

# 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.

## Minestrone Soup

### Ingredients:

1 onion, chopped  
1 cup chopped carrots  
2 garlic cloves, minced  
3 cans (14.5 ounces)  
low sodium chicken broth  
1 tablespoon tomato paste  
2 cups chopped cabbage  
1 teaspoon basil (optional)  
1 teaspoon oregano (optional)  
2 cups cooked red kidney beans  
Salt and pepper, to taste

### Directions:

1. Spray a large pot with non stick cooking spray. Cook onions, carrots, and garlic for 5 minutes.
2. Add broth, tomato paste, cabbage, basil and oregano.
3. Bring to a boil; reduce heat to medium and cook for 15 minutes or until all vegetables are tender.
4. Add kidney beans and cook for 5 more minutes.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Pasta with Beans

### Ingredients:

2 tablespoons oil  
3 garlic cloves, minced  
1 can (28 ounces) diced tomatoes  
1 head escarole, chopped  
2 cups cooked red kidney beans  
2 cups pasta shells, cooked and drained  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot. Add garlic and cook until lightly browned.
2. Add canned tomatoes and escarole. Bring to a boil.
3. Cover and cook over medium heat for 10 minutes. Stir often.
4. Add kidney beans and cook for 5 more minutes.
5. Serve over hot cooked pasta. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

*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: Minestrone Soup

<b>Nutrition Facts</b>	
Serving Size: 1/8 of recipe (183g)	
Servings Per Recipe: 8	
<b>Amount/Serving</b>	
<b>Calories</b> 90	<b>Calories from Fat</b> 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 5g	<b>21%</b>
Sugars 3g	
<b>Protein</b> 5g	
Vitamin A 40%	Vitamin C 15%
Calcium 4%	Iron 8%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

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

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

Recipe name: Pasta with Beans

<b>Nutrition Facts</b>	
Serving Size: 1/8 of recipe (183g)	
Servings Per Recipe: 8	
<b>Amount/Serving</b>	
<b>Calories</b> 170	<b>Calories from Fat</b> 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 8g	<b>31%</b>
Sugars 5g	
<b>Protein</b> 8g	
Vitamin A 120%	Vitamin C 45%
Calcium 15%	Iron 15%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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