

BEAN BASICS

A GUIDE TO
DRIED BEANS, PEAS & LENTILS



CHOOSE
HOMEMADE
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WHAT ARE DRIED BEANS?

Dried beans, peas & lentils are the seeds of plants called legumes. They are dried to last longer & need to be soaked before cooking.

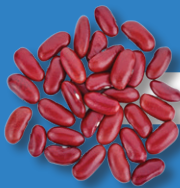
COMMON TYPES OF DRIED BEANS



Black Beans



Pinto Beans



Kidney Beans



Chickpeas



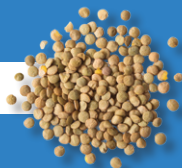
Cannellini Beans



Navy Beans

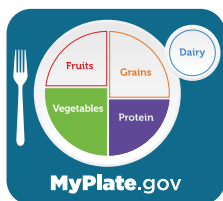


Black Eyed Peas



Lentils

WHY ARE DRIED BEANS GOOD FOR YOU?



The nutrients found in beans, peas & lentils are similar to both the vegetable & protein MyPlate food groups. The Dietary Guidelines for Americans recommends adults eat 1-3 cups of beans per week.

Protein

Beans are a great source of protein. Protein helps the body grow & keeps muscles strong.

Fiber

Beans are a great fiber source. Fiber helps with digestion & keeps the stomach & intestines healthy.

Vitamins & Minerals

Beans are a good source of iron & folate, which are vitamins & minerals that the body needs to make new cells.

1/2 cup of cooked beans = 1 serving



DRIED BEANS VS. CANNED

Both dried & canned beans are great options. Canned beans are helpful to keep in the pantry to save time. Dried beans take longer to prepare but have advantages:

- **Lower in Sodium:** Canned beans often have added salt, dried beans do not. Using dried beans in recipes is an easy way to lower your daily sodium intake.
- **Cost-effective:** Dried beans cost less per serving, especially if bought in bulk.
- **Longer Shelf Life:** Dried beans are a great pantry staple. When stored properly, dried beans can last up to two years.
- **Flavor & Texture:** Dried beans absorb the flavor of a dish & hold up better in soups, stews & slow cooker recipes.

HOW TO COOK DRIED BEANS



SORT & RINSE

Sort through dried beans to remove any damaged beans & small stones. Rinse beans to remove dirt & debris.



SOAK

For each pound of dry beans, add 10 cups of water. The longer beans are soaked, the shorter the cook time.

- **Hot Soak:** In a large stockpot, add beans & water. Bring to a boil & cook 2-3 minutes. Remove from heat, cover & set aside up to 4 hours.
- **Quick Soak:** In a large stockpot, add beans & water. Bring to a boil & cook 2-3 minutes. Remove from heat, cover & set aside at least 1 hour.
- **Overnight Soak:** In a large bowl, add beans & water. Let beans soak at least 8 hours or overnight.



COOK

Using a colander, drain & rinse beans. In a large stockpot, add beans & cooking liquid. For every 1 cup soaked beans add 3 cups of water or broth. Simmer 1 1/2-2 hours until tender. Cook times will vary based on soaking method.

STORAGE & PRESERVATION

DRIED BEANS

- **Location:** Store dried beans in a cool, dry place. Moisture can make beans spoil.
- **Airtight containers:** Store beans in jars, plastic containers, or zip close bags to protect them from bugs & moisture.
- **Label & date:** Write the type of bean & storage date on the container to use the oldest ones first.



COOKED BEANS

- **Refrigerate:** Store in an airtight container up to 5 days.
- **Freeze:** Store in an airtight freezer-safe container up to 6 months.

