Beans, Beans, More Beans!
These delicious recipes will help use all those canned and dried beans!

For more recipes like these, go to: www.whatscooking.fns.usda.gov
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Ingredients
- 2 cups dried beans
- water

Instructions
1. Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.
2. Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
   - Hot Soak: Hot soaking helps reduce intestinal gas. Add 2 cups beans and 8 cups hot water to a large pot. Heat to boiling. Let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.
   - Quick Soak: Add 2 cups dry beans with 8 cups hot water into a large pot. Heat to boiling. Let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
   - Overnight Soak: Add 2 cups dry beans with 8 cups cold water into a large pot. Let soak overnight or at least 8 hours.

Nutrition Facts
Serving Size 1/2 Cup (235g)
Servings Per Container 12

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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
3. Cook: Drain soaking water and rinse beans. Cover beans with about 6-8 cups of fresh water. In your pot, there should be 3-4 inches of water above the beans. Cover the pot and cook beans on low heat. Don’t cook at a strong boil. This can burst skins and cause uneven cooking. Stir from time to time. Different beans cook at different rates: 15 minutes for small beans (like lentils), up to 1-2 hours for soaked larger beans (like red, white, pinto or garbanzo beans), and 4 hours for un-soaked larger beans.

Notes
- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat.
3-Can Chili

Ingredients
- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

Instructions
1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir over medium heat until heated thoroughly.
4. Refrigerate leftovers.

YIELD
6 Servings

COST
Per recipe: $2.27
Per serving: $0.38

Nutrition Facts
Serving Size 1/6 of recipe (213g)
Servings Per Container 6

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Vitamin A 8% • Vitamin C 15%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.
Ingredients
- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 tablespoon canola oil
- 1 can stewed tomatoes (14.5 ounces)
- 1 can black beans or beans of your choice (16 ounces)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cup brown rice (instant, uncooked)

Instructions
1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (include liquid from both). Add oregano and garlic powder. Bring to a boil.
3. Stir in rice, and cover with a lid.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat, and let stand for 5 minutes.

Nutrition Facts
Serving Size 1 Cup (114g)
Servings Per Container 10

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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

YIELD
10 servings

COST
Per recipe: $3.31
Per serving: $0.33

Source: US Department of Health and Human Services
National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style
Chili Bean Dip

Ingredients
- 1 can pinto beans (16 ounce, or 2 cups cooked dried beans)
- 2 tablespoons onion (chopped)
- 1 teaspoon chili powder
- 1/2 cup cheese (shredded)

Instructions
1. Mash beans in a bowl.
2. Add onion, chili powder, and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/15 of recipe (36g)
Servings Per Container 15

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YIELD
15 servings

COST
Per recipe: $1.45
Per serving: $0.10

Source: University of Wisconsin, Cooperative Extension Service, Healthy Snacks
Green Bean and Mushroom Medley

Ingredients

- 1 1/2 pound green beans (fresh, cut into 1-inch lengths)
- 2 carrots (cut into thick strips)
- 3 tablespoons olive oil
- 1 onion (large, sliced)
- 1 pound mushrooms (fresh, sliced)
- 1 teaspoon lemon pepper seasoning (Mrs. Dash)
- 1/2 tablespoon garlic salt
- 1/4 cup almonds (toasted, slivered)

Instructions

1. Place green beans and carrots in 1 inch deep of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes.
3. Stir in green beans, carrots, lemon pepper, and garlic salt.
4. Cover, and cook for 5 minutes over medium heat.
5. Sprinkle almonds on top before serving.

Source: North Carolina Cooperative Extension, Wayne County, Healthy Recipes: Tested, Tried & True
Marinated Three-Bean Salad

**Ingredients**
- 1 can lima beans (8.5 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and separated into two rings)
- 1/2 cup bell pepper (chopped)
- 8 ounces Italian salad dressing (fat-free)

**Instructions**
1. Wash hands and cooking area.
2. Drain the canned beans.
3. Peel, slice the onion and separate into rings.
4. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and bell pepper.
5. Pour the Italian dressing over the vegetables, and toss lightly.
6. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night.
7. Drain before serving.

