauce should absorb further during this period).

Recipe Suggestions: May want to add chili seasoning 1 Tbsp at a time to taste – may also add more or hot sauce to give it more kick.

Yield: 6 servings

Lentil Stew

Ingredients

- 2 tsp Olive Oil
- 1 Onion, large, chopped
- 1 tsp Garlic Powder
- 1 pkg Frozen Sliced Carrots (16 oz) (may also use canned or fresh – 2 cups)
- 1 pkg dry Lentils (16 oz – rinsed and drained)
- 3 14.5 -oz cans Diced Tomatoes (may use 'No Added Salt')
- 3 cups Water
- 1 tsp Chili Powder

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Recipe Substitutions: May use any combination of vegetables.

Yield: 10 servings

Roasted Sweet Potatoes, Beans and Rice Bowl

Ingredients

- 2 medium size Sweet Potatoes – cut into bite size pieces
- 1 Tbsp + 1 tsp Olive Oil – divided
- 15 oz can Black Beans, drained and rinsed
- 2 tsp Taco Seasoning (see Seasoning Recipes for Home Taco Seasoning)

For Rice

- 1 Tbsp Olive Oil
- 1 cup Long Grain White or Brown Rice
- 2 Cloves Garlic, minced (2 tsp Minced Garlic or ½ tsp Garlic Powder)
- 1 ½ cup Chicken Broth (any broth will work)
- 2 Tbsp Lime Juice
- 1 tsp Sea

Instructions

1. **For potatoes:** preheat oven to 400 degrees.
2. Drizzle cubed potatoes with 1 teaspoon olive oil and toss to coat.
3. Onto a baking sheet, arrange potatoes in a single layer. Roast 10-15 minutes or until easily pierced with a fork.
4. **For the rice:** in a medium saucepan over medium-high heat, add olive oil. When oil is hot, add the rice and garlic (if using garlic powder – add when adding broth). Cook 1-2 minutes, stirring frequently, until garlic is softened and fragrant.
5. Add broth, lime juice and salt. Reduce heat to low; cover and simmer 20 minutes, until rice is tender, and liquid is absorbed.
6. **Putting it all together:** in a large, deep skillet over medium heat, add remaining 1 tablespoon of olive oil. When oil is hot, add roasted potatoes, black beans and taco seasoning. Mix together to evenly distribute seasoning.
7. Cook, stirring frequently, 5 minutes, or until heated through.
8. Add cooked rice and stir to blend ingredients. Continue cooking another 1-2 minutes to heat rice, if needed. Serve hot.

Yield: 4 servings

White Chili Soup

Ingredients

- 4 cups White Beans (cooked if using dry – 2 cans canned White Beans – drained/rinsed)
- 1 Tbsp Olive Oil
- 2 Red Peppers, chopped
- 1 Onion, large, chopped
- 1 Green Chili, chopped (optional – may add more to add kick – may use canned)
- 3 cloves Garlic, minced (3 tsp Minced Garlic or ¾ tsp Garlic Powder)
- 1 Tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Oregano
- 2 cups Chicken Broth (any broth of choice)
- 2 cups Milk, low-fat (may use prepared Milk Powder)
- ¼ cup Cilantro (2 Tbsp Dried Cilantro)
- ¾ lb Chicken (cooked and cubed)
- 6 Corn Tortillas (toasted and cut into 1-inch squares) – optional

Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for about 20 minutes.
3. Add milk, cooked beans and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving -if make or a few chips. May also top with a dollop of sour cream/Greek yogurt, guacamole or a bit of shredded cheese.

Recipe Suggestions: May use Italian Seasoning blend in place of oregano.

Yield: 10 servings.

Cowboy Beans

Ingredients

- 6 cup Mixed Beans, drained and cooked (or 3 cans of beans ex./ Cannelini Beans, Kidney Beans and Black Eyed Peas)
- 1 cup BBQ sauce (or ¾ cup Ketchup+2 Tbsp Mustard+2 Tbsp Brown Sugar)
- 1 Tbsp Mustard
- 15 oz Tomato Sauce
- 1 cup Onion, chopped
- 8 oz Mushrooms, finely chopped (if using canned - drain)
- Salt and Pepper to taste
- 2 tsp Liquid Smoke – optional
- 1 tsp Chili Powder - optional

Instructions

1. First, heat a bit of oil in a large saucepan – then add onions and mushrooms and sauté for about 3 minutes.
2. Add beans, BBQ sauce, tomato sauce, mustard and liquid smoke and chili powder – if using. Add a pinch of salt and pepper to taste.
3. Cook for around 10 minutes on medium heat – should simmer a little to bring flavors together.