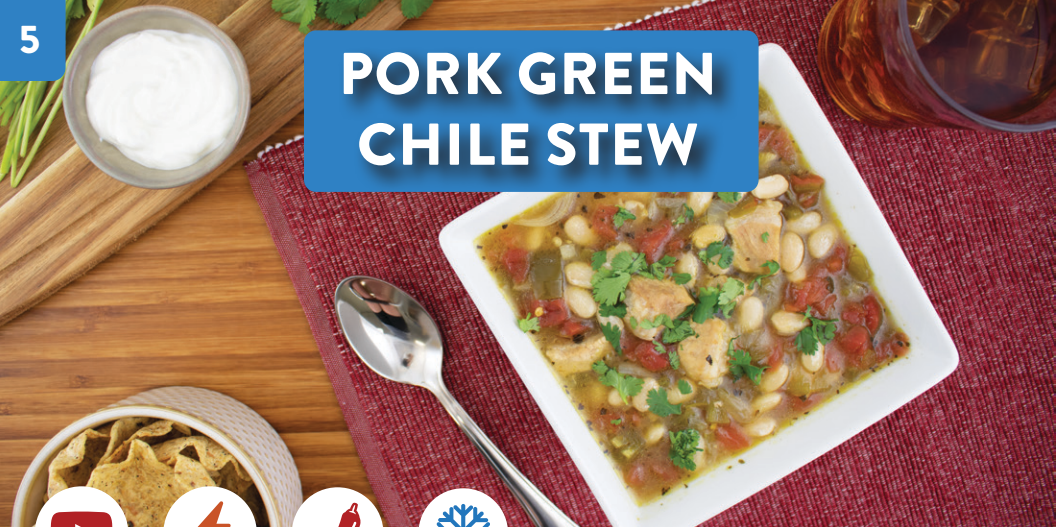


SCAN QR CODE TO LEARN MORE

LOOK FOR THESE ICONS TO HELP FIND
THE RECIPE THAT IS RIGHT FOR YOU



PORK GREEN CHILE STEW



Ingredients:

15 min (Prep) 6 hrs (High) | Serves 8

- 1 lb dried great northern beans, soaked overnight
- 2 Tbsp olive oil
- 2 lb boneless pork ribs, diced
- 1 medium yellow onion, diced
- 1 Tbsp garlic powder
- 2 Tbsp cornstarch
- 1 tsp Mexican oregano
- 1 Tbsp cumin
- 1 jalapeño, diced
- 1 (10 oz) can green enchilada sauce
- 2 (10 oz) cans diced tomatoes with green chiles
- 2 (4.5 oz) cans chopped green chiles
- 1 (32 oz) carton unsalted chicken broth
- 1/2 cup minced fresh cilantro

Nutrition Facts

8 servings per recipe
Serving size (536g)

Amount per serving
Calories **530**

% Daily Value*

Total Fat 23g 29%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 640mg 28%

Total Carbohydrate 45g 16%

Dietary Fiber 12g 43%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 35g

Vitamin D 1mcg 6%

Calcium 161mg 10%

Iron 4mg 20%

Potassium 1051mg 20%

*The % Daily Value (DV) 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.

Preparation:

1. Sort & rinse beans to make sure there are no small stones. Bring a pot of water to a boil. Add beans & boil 10 minutes. Drain & rinse beans. Set aside.
2. In a large skillet, heat oil over medium. Add pork & onions. Cook 5-7 minutes, or until pork is browned on all sides & onions are tender. Set aside.
3. In a slow cooker add beans, pork & onions, garlic powder, cornstarch, oregano, cumin, jalapeño, enchilada sauce, tomatoes, chiles & broth. Cook 6 hours on HIGH, or until beans are tender.
4. Top with cilantro & serve.

RED BEANS & RICE



Ingredients:

20 min (Prep) 4 hr (High) | Serves 8

- 1 lb dried red kidney beans, soaked overnight
- 1 (13 oz) smoked turkey kielbasa sausage, sliced
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 2 large bell peppers, any color, diced
- 1 batch **Homemade Cajun Seasoning***
- 1 (32 oz) reduced sodium chicken broth
- 4 cups instant brown rice

Preparation:

1. Sort & rinse beans to make sure there are no small stones. Bring a pot of water to a boil. Add beans & boil 10 minutes. Drain & rinse beans.
2. In a slow cooker add beans, sausage, onion, celery, bell pepper, cajun seasoning & broth. Stir to combine.
3. Cover & cook on LOW 8 hours or on HIGH 4 hours.
4. Prepare rice according to package directions. Set aside.
5. Remove 2-3 cups of beans, mash to desired consistency & return to pot. Stir & serve over cooked brown rice.

