

Many Meals in One Using Beans!

Beans are a healthy alternative to meat; they're a lean source of protein that also provides an excellent source of fiber. The following recipes will show you how to use cooked beans in five different ways throughout the week. First start out with 1 lb dried beans (i.e. pinto, black, kidney). One pound of beans produces 6 cups cooked beans for only \$1-2, a huge savings over buying them canned!

Directions: Follow directions on package or use one of the methods below. For any method, discard small rocks/ damaged beans, rinse and soak with at least 3 cups of water for every cup of beans and let them soak overnight. The next day drain water.

Stove-top method: Put beans in a large pot with enough fresh water to cover them by 2 inches. Bring beans to a boil then reduce heat to simmer, and loosely cover. Check periodically and keep enough water in the pot so beans are always under at least ¼ inch of liquid. Beans will take between one and two hours to cook.

Crockpot method: Place beans in crockpot and add enough fresh water to cover them by 2 inches. Cover and cook on high for 3-4 hours until soft.

Chili- makes 4 servings

- 2 cups cooked beans
- 1/2 cup chopped bell pepper (1/2 large)
- 1/4 med onion, chopped
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon garlic salt
- 1 ¼ cups tomato sauce (2, 6 oz cans)
- 2 tablespoons chili seasoning mix



In a large saucepan, sauté the onion and bell pepper over med-high heat until tender.

Add the ground black pepper, garlic salt, tomato sauce, salsa, and chili seasoning mix to the cooked beans. Mix well, reduce heat to low and simmer for at least an hour. Add water to adjust thickness if needed.

Bean and Cheese Burrito- makes 1 serving

- 1 Whole wheat flour tortilla
- 1/2-1 cup cooked beans, heated
- ¼ cup shredded low/reduced fat cheese
- Shredded lettuce, diced tomatoes
- Sauteed, diced bell peppers (optional)



Wrap beans, lettuce/ tomato/ bell peppers and cheese in tortilla.
Enjoy with side of vegetables/fruit and Spanish rice.

Side of Beans-makes 1 serving

- ½-1 cup cooked, mashed beans, heated
- ¼ cup shredded reduced fat cheese

Top beans with shredded cheese.

Serve with a side of vegetables and an entrée.



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Bean Salad- makes 1 serving

- 1 cup cooked beans
- 1 cup cooked quinoa
- ½ cup canned diced tomatoes, drained
- ½ cup canned sweet corn, drained
- 2 Tbsp chopped fresh cilantro
- ½ cup chopped bell pepper, any variety
- ¼ med onion, chopped
- Shredded leaf lettuce (optional)



In a large bowl gently stir all ingredients together until mixed well. For best results cover and chill for at least 2 hours to let flavors mix.

Enjoy served chilled or warm.

Beans and Salsa Dip- makes 2-4 servings

- 1-2 cups cooked beans
- 1-2 cups favorite salsa
- Corn tortilla chips

Mix beans with salsa and eat with corn tortilla chips as a healthy snack!



Grocery List

- 1 lb dried beans (i.e. pinto, black, red, kidney)
- 1 package whole grain/wheat flour tortillas
- 1 bag corn tortilla chips
- 1 box quinoa
- 8 oz bag shredded low/reduced fat cheese (i.e. part skim mozzarella)
- 2 large bell peppers (any variety)
- 1 bunch red/green leaf lettuce
- 1 medium onion
- 1 roma tomato
- 2 cans tomato sauce (6 oz each)
- 1- 14.5 oz canned diced tomatoes
- 1- 15 oz canned sweet corn
- 1 bunch fresh cilantro
- 1 jar of salsa
- 1 packet of chili seasoning mix
- Garlic salt
- Pepper



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