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

**Nutrition Facts**

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<td>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Calories 2,000 2,500</td>
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**YIELD**
4 servings

**COOK TIME**
70 minutes

**COST**
Per recipe: $3.16
Per serving: $0.79
Ingredients
- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1 1/2 cup apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Instructions
1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition Facts
Serving Size 1 cup prepared soup, 1/6 of recipe (255g)
Servings Per Container 6

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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

YIELD
6 servings

COST
Per recipe: $2.45
Per serving: $0.41

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Ingredients

- 1 1/2 cup dry pinto beans (sorted and rinsed)
- 1/4 cup onion (chopped)
- 2 garlic (cloves, minced)
- 1 tablespoon oil
- 1 teaspoon ground cumin

Instructions

1. Cook beans, according to package directions, and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans, and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Source: Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes
Ingredients
- 2 potatoes (medium, sliced)
- 2 cups carrot (sliced)
- 1/4 teaspoon black pepper
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cup green beans (fresh or canned and drained)
- 1 can tomato soup

Instructions
1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350°F for 45 minutes or until tender and thoroughly heated.
4. Uncover, and bake 15 more minutes.

Notes
For variation, use peas or corn instead of green beans.
Use your favorite cream soup instead of tomato soup.

Source: University of Wisconsin, Cooperative Extension Service, One Dish Meals A Family Living Program
Taco Soup

Ingredients
- 1 pound ground beef
- 2 cans diced tomatoes (14.5 ounces each)
- 2 cans corn (15.5 ounces each, rinsed and drained)
- 2 cans red kidney beans (15.5 ounces each, rinsed and drained)
- 1 1/2 teaspoon chili powder
- 3/4 teaspoons cumin powder
- 3/4 teaspoons garlic powder
- 1/3 cup water

Instructions
1. Cook meat in a pot over medium heat until brown.
2. Put meat in a strainer to drain fat. Rinse with hot water.
3. Mix all the ingredients in a pot, and cook on low for an hour.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar
Ingredients

- 12 corn tortillas, small (or flour tortillas)
- vegetable oil (or margarine)
- 1 can refried beans (16 ounce)
- 1/4 cup onion (chopped)
- 2 ounces fresh or canned green chili peppers (diced)
- 3 tablespoons red taco sauce
- 3 cups vegetables, such as broccoli, mushrooms, spinach, and red bellpepper (chopped)
- 1/2 cup cheese, shredded, part-skim mozzarella
- 1/2 cup cilantro (chopped, fresh, optional)

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.

Continued on Back
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.

4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce. Then, top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.

5. Return to frying pan, and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Source: California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign
Tuna Veggie Antipasto

Ingredients
- 2 cups carrot (raw, chopped or any of your favorite raw veggies)
- 2 1/2 cups celery (raw, chopped or any of your favorite raw veggies)
- 1/4 cup vinegar (or juice of 2 lemons)
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried dill (or 1 tablespoon fresh dill)
- 1 teaspoon garlic (chopped)
- 6 ounces tuna, in water (light, drained and flaked)
- 1, 15 ounce can white beans (or your favorite beans)
- 2 tablespoons Parmesan cheese (grated)

Instructions
1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.

Continued on Back
Tuna Veggie Antipasto Continued

4. Combine vegetables, beans and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Notes
Use salad to fill a pita for a crunchy sandwich.
Serve on fresh, washed, leafy lettuce.
Add cooked rice or pasta.
Try it with balsamic vinegar or ½ cup of your favorite salad dressing.
Be creative, and try different herbs and veggie combinations!

Source: Connecticut Food Policy Council, Farm Fresh Summer Recipes
Turkey Tostadas

Ingredients
- 2 cups cooked turkey (cut into bite-size pieces)
- 2 cups ground turkey (browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 1/2 cup taco sauce
- plain yogurt (low-fat or fat-free, optional)
- guacamole (or mashed avacado, optional)

YIELD
4 servings

COST
Per recipe: $3.56
Per serving: $0.89

Nutrition Facts
Serving Size 1 tostada (276g)
Servings Per Container 4

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Vitamin A 4% • Vitamin C 6%
Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Turkey Tostadas Continued

Instructions
1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil. Reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375°F for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Notes
Recipe analysis includes light meat turkey without skin.

Source: UMass Extension Nutrition Education Program, CHOICESSteps Toward Health
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This custom cookbook was created based off recipes from the What's Cooking USDA Mixing Bowl’s recipe database. Recipes included in the database have been reviewed by nutrition professionals at the US Department of Agriculture’s Food and Nutrition Service using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) or other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals. For additional recipes and more information about the What's Cooking USDA Mixing Bowl recipe database, please visit the website at https://whatscooking.fns.usda.gov