

Many Ways with BEANS

Beans are often seen as a side dish, but because they're high in fiber and protein they can be the foundation of an incredibly filling meal. Beans are the base of many popular dishes such as chili and an Indian dish known as Chana masala; they are so versatile you can even find some recipes using them in desserts like brownies or cookie dough.

To create colorful and flavorful meals from canned and dry beans, pick ingredients with various texture, flavor and color. Mix-and-match the pantry ingredients here to create your own delicious dish or reinvent your leftovers.



BEANS <i>Use one or more, variety adds interest</i>	SEASONINGS <i>Choose based on a cuisine (Asian, Mexican, Italian...) or be creative</i>	TEXTURE <i>add crunchy, chewy and soft ingredients to enhance your dish</i>
Cannellini/White Kidney Bean	Bottled vinaigrette or marinade	Chopped pistachios, walnuts, almonds, peanuts
Navy	Pesto or marinara sauce	Sunflower, pumpkin seeds
Great Northern	Mustard	Cherry tomatoes
Garbanzo beans/chickpeas	Vinegars	Avocado
Butter Bean	Spice blends such as curry and chili powder	Sprouts
Gigante	Fresh/dried herbs or spices	Crunchy vegetables: jicama, radishes, carrots, celery, Shredded cabbage, water chestnuts
Black-eyed pea	Citrus (juice, zest, segments)	Chewy: dried fruit, sun dried tomatoes, Olives
Soybean	Soy sauce or tamari	Roasted chickpeas (snack)
Mung	Salsa, Fire roasted tomatoes or enchilada sauce	Barley, farro, whole grain pasta
Black	Parmesan cheese	Croutons/toasted bread; crumbled tortilla chips
Pinkito	Nutritional Yeast	Boiled egg
Adzuki	Hummus (plain or flavored)	Goat cheese
Kidney	Chopped green onion, purple onion or garlic	Corn
Pinto	Pickled or roasted vegetables	Peas

PREPARING DRY BEANS:

Place beans in a strainer and rinse with water; discard any stones or debris. Cover beans with 2-3 inches of water and discard any beans that float. Soak at room temperature for 8-24 hours. Drain and rinse beans well. Put beans in a large pot of water, and bring to a boil. Reduce heat and simmer uncovered for 1 hour, or until soft (may take up to 2 hours). Skim off any foam that develops. Tip: using an Instant Pot greatly reduces cooking time. You can also cook soaked beans in a Crock Pot.

In a hurry? Use canned beans. Rinse and drain them in a strainer to remove unneeded salt.