Nutrition Facts

8 servings per recipe
Serving size (428g)

Amount per serving
Calories **450**

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 690mg 30%

Total Carbohydrate 77g 28%

Dietary Fiber 14g 50%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 63mg 4%

Iron 6mg 35%

Potassium 736mg 15%

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Scan to view quick
1 minute **Red Beans**
& **Rice** cooking video.

Scan for **Homemade Cajun**
Seasoning Recipe*



CHICKEN ENFRIJOLADAS



Ingredients:

- 1 (32 oz) carton unsalted chicken broth
- 1 cup dry pinto beans, rinsed & soaked overnight
- 1 bay leaf
- 1 Tbsp **Homemade Chipotle Chili Seasoning***
- 1 chile de árbol
- 3 Tbsp olive oil
- 12 (6 inch) corn tortillas
- 2 (12.5 oz) cans less sodium chunk chicken breast, drained
- 1/4 cup queso fresco
- 1 small red onion, sliced
- 1/4 cup plain non-fat Greek yogurt
- 1 avocado, sliced
- 1/4 cup minced fresh cilantro

1 hr | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (516g)

Amount per serving
Calories 550

% Daily Value*

Total Fat 16g 21%
Saturated Fat 3g 15%
Trans Fat 0g

Cholesterol 95mg 32%

Sodium 570mg 25%

Total Carbohydrate 61g 22%

Dietary Fiber 14g 50%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 40g

Vitamin D 0.1mcg 0%

Calcium 90mg 6%

Iron 2.6mg 15%

Potassium 890mg 20%

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Preparation:

1. In a large stockpot, add broth, beans & bay leaf. Bring to a boil. Reduce heat & simmer 45 minutes, or until beans are soft. Reserve 1 cup bean broth.
2. In a blender, add cooked beans, chipotle chili seasoning, chile & bean broth. Blend until smooth.
3. In a large saucepan, heat oil over medium. Add bean sauce & cook 10-15 minutes, or until thickened, stirring throughout.
4. Heat a large skillet over medium-high. Add a tortilla to skillet & toast 1 minute per side until browned. Repeat with all tortillas.
5. Dip each tortilla into bean sauce until well coated. Place chicken & cheese in the center of each tortilla, fold & repeat with remaining tortillas.
6. Serve topped with remaining bean sauce, queso fresco, onion, yogurt, avocado & cilantro.

Scan for **Homemade Chipotle Chili Seasoning Recipe***



MOLLETES



Ingredients:

- 1 (32 oz) carton unsalted chicken broth
- 1 cup dry pinto beans, rinsed & soaked overnight
- 1 bay leaf
- 1 Tbsp olive oil
- 1 Tbsp **Homemade Chipotle Chili Seasoning***
- 4 whole-wheat sub rolls, cut in half
- 1/2 cup shredded mozzarella cheese
- 1 batch **Homemade Pico de Gallo***

Preparation:

1. In a large stockpot, add broth, beans & bay leaf. Bring to a boil. Reduce heat & simmer 45 minutes, or until beans are soft.
2. In a medium saucepan, heat oil over medium heat. Add cooked beans & chipotle chili seasoning to saucepan. Using potato masher, mash the beans to desired consistency.
3. Preheat oven to 350°F. Evenly spread rolls on a baking sheet. Toast 3-5 minutes, until top of bread is golden brown.
4. Spread 1/4 cup of mashed beans on each roll, top with mozzarella cheese & return to oven. Bake 3-5 minutes until cheese is melted.
5. Served topped with Homemade Pico de Gallo.

