

# Kidney 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 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 the beans dry out, beans should always be covered with water.



## 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 air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

## Rancher's Beans

### Ingredients:

1 teaspoon vegetable oil  
1/4 cup chopped bell pepper  
1/4 cup chopped onion  
2 cups cooked kidney beans  
2 cups cooked pink beans  
1/2 cup tomato sauce  
2 tablespoon brown sugar  
1 tablespoon mustard  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add peppers and onions and cook over medium heat until soft, about 3 minutes.
3. Add beans, tomato sauce, brown sugar and mustard.
4. Cook uncovered for 10 minutes until thoroughly heated.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 10 servings.**

## Kidney Bean and Pasta Salad

### Ingredients:

1 bell pepper, chopped  
1 teaspoon onion powder  
2 teaspoons Italian seasoning or oregano  
1/3 cup white or red vinegar  
2 garlic cloves, minced  
1/4 cup vegetable oil  
2 tomatoes, diced  
2 cups cooked kidney beans  
5 cups cooked pasta, cooled  
1/2 cup shredded low fat cheddar cheese (optional)  
Salt and pepper, to taste

### Directions:

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.**

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: Rancher's Beans

Nutrition Facts			
Serving Size (109g)			
Servings Per Container			
Amount Per Serving			
Calories 110		Calories from Fat 5	
		% Daily Value*	
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 200mg		8%	
Total Carbohydrate 21g		7%	
Dietary Fiber 5g		20%	
Sugars 4g			
Protein 6g			
Vitamin A 2%		• Vitamin C 6%	
Calcium 4%		• 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
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

## Recipe Name: Kidney Bean and Pasta Salad

Nutrition Facts			
Serving Size (235g)			
Servings Per Container			
Amount Per Serving			
Calories 280		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 230mg		10%	
Total Carbohydrate 41g		14%	
Dietary Fiber 6g		24%	
Sugars 3g			
Protein 11g			
Vitamin A 2%		• Vitamin C 40%	
Calcium 8%		• 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**