
Cooking With Beans

Key Nutrients

- B Vitamins - turn food into energy
- Protein - builds and repairs skin, muscle, blood, bone and brain
- Iron - carries oxygen in our blood
- Fiber - prevents constipation

Serving Size

1 cup cooked beans provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Keep dry beans in tightly covered containers in a cool, dry place.

Store cooked beans in the refrigerator. If you use only part of a can of beans, empty the leftovers into a glass or plastic container, cover, and refrigerate.

Be sure to refrigerate foods made with beans within 2-3 hours of cooking.

Preparation and Cooking

Dry beans are easy to prepare. 1 pound dry beans = 2 cups dry beans = 6 cups cooked beans. Soak dry beans for faster cooking.

Beans can be soaked overnight: Rinse beans; pick out stones or damaged beans; place 2 cups beans in 8 cups water; let stand overnight. Or, try the "quick soak" method: Rinse beans; pick out stones or damaged beans; place 2 cups beans in 8 cups water; bring to a boil and boil 2 minutes; remove pan from heat and let stand for 1 hour.

Drain soaked beans and transfer to a large pan; add 6 cups fresh water (adding fresh water reduces bean gas!); cover partially and simmer until beans are tender; add salt after beans are tender.

Uses and Tips

Beans generally come in two forms: dry or canned (cooked). Dried beans usually are cheaper than canned. Canned beans are convenient and are still a good value. Here are some ways to use beans in meals:

- add cooked beans to stretch soups, stews, and casseroles
- chili: serve over burgers, hot dogs, baked potato, noodles, rice, or an omelet
- try cooked beans in salads with chopped onion, peppers, corn, tomatoes, and any salad dressing
- cooked beans are wonderful mixed in with any noodle dish; add plenty of garlic for extra flavor!

Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

© 2004 Oregon State University. Funding for the Oregon Family Nutrition Program is made available through the Oregon Department of Human Services from the USDA Food and Nutrition Service. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. Please contact OSU Extension in. To find out if you are eligible for Food Stamps, call 1-800-SAFENET.