



A nutrition Fact Sheet



Cooking Beans

There are many benefits to cooking dried beans, as opposed to using canned beans:

- Dried beans cost less per pound.
- You can control the amount of sodium in your beans.
- Dried beans don't have any preservatives.

On a day when you have a couple of hours to be at home, it is helpful to cook a batch (or two, for variety) of beans, and keep them in a covered container in the refrigerator (for up to 3 days) or in 1- to 2-cup packages in the freezer.

Do not add salt to the beans after cooking. When adding beans to recipes that call for canned beans, you may need to add a little salt. Start with a very small amount, taste the recipe, and if it needs more salt, add up to ½ teaspoon to taste. When using recipes from the *Buy Eat Live Better* website, just use the amount of salt specified. These recipes are designed to use home-cooked dried beans.

Step One: Clean and Soak

Why? Soaking beans helps you digest them better, and also cuts down dramatically on the cooking time!

1. Measure out the amount of beans you want to cook. (Keep in mind 1 cup of dried beans yields about 3 cups of cooked beans.)
2. Lay out the beans (i.e., in a long, flat Tupperware container) and pick out any rocks, stones, or dried, withered, or discolored beans.
3. Add three times the amount of cold water as you measured for your beans. For instance, for 1 cup of beans, add 3 cups of water.
4. Cover and let sit in the refrigerator overnight, or at least 8 hours.
5. After the allotted time, drain and rinse the beans.

Step Two: Cook

1. After draining and rinsing the soaked beans, add the beans to a large stock pot and again, add three times the amount of water as the amount of beans you measured out.
 - Do *not* add salt or cook the beans in broth. *Why?* Salt stops or drastically slows down the cooking process. If you add salt, your beans may never soften, no matter how long you cook them.
 - Do not add acidic ingredients, such as vinegar, lemon or lime juice, or tomatoes. *Why?* The same reason you would not add salt.
2. Bring to a rapid boil first, then reduce the heat to a simmer (a slow, gentle boil), cover with a lid, and let cook for at least 45 minutes.
3. Beans will be done when you can easily smash one between your fingers. (Test a few beans). Beans vary greatly in their cooking time, depending on the variety, age, size, and the altitude at which you are cooking. If they are not done after 45 minutes, set the timer for increments of 10-15 minutes to check on them. Beans can take up to an hour and a half to cook!

Step Three: Use or Store

If you will be using them right away, drain the beans in a colander and use the beans as intended.

If you plan to save the beans for later, drain the beans and place them in a shallow container with cold water to cool in the refrigerator. If you're not planning to use them within 2-3 days, drain the water and freeze in 1- to 2-cup packages.

Beans will keep in the refrigerator up to 3 days. For longer periods of time, store in the freezer.

Black Bean Quesadillas

Yield: 4 servings • Serving Size: 1 quesadilla

2 cups cooked black beans (or
canned, drained and rinsed) 4 whole wheat tortillas
2 cups low fat cheddar cheese ¼ cup salsa

1. Mix in black beans and cheese until combined.
2. Divide mixture evenly into four and spread on half of each tortilla.
3. Fold tortillas in half.
4. Heat a large griddle or skillet over medium-high heat. Place filled tortillas on griddle. Cook, carefully flipping, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
5. Top with salsa.

Tip: Add lightly cooked vegetables to the quesadilla filling mixture.

Farmers Market Salsa

Yield: 8 servings • Serving Size: ½ cup

½ cup fresh cooked or frozen corn ½ cup picante sauce
2 cups cooked black beans (or
canned, drained and rinsed) ½ cup diced green pepper
1 cup fresh diced tomatoes 2 Tablespoons lime juice
½ cup diced onion 2 cloves garlic, finely chopped or ¼
teaspoon garlic powder

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving. Serve with low-fat baked tortilla chips or fresh vegetables.

Adapted from foodhero.org

Making Beans Friendlier

A common concern about legumes is the intestinal gas they cause. The problem is often greatest for those who don't eat beans frequently. Here are some suggestions:

- Eat small servings at first. Slowly increase the number and size of servings.
- Drink adequate fluid.
- Properly soak and thoroughly cook beans.
- Change the water you soak beans in once or twice. Rinse after soaking and replace with clean water for cooking.



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Nutrition Facts

4 servings per container
Serving size 1 quesadilla (174g)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 600mg	26%
Total Carbohydrate 41g	15%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3mg	15%
Potassium 324mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (112g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 259mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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