

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. They should always be covered with water.



Black Bean Veggie Patties

Ingredients:

2 cups cooked black beans, mashed
1/2 green pepper, finely chopped
1/2 onion, finely chopped
3 garlic cloves, minced
1 egg
1 tablespoon chili powder
1 1/2 teaspoons cumin (optional)
1/2 teaspoon hot sauce (optional)
1/2 cup bread crumbs
Salt and pepper to taste

Directions:

1. In a large bowl, mix mashed beans, green pepper, onion and garlic.
2. In a small bowl, mix egg, chili powder, cumin and hot sauce. Add to large bowl. Stir in bread crumbs. Add salt and pepper to taste.
3. To make 1 patty, lightly pack some of the mixture to fill 1/3 cup measuring cup. Take mixture out of cup and form into a patty or burger shape. Repeat to make the other 4 patties.
4. Spray frying pan with non-stick cooking spray. Cook patties over medium heat for 5 minutes on each side.**
5. Serve and enjoy!
6. Refrigerate leftovers.

**The temperature of the patties must reach 160° F in the center to be sure the egg has been properly cooked.

Makes 5 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 Bean Veggie Patties

| Nutrition Facts | | |
|--|----------------------|---|
| Serving Size (126g) Servings Per Container | | 1. Start with the serving size. |
| Amount Per Serving | | |
| Calories 160 | Calories from Fat 20 | 2. Check calories. |
| % Daily Value* | | |
| Total Fat 2g | 3% | 3. Limit these: - Total fat - Saturated fat - Trans fat - Cholesterol - Sodium |
| Saturated Fat 0.5g | 3% | |
| Trans Fat 0g | | |
| Cholesterol 45mg | 15% | |
| Sodium 270mg | 11% | |
| Total Carbohydrate 28g | 9% | 4. Get enough of these: - Fiber - Vitamins A and C - Iron - Calcium |
| Dietary Fiber 8g | 32% | |
| Sugars 2g | | |
| Protein 9g | | |
| Vitamin A 10% • Vitamin C 25% | | |
| Calcium 6% • Iron 15% | | |
| *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