

Delectable Dried Beans

March 2009



While beans are often referred to as “the musical fruit,” they are quite magical, too! Beans add a great deal of fiber, protein and other nutrients to your diet. They are also a great source of antioxidants (especially if they are black or dark red in color), which help protect you from damage-causing molecules within your body. They make great additions to soups, casseroles, and even pasta dishes. When eaten with grains or seeds, they form a complete protein with the complementary amino acids that the grains and seeds contain. Examples of complete proteins combinations are: black beans with brown rice, as well as hummus (if made with tahini, which is sesame seed paste). While beans in general can be a very economical choice, dried beans can be up to four times cheaper than canned beans! They do take time to prepare, but the good news is that the process isn't very labor-intensive. Give dried beans a try with the Simple White Bean Soup recipe below!

Selection and Preparation

The best way to get the most for your money when purchasing dried beans is to shop in the bulk section at your local supermarket. This can also help you get a smaller amount of a variety of beans to start out with, to help you choose your favorites. Dried beans can also be found bagged on the bean aisle of the store (and the bags often have recipes as well!).

To store: Dried beans keep very well in a dry place for up to one year. Once cooked, beans can either be refrigerated for use within three days or frozen for use within six months.

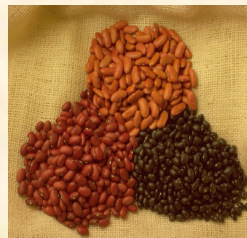
To prepare: Dried beans available at the grocery store have been cleaned before you buy them. However, it is best to thoroughly rinse beans prior to soaking or cooking. In case any small stones or clods of dirt have made into your batch of beans, rinsing gives you a final check.

Large beans (such as black, pinto and kidney)

- After rinsing, place in pot with twice as much water as there are beans.
- Soak overnight (8-10 hours) prior to cooking. This can be done on your stovetop or in your refrigerator. Soaked beans will triple in size.
- Rinse beans thoroughly after soaking and add fresh water or broth to the pot.
- Cook for 1-2 hours, depending on the size and type of bean.

Small beans (lentils, split peas, black-eyed peas)

- After rinsing, place beans in a pot with fresh water/stock.
- Cook for 30-50 minutes, depending on the size and type of bean.



Nutrition Facts

Serving Size 1/2 cup white beans (179 g)
Servings per container 2

Amount Per Serving	
Calories 254	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 426mg	18%
Total Carbohydrate 46g	15%
Dietary Fiber 19g	74%
Sugars	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 13%	Iron 28%

Where to Find it Local

- First Alternative Co-op
Corvallis, OR
- Other local grocery stores with bulk food departments

*Log on to www.localharvest.org
to find more farm listings in your area.*

*Check back next month
for April's Local Pick:
Rhubarb*

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The Benton County Healthy Weight and Lifestyle Coalition, Healthy Albany Partnership and Healthy Active Lebanon

Design and content by Erica Johnson



<http://localpick.webng.com>

Simple White Bean Soup

- 5 cups cooked **white or cannellini beans** (or two 15-oz cans)
- 1 tablespoon **olive oil**
- 1 medium **onion**, finely chopped
- 1 **celery stalk**, finely chopped
- 1 **carrot**, roughly chopped
- 1 (15oz.) can **plum tomatoes or stewed tomatoes**
- 1 (15oz.) can heated, low-sodium **chicken/vegetable broth** or 2 cups hot water
- **Salt & pepper** to season

- ♣ Puree half of the cooked/canned beans in a blender or food processor, set aside.
- ♣ Heat the oil in a large saucepan. Stir in the onion, and cook until it softens. Add the celery, tomatoes, and cook for 5 minutes more.
- ♣ Pour in hot broth. Stir in the beans and the bean puree. Season with salt and pepper.
- ♣ Simmer for 10-15 minutes, serve and enjoy!

Recipe Adapted From: <http://www.simplesdailyrecipes.com>

Nutrition Information: 8 servings, each contains 214 calories, 3 g fat, 470 mg sodium, 13 g fiber, 12 g protein