Yield: 6-8 servings

Italian Pasta Salad

Ingredients

- 1 cup Spiral Macaroni (any shape pasta will work)
- 1 small head Fresh Broccoli, cut into bite-size pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 can 15 oz Black Beans, drained and rinsed
- ¼ cup Lite Italian Dressing
- ¼ cup Parmesan Cheese, grated

Instructions

1. Cook macaroni in a large saucepan of water – just until tender. Drain and rinse with cold water.
2. In a large bowl, mix broccoli, carrots and tomato. Add the rest of the ingredients to vegetables and drizzle dressing over, stir gently.
3. Cover and chill before servings.
4. Before serving, stir salad; additional dressing if necessary.

Recipe Suggestions: May use quinoa in place of pasta.

Yield: 8 Servings

Three Bean Salad

Ingredients

- 1 14 oz can Chickpeas/Garbanzo Beans
- 1 14 oz can Black Beans
- 1 14 oz can Kidney Beans
- 2 Tomatoes, seeded and diced (may use 1 14 canned Tomatoes - drain)
- ½ Cucumber, seeded and diced
- ½ Red Onion, diced (may use yellow or white onion)
- 1 Yellow Bell Pepper, diced (any color Bell Pepper will work)
- ¼ cup Parsley, minced (4 tsp Dried Parsley)

Dressing

- ¼ cup Olive Oil
- 2 Tbsp Red Wine Vinegar (may use Apple Cider Vinegar, White Vinegar or Lemon Juice)
- 1 clove Garlic, minced (1 tsp Minced Garlic or ¼ tsp Garlic Powder)
- 2 tsp Dijon Mustard (may use Yellow Mustard or Brown Mustard)
- 1 tsp Honey
- Salt and Pepper, to taste

Instructions

1. In a large colander, strain and rinse chickpeas, black beans and kidney beans – set aside.
2. In a small bowl or jar, combine dressing ingredients, whisk together until emulsified and set aside.
3. In a large bowl, combine the diced vegetables and beans, and give it a good stir to ensure everything is well combined.
4. Drizzle the salad with the dressing and toss again to ensure everything is well coated.
5. Taste the salad and season with additional salt and pepper to taste.
6. Store in an air-tight container in the fridge for up to 5 days.

Recipe Suggestions: May use any combination of canned beans for this recipe.

Yield: 6-8 servings

Hummus

Ingredients

2 cups Chickpeas (if using dry bean) or 1 15 oz can – drained and rinsed 3 times
1 clove Garlic (1 tsp Minced Garlic)
3 Tbsp Olive Oil
½ - 1 Tbsp Lemon Juice
½ - 1 tsp Cumin
¼ - 1 tsp Cayenne Pepper
½ tsp Salt
2-4 Tbsp Water

Instructions

1. Put garbanzo beans, olive oil, ½ tablespoon lemon juice, spices and 2 tablespoons of water in a food processor or a blender.
2. Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency.
3. Taste the hummus and add additional spices or lemon juice if desired. Start with the least amount of spice and add more if needed to desired flavor.

Serving Suggestions: May serve with raw vegetables, on crackers or chips or as a dressing on a sandwich.

Honey Cinnamon Roasted Chickpeas

Ingredients

2 – 15 oz cans of Chickpeas or 4 cups Chickpeas, cooked
2 tsp Cinnamon, ground
¼ tsp Nutmeg
2 Tbsp Granulated Sugar
4 tsp Olive Oil
2 Tbsp Honey

Instructions

1. Preheat oven to 375 degrees.
2. Drain and rinse chickpeas in a colander under running water. Thoroughly dry chickpeas with a kitchen towel.
3. In a small bowl, whisk together the oil, cinnamon, nutmeg and sugar. Add chickpeas and toss until coated in spice mixture. Spread the chickpeas out on a rimmed baking sheet.
4. Roast, shaking the pan occasionally, until the chickpeas are crunchy and no longer soft in the middle, 35-40 minutes. Taste test every few minutes, near end of cooking time, until desired texture is reached.

