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# Beans

Utah State University Extension

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**NEP**

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Nutrition Education Program

# BEANS



**Utah State**  
UNIVERSITY  
EXTENSION

Department of  
Workforce Services





## BEANS

There are many different varieties of beans. Some of the most common types include: lima, kidney, navy, pinto, great northern, small white and red. Beans store well, are inexpensive and can be prepared in many different ways. They are often combined with a small amount of meat as an entree or used as a side dish.

### Things to Know

- ◆ Beans are part of the meat group in the Food Guide Pyramid because they are a good source of protein.
- ◆ You should have two to three servings from the protein or meat group daily.
- ◆ A serving is 1 cup of cooked beans.
- ◆ Beans are high in fiber, low in fat, and a good source of protein, carbohydrates, folate, and many trace minerals. Thus, they provide good nutrition for low cost.
- ◆ Kidney, navy and northern beans are examples of beans that could be in a diet daily. These are called "everyday" choices. A "sometimes" choice would be bean dip because of the added fat and calories.

### Skills

- ◆ To prepare dry beans for eating:
  1. Sort through the beans and remove rocks, plant parts, and shriveled beans.
  2. Beans should be soaked to cut down cooking time. There are two methods that can be used. Cover beans with two to three times as much water as beans and soak 8-18 hours in a cool place. Discard soaking water. Or speed up soaking time by covering beans with two to three times as much water as beans. Bring to a boil and boil two minutes. Remove from heat and allow to soak 12 hours. Discard soaking water.
  3. Do not salt soaking liquid or soak in an acid liquid like tomato juice. It will make the beans tough.



◆ To cook beans:

1. After soaking, beans are ready to be cooked. Cover with water and boil gently until they are tender. Cooking time will vary depending on the type of bean.
2. If it is necessary to add more water while the beans are cooking, bring it to a boil before adding. Adding cold water to boiling beans will toughen them and slow the cooking process. Beans should be cooked completely before eating.

**Note:** Rapid boiling and frequent stirring while cooking beans causes the skins to break which affects the flavor and reduces the nutritive value of the bean.

**Storage**

- ◆ Dry beans may be stored for long periods of time. Put them in air tight containers, free from dust and pests. Store in a cool, dry place. Use within five years.
- ◆ Cooked beans can be put in plastic bags or air tight containers and stored in the refrigerator for one week.
- ◆ Cooked beans can be frozen in freezer bags or air-tight containers for up to three months.



## Quick Minestrone Soup

### Ingredients:

- 1 (16 oz. pkg.) frozen broccoli, cauliflower and carrot blend
- 2 (14½ oz.) cans stewed tomatoes
- 2 (14½ oz.) cans reduced sodium broth (beef, chicken, vegetable)
- 1 (15½ oz.) can great northern beans, drained and rinsed
- 2 oz. uncooked pasta
- 1 tsp. dry Italian seasoning
- ¼ tsp. ground black pepper
- grated Parmesan cheese

### Directions:

In large saucepan, combine all ingredients except cheese, and bring to a boil. Reduce heat; cover and simmer 6-8 minutes or until pasta and vegetables are tender. Sprinkle with Parmesan cheese.

Yield: 4-6 servings

| <b>Quick Minestrone Soup<br/>Nutrition Facts</b> |            |                          |           |
|--|------------|--------------------------|-----------|
| <b>Serving Size</b>                              |            | <b>1 cup</b>             |           |
| <b>Servings Per Container</b>                    |            | <b>6</b>                 |           |
| <b>Amount per serving</b>                        |            |                          |           |
| <b>Calories</b>                                  | <b>331</b> | <b>Calories from Fat</b> | <b>10</b> |
| <b>% Daily Value</b>                             |            |                          |           |
| Total Fat  | 13g        |                          | 2%        |
| Saturated Fat                                    | 5g         |                          | 2%        |
| Cholesterol                                      | 30 mg      |                          | 0%        |
| Sodium   | 660 mg     |                          | 16%       |
| Total Carbohydrate                               | 5g         |                          | 19%       |
| Dietary Fiber                                    | 0g         |                          | 29%       |
| Sugars   | 5g         |                          |           |
| Protein  | 5g         |                          |           |
| Vitamin A  | 113%       | Vitamin C                | 67%       |
| Calcium  | 13%        | Iron                     | 16%       |



## Taco Soup

### Ingredients:

|                        |                           |
|------------------------|---------------------------|
| 1 pound ground beef    | 1 can corn                |
| 1 medium onion         | 1 small can diced chilies |
| 1 can crushed tomatoes | 16 oz. tomato sauce       |
| 1 can kidney beans     | 1 cup water               |
| 1 can chili beans      | 1/2 pkg. taco seasoning   |

