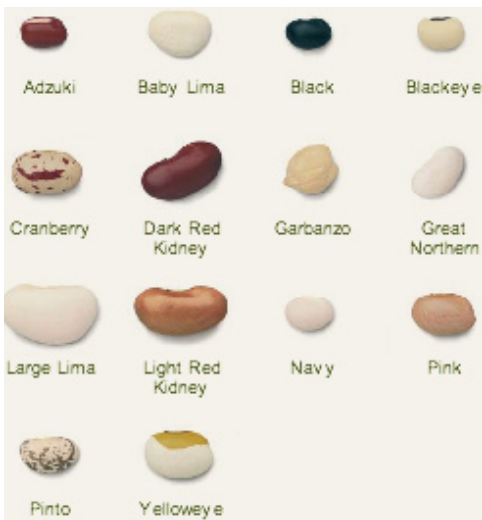




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# Dry Beans

## Varieties:



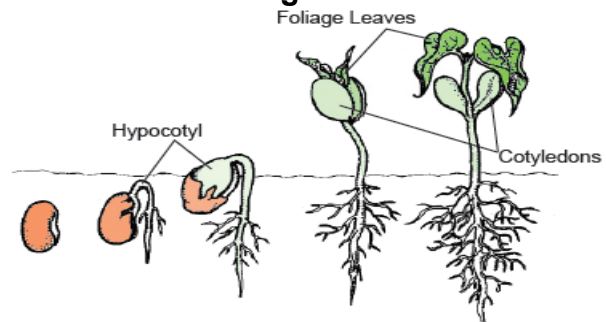
***All are champion sources of fiber and plant protein.***

## Reasons to Eat Dry Beans

- Beans are an excellent source of fiber, which help clean out your digestive system.
- Beans are also an exceptional source of iron and folate, which supports healthy blood and the circulation system.
- Beans are an excellent source of protein, which supports muscle health.
- Beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. According to the US Dry Bean Council, research shows that a diet including beans may reduce your risk of heart disease.

## Fun Facts about Dry Beans

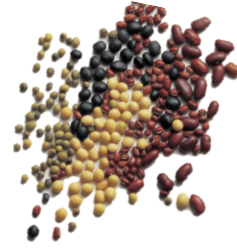
- ✓ Kidney beans are shaped like a kidney.
- ✓ Lima beans originated in Peru and were named after the capital city of Lima.
- ✓ Although they are called “black-eyed peas,” they are actually a bean.
- ✓ A garbanzo bean is also called a chickpea because it looks like a chick’s beak.
- ✓ Beans cause gas due to the sugars and soluble fiber, but soaking them overnight will help break down some of the sugars.



## Healthy Serving Ideas

1. Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
2. Add lima or kidney beans to salads.
3. Mix lentils into casseroles instead of meat.
4. Add navy beans to soups for protein.
5. Sprinkle black beans on top of pizza, nachos, or tacos for added flavor and fiber.
6. Make a tasty dip or hummus using your favorite beans.

## BEAN RECIPES



### **Easy Three Bean Salad**

1 can (15-oz.) kidney beans, drained and rinsed  
1 can (15-oz.) garbanzo beans, drained and rinsed  
1 can (15-oz.) black beans, drained and rinsed  
½ cup light Italian dressing

Combine beans in a medium bowl. Add dressing and mix well. Serve immediately as a side or on top of a green salad.

### **Simple Hummus**

One 15-ounce can chickpeas  
1/4 cup tahini  
2 tablespoons olive oil  
2 to 3 tablespoons water

1/4 cup lemon juice  
Garlic clove, minced  
Pinch of salt, to taste

In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then add the olive oil, minced garlic and salt. Process for 30 seconds. Open chickpeas, drain liquid and rinse well with water. Add chickpeas and process for 1 minute. If the hummus is thick or still has tiny bits of chickpea, turn on food processor and slowly add water until desired consistency. Serve as a healthy chip dip or use as a sandwich/cracker spread with veggies.

### **Bean Soup**

1 can vegetable broth  
1 can black beans, drained and rinsed  
1 can no-salt added diced tomatoes

1 can corn, drained and rinsed  
1 can refried beans

Combine all ingredients in a medium saucepan, whisking to integrate the refried beans. Simmer, then serve as a side. Garnish as desired with green onions or avocado.

### **Black Bean Brownies**

1 15 oz can of black beans or 1 1/2 cups cooked black beans  
1/2 cup cocoa (100%)  
1/2 cup honey  
3 eggs  
1/4 tsp. salt

1/4 cup oil  
1 tsp. vanilla  
1/2 cup flour  
1/3 cup sugar (optional)

Rinse beans really well. Mix all ingredients together. Pour into an 8X8 inch greased pan. Bake at 350° for 40 minutes. Allow to cool and serve.

### **Roasted Chickpeas/Garbanzo Beans**

1 can chickpeas/garbanzo beans  
Olive Oil

Garlic salt  
Chili powder (optional)

Open chickpeas/garbanzo beans and rinse well. Pat beans dry with a clean towel. Spread on a greased cookie sheet or use parchment paper/foil. Lightly coat with oil, salt and chili powder. Roasted in the oven at 425 ° for 25-30 minutes. Cool and serve as a snack, or healthy side.