

Black Beans

Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



Black Beans & Rice

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 green pepper, chopped
2 garlic cloves, minced
1 can (14.5 ounces) diced tomatoes
2 cups cooked black beans
1 teaspoon chili powder
1 1/2 cups uncooked brown or white rice
Salt and pepper to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, green pepper and garlic. Cook until soft.
3. Stir in tomatoes, black beans, 3 cups water, and chili powder.
4. Bring to a boil and stir in rice.
5. Reduce heat, cover, and cook until rice is cooked, about 30-40 minutes.
6. Let stand for 5 minutes and then serve.
7. Refrigerate leftovers.

Makes 5 servings.

Black Bean Wraps

Ingredients:

2 cups cooked black beans
1/2 cup low fat shredded cheese
1/3 cup salsa
1/2 cup cooked brown or white rice
1 1/2 cups shredded lettuce
4 flour tortillas

Directions:

1. In a medium bowl, combine black beans, cheese, salsa and rice.
2. Top each tortilla with 3/4 cup of the black bean mixture and some lettuce.
3. Roll up tortillas and slice in half to serve.
4. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Black Beans and Rice

Recipe Name:
Black Bean Wraps

Nutrition Facts			
Serving Size (278g)		Servings Per Container	
Amount Per Serving			
Calories 360	Calories from Fat 40		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 320mg			13%
Total Carbohydrate 69g			23%
Dietary Fiber 10g			40%
Sugars 6g			
Protein 12g			
Vitamin A 15%	• Vitamin C 70%		
Calcium 6%	• Iron 20%		
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (216g)		Servings Per Container	
Amount Per Serving			
Calories 310	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 640mg			27%
Total Carbohydrate 52g			17%
Dietary Fiber 11g			44%
Sugars 3g			
Protein 16g			
Vitamin A 4%	• Vitamin C 2%		
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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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