### Directions:

Mix together and heat. Serve with corn chips and grated cheese.

| <b>Taco Soup<br/>Nutrition Facts</b> |        |                             |     |
|--------------------------------------|--------|-----------------------------|-----|
| Serving Size                         |        | 1 cup                       |     |
| Servings Per Container               |        | 12                          |     |
| <b>Amount per serving</b>            |        |                             |     |
| <b>Calories 250</b>                  |        | <b>Calories from Fat 69</b> |     |
| <b>% Daily Value</b>                 |        |                             |     |
| Total Fat                            | 13g    |                             | 12% |
| Saturated Fat                        | 5g     |                             | 14% |
| Cholesterol                          | 30 mg  |                             | 10% |
| Sodium                               | 660 mg |                             | 32% |
| Total Carbohydrate                   | 5g     |                             | 10% |
| Dietary Fiber                        | 0g     |                             | 20% |
| Sugars                               | 5g     |                             |     |
| Protein                              | 5g     |                             |     |
| Vitamin A                            | 21%    | Vitamin C                   | 65% |
| Calcium                              | 6%     | Iron                        | 19% |



## Baked Beans

### Ingredients:

- 1 (14-16 oz.) can chili beans
- 1 (14-16 oz.) can kidney beans
- 1 (14-16 oz.) can black beans
- 1 (14-16 oz) can pork and beans
- 1/2 cup catsup
- 1/4 cup mustard
- 1/4 - 1/2 cup brown sugar
- 1 (16 oz.) jar picante sauce or salsa

### Directions:

Combine all ingredients. Gradually add picante/salsa to your taste. Heat in crock pot on low for at least 4 hours or bake at 350° for 45 minutes or until heated through.

| <b>Baked Beans<br/>Nutrition Facts</b> |            |                          |           |
|--|------------|--------------------------|-----------|
| Serving Size                           |            | 1/2 cup                  |           |
| Servings Per Container                 |            | 8                        |           |
| <b>Amount per serving</b>              |            |                          |           |
| <b>Calories</b>                        | <b>314</b> | <b>Calories from Fat</b> | <b>16</b> |
| <b>% Daily Value</b>                   |            |                          |           |
| Total Fat                              | 13g        |                          | 3%        |
| Saturated Fat                          | 5g         |                          | 2%        |
| Cholesterol                            | 30 mg      |                          | 1%        |
| Sodium                                 | 660 mg     |                          | 49%       |
| Total Carbohydrate                     | 5g         |                          | 21%       |
| Dietary Fiber                          | 0g         |                          | 57%       |
| Sugars                                 | 5g         |                          |           |
| Protein                                | 5g         |                          |           |
| Vitamin A                              | 11%        | Vitamin C                | 22%       |
| Calcium                                | 12%        | Iron                     | 31%       |



## Quick Chili

### Ingredients:

1/2 lb. ground beef

1/2 tsp. catsup

4 cups cooked beans or 2 (16 oz.) cans Kidney/Pinto Beans

1/3 cup Worcestershire sauce

1 Tbsp. chili powder

1/2 cup onion, finely chopped

1 (8 oz.) can tomatoes

### Directions:

Brown meat with the onions in large skillet or saucepan. Drain off excess fat. Add remaining ingredients. Simmer 20 minutes.

Yield: 4-5 servings

| <b>Quick Chili<br/>Nutrition Facts</b> |        |                             |     |
|--|--------|-----------------------------|-----|
| Serving Size                           |        | 1 cup                       |     |
| Servings Per Container                 |        | 6                           |     |
| <b>Amount per serving</b>              |        |                             |     |
| <b>Calories 283</b>                    |        | <b>Calories from Fat 70</b> |     |
| <b>% Daily Value</b>                   |        |                             |     |
| Total Fat                              | 13g    |                             | 12% |
| Saturated Fat                          | 5g     |                             | 14% |
| Cholesterol                            | 30 mg  |                             | 10% |
| Sodium                                 | 660 mg |                             | 11% |
| Total Carbohydrate                     | 5g     |                             | 11% |
| Dietary Fiber                          | 0g     |                             | 21% |
| Sugars                                 | 5g     |                             |     |
| Protein                                | 5g     |                             |     |
| Vitamin A                              | 14%    | Vitamin C                   | 54% |
| Calcium                                | 7%     | Iron                        | 26% |