1 hr | Serves 4

Nutrition Facts

4 servings per recipe
Serving size (496g)

Amount per serving
Calories **560**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 720mg 31%

Total Carbohydrate 88g 32%

Dietary Fiber 13g 46%

Total Sugars 7g

Includes 0g Added Sugars 4%

Protein 26g

Vitamin D 0.6mcg 4%

Calcium 210mg 15%

Iron 6.3mg 35%

Potassium 1060mg 25%

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Scan for Recipes*



**Chipotle Chili
Seasoning**



**Homemade
Pico De Gallo**

BEAN TOSTADAS



Ingredients:

- 1 (14.5 oz) can less sodium chicken broth
- 1/2 cup of dried pinto beans, rinsed & soaked overnight
- 1 Tbsp **Homemade Chipotle Chili Seasoning***
- Non-stick cooking spray
- 6 white corn tortillas
- 1 cup shredded lettuce
- 2 radishes, sliced
- 1/3 cup queso fresco
- 1 small red onion, sliced
- 1/2 cup plain non-fat Greek yogurt
- 1/4 cup minced fresh cilantro
- 1 avocado, sliced

1 hr | Serves 6

Nutrition Facts

3 servings per recipe
Serving size (36g)

Amount per serving
Calories 470

% Daily Value*

Total Fat 15g 19%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 270mg 12%

Total Carbohydrate 62g 23%

Dietary Fiber 14g 50%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 25g

Vitamin D 0.4mcg 2%

Calcium 170mg 15%

Iron 2.3mg 15%

Potassium 910mg 20%

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Preparation:

1. In a large stockpot, add broth, beans & bay leaf. Bring to a boil. Reduce heat & simmer 45 minutes, or until beans are soft.
2. In a medium saucepan, heat oil over medium. Add cooked beans & seasoning to saucepan. Using potato masher or fork, mash beans to desired consistency.
3. Preheat oven to 400°F. Lightly coat 2 baking sheets with cooking spray.
4. Evenly spread tortillas on baking sheets & lightly coat with cooking spray. Bake 10 minutes, flip, coat again & bake another 5 minutes, or until crisp.
5. Spread 1/4 cup of mashed beans on each tortilla.
6. Top with lettuce, radish, queso fresco, onion, yogurt, cilantro & avocado.



Scan for **Homemade Chipotle Chili Seasoning Recipe***

PASTA FAGIOLI



Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 2 carrots, finely diced
- 3 stalks celery, finely diced
- 1 lb 90/10 lean ground beef
- 4 cloves garlic, minced
- 1/2 tsp black pepper
- 1 (29 oz) can no-salt-added tomato sauce
- 1 (15 oz) can diced tomatoes
- 2 cups dried beans, any kind, soaked overnight & drained
- 2 (32 oz) carton unsalted beef stock
- 2 Tbsp Italian seasoning
- 1 cup whole-wheat elbow pasta
- 1/4 cup grated Parmesan cheese
- 3 Tbsp minced fresh parsley

1 hr | Serves 8

Nutrition Facts

8 servings per recipe
Serving size (564g)

Amount per serving

Calories **470**

% Daily Value*

Total Fat 12g 15%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 300mg 13%

Total Carbohydrate 57g 21%

Dietary Fiber 16g 57%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 34g

Vitamin D 0mcg 0%

Calcium 133mg 10%

Iron 7mg 40%

Potassium 1447mg 30%

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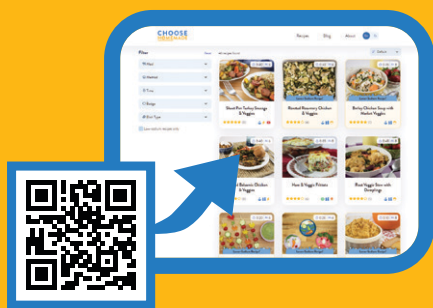


Preparation:

1. In a large stockpot, heat oil over medium-high. Add onion, carrot & celery. Cook 4-5 minutes, or until onions are soft. Add beef, garlic & pepper. Cook another 5-7 minutes or until meat is cooked through, crumbling throughout. Add tomato sauce & diced tomatoes. Stir to combine.
2. Add beans, beef stock & Italian seasoning. Bring to a boil, then reduce heat to a simmer.
3. Cook 30-40 minutes, or until beans are tender, stirring occasionally.
4. Add pasta & cook another 10 minutes, or until pasta is tender. Add water as needed.
5. Serve topped with Parmesan & parsley.

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We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that CHOOSE HOMEMADE recipes are:

- Simple, tasty & healthy
- Certified healthy by our registered dietitians
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Developed using the MyPlate food groups



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