



WIC...

Healthy Habits, Healthy Families

Dry and Canned Beans

Dry and canned beans are a good source of fiber, protein, iron, zinc, folate and B vitamins. Enjoy beans in soups, salads or casseroles.

Buying dry and canned beans...

- Look for a variety of dry beans. Examples include:
 - Black beans (turtle beans)
 - Black-eyed peas
 - Garbanzo beans (chickpeas)
 - Great northern beans
 - Kidney beans
 - Lima beans (butter beans)
 - Navy beans
 - Pinto beans
- Try canned beans in place of dry beans. Select canned beans without added sugars, fats, oils or meats.

Storing dry and canned beans...

- Store dry beans in the plastic bags they come in. Reclose with a twist tie or knot. Do not put beans in the refrigerator.
- Use dry beans within 1 year and canned beans within 2 years.

Enjoying dry and canned beans...

- Dry beans have to be soaked before they can be cooked. Look on the package for directions on how to soak and cook the beans.
- Canned beans are already cooked. They just need to be opened, put in a pan and heated.
- Most recipes can use either cooked dry beans or canned beans.

**Beans, Peas
& Lentils**



**Increase fiber.
Lower the fat.**

Black Bean Soup

www.calbeans.com

This recipe uses four WIC foods: black beans and three vegetables you can buy with your cash-value vouchers.

Makes
6
servings

Ingredients...

- 1 tablespoon olive oil
- 1½ cups onion, chopped
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 3 cloves garlic, minced
- 3 (15-ounce) cans black beans
- 1 (14.5-ounce) can reduced-sodium chicken broth
- ½ cup water
- 1½ teaspoons cumin
- ¼ teaspoon cayenne pepper

Condiments (optional): lemon or lime slices, reduced-fat sour cream or plain yogurt, salsa, cooked brown rice, reduced-fat cheddar cheese (shredded)

Directions...

1. In a large saucepan, heat olive oil over medium-high heat; sauté onion, carrots, celery and garlic for 3 minutes. Cover; cook 10 minutes, stirring several times until vegetables are very soft.
2. Transfer vegetables to a blender. Add 2 cans undrained beans. Purée until very smooth.
3. Return mixture to saucepan. Drain and rinse remaining can of beans; add to soup. Stir in broth, water, cumin and cayenne. Bring to a simmer over medium-high heat. Cook uncovered 10 minutes, stirring frequently to prevent sticking.
4. Serve with a choice of condiments.

Nutrition information...

Calories 250, Fat 4.5g, Carbohydrate 38g, Protein 14g, Fiber 14g, Sodium 870mg, Cholesterol 0mg.

Family Goals

- My family and I will try to eat beans once a week.
- My family and I will try a new bean recipe.
- My family and I will try canned beans for dinner.
- My family and I will try black bean soup.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com

This institution is an equal opportunity provider and employer.