

# 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

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Black Beans and Rice**

**Recipe Name:**  
**Black Bean Wraps**

| <b>Nutrition Facts</b>   |                      |                        |            |
|--|----------------------|------------------------|------------|
| Serving Size (278g)  |                      | Servings Per Container |            |
| <b>Amount Per Serving</b>  |                      |                        |            |
| <b>Calories</b> 360  | Calories from Fat 40 |                        |            |
|  |                      | % Daily Value*         |            |
| <b>Total Fat</b> 5g  |                      |                        | <b>8%</b>  |
| Saturated Fat 0.5g   |                      |                        | <b>3%</b>  |
| Trans Fat 0g   |                      |                        |            |
| <b>Cholesterol</b> 0mg   |                      |                        | <b>0%</b>  |
| <b>Sodium</b> 320mg  |                      |                        | <b>13%</b> |
| <b>Total Carbohydrate</b> 69g  |                      |                        | <b>23%</b> |
| Dietary Fiber 10g  |                      |                        | <b>40%</b> |
| Sugars 6g  |                      |                        |            |
| <b>Protein</b> 12g   |                      |                        |            |
| <b>Vitamin A</b> 15%   | <b>Vitamin C</b> 70% |                        |            |
| <b>Calcium</b> 6%  | <b>Iron</b> 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

| <b>Nutrition Facts</b>   |                      |                        |            |
|--|----------------------|------------------------|------------|
| Serving Size (216g)  |                      | Servings Per Container |            |
| <b>Amount Per Serving</b>  |                      |                        |            |
| <b>Calories</b> 310  | Calories from Fat 45 |                        |            |
|  |                      | % Daily Value*         |            |
| <b>Total Fat</b> 5g  |                      |                        | <b>8%</b>  |
| Saturated Fat 2g   |                      |                        | <b>10%</b> |
| Trans Fat 0g   |                      |                        |            |
| <b>Cholesterol</b> 5mg   |                      |                        | <b>2%</b>  |
| <b>Sodium</b> 640mg  |                      |                        | <b>27%</b> |
| <b>Total Carbohydrate</b> 52g  |                      |                        | <b>17%</b> |
| Dietary Fiber 11g  |                      |                        | <b>44%</b> |
| Sugars 3g  |                      |                        |            |
| <b>Protein</b> 16g   |                      |                        |            |
| <b>Vitamin A</b> 4%  | <b>Vitamin C</b> 2%  |                        |            |
| <b>Calcium</b> 8%  | <b>Iron</b> 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        |
| 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   |                      |                        |            |

**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](http://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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