



A Nutrition Resource

COOKING BEANS

Why dried 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 hours to be at home, 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.

Step one: clean and soak

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

1. Measure 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 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 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 add three times the amount of water as the amount of beans you measured out.

Note: Do not add salt or acidic ingredients, such as vinegar, lemon or lime juice, or tomatoes. **Why?** It stops or drastically slows down the cooking process, causing the beans to never soften.

2. Bring to a rapid boil, 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 are done when you can easily smash one between your fingers. (Test a few beans). If they are not done after 45 minutes, check on them every 10-15 minutes. Beans can take up to 1 1/2 hours to cook. Cooking time varies depending on the variety, age, size, and the altitude.

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, then drain. If you're not planning to use them within 2-3 days, 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.
- Because salt is not added during or after cooking, you may need to add a little salt when using cooked beans in a recipe that calls for canned beans. Start with a very small amount, taste the recipe, and if it needs more salt, add up to 1/2 teaspoon to taste.

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Black Bean Quesadillas

Yield: 4 Servings | Serving Size: 1 Quesadilla

- 2 cups cooked black beans
(or canned, drained and rinsed)
- 2 cups low-fat cheddar cheese
- 4 whole wheat tortillas
- 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 melts, about 5 minutes.
5. Top with salsa.

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

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.

Farmers Market Salsa

Yield: 8 Servings | Serving Size: 1/2 cup

- ½ cup fresh cooked or frozen corn
- 2 cups cooked black beans (or canned, drained and rinsed)
- 1 cup fresh, diced tomato
- ½ cup diced onion
- ½ cup picante sauce
- ½ cup diced green pepper
- 2 Tablespoons lime juice
- 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

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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