5. Place hot, roasted beans in a small bowl and coat evenly with honey. Spread beans back out on a baking sheet and allow to dry. Store in airtight container at room temperature.

Yield: 16 – ¼ cup servings

Black Bean Brownies

Ingredients

- 1 can 15 oz Black Beans, drained and rinsed
- 3 Eggs
- 3 Tbsp Olive Oil
- ¼ cup Cocoa Powder
- 1 pinch Salt
- 1 tsp Vanilla Extract
- ¼ cup Granulated Sugar
- 1 tsp Instant Coffee, ground – optional
- ½ cup Semi-Sweet Chocolate Chips

Instructions

1. Preheat oven to 350 degrees. Lightly grease an 8 by 8-inch baking dish.
2. Combine all the ingredients except chocolate chips in blender; blend until smooth; pour mixture into prepared baking dish.
3. Sprinkle with chocolate chips.
4. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

Yield: 9-12 servings

Super Food: Beans

Beans are composed of protein, complex carbohydrates, fiber, antioxidants and important vitamins such as folate and minerals, including manganese, potassium, iron, phosphorus, copper and magnesium. On average, ½ cup of beans contains 116 calories, 8 grams of protein and less than 1 gram of fat. This makes beans a good addition to any diet.

Beans for Your Health!

Heart health: Beans are naturally low in fat and contain no saturated fat(s), trans fats or cholesterol. Studies show a diet that includes beans may reduce the risk of heart disease.

Cancer-reducing agents: Beans such as the small red beans have an abundance of antioxidants and phytochemicals (natural plant chemicals), which have been shown to reduce the risk of certain cancers such as colon cancer.

Blood sugar management: Beans contain complex carbohydrates the body digests slowly. This makes them a good choice for diabetics to help keep tight control over their blood sugar levels.

Weight control: Beans are low in fat and an excellent source of fiber and protein. Fiber and protein will help the body feel full faster and longer. Protein, along with exercise, will help build lean muscle.

Pregnancy and healthy babies: Folate (the natural form of the B vitamin folic acid) is one of the many vitamins found in beans. Folic acid has been shown to reduce the risk of neural tube defects in newborns significantly. Pregnant women and women of child-bearing age should get the daily recommendation of 400 micrograms of folate (folic acid). Eating a diet rich in beans will contribute to this goal.

Food allergies and intolerances: For people with food allergies and intolerances, beans provide a great source of nutrition. Individuals who have celiac disease are unable to consume gluten, a protein found in grain products. They can supplement their diet with beans to get fiber, protein, vitamins and minerals that might otherwise be missing because they aren't able to eat grain foods.

Tips for Adding Beans to Your Diet

When adding beans to your diet, start slowly and be sure to drink extra fluids because of the increased fiber. Experiment with different kinds of beans to find the best flavor combination for your dish. Here are a few ideas for adding beans to your diet:

- Main dishes: Add beans to chili, burgers and rice for a satisfying entrée.
- Side dishes: Baked beans or bean salad would make a great addition to any meal.
- Salads: Add beans to salads for added nutrition and color.
- Pasta: Adding beans to pasta dishes will add not only another dimension of flavor but boost the appearance of your dish.
- Dips and spreads: Bean dips and spreads make a great snack or an appetizer
- Baked goods: Replace all or part of the fat ingredients with mashed or pureed beans in foods such as brownies and cookies. You will add protein and fiber while cutting back on fat, cholesterol and calories.

Preparation and Cooking Tips for Beans

Dry beans require soaking in water. The soaking rehydrates the beans and allows for even cooking.

Preferred Hot Soak Method: Sort beans by laying them on a cookie sheet and removing any small stones or dirt pieces. Place in a colander and rinse under cold water.

Add 10 cups of cold water to a pot for each pound (2 cups) of beans you plan to cook. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal. Finally, drain and rinse the soaked beans. Add fresh, cold water to fully cover beans. If you wish, add 1 tablespoon of oil and 1 teaspoon of salt. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe.

Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine or molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender. Beans are done when they can be mashed easily with a fork.

2 cups of dry beans = 4 to 5 cups of cooked beans

1½ cups of cooked beans = 1 can of drained beans