



DRIED BEANS

WHAT'S IN IT FOR YOU?

- Iron to help your blood carry oxygen through your body
- Fiber to help you stay regular

SERVING IDEAS

- To cook 1 pound of any kind of dry beans, add 10 cups hot water in a large pot; boil beans for 2 to 3 minutes. Remove from heat, cover pot with a lid, and let beans sit for 1 hour.
- After 1 hour, drain the water and cover beans with fresh water. Cook beans until tender. Do not add salt or anything else until beans are cooked. Add cooked beans to soup, chili, and salad.

STORAGE

- Put dry beans in an airtight container or plastic bag. Store in cool, dry area for up to 1 year.

BEAN & CORN SALAD

Makes 10 1-cup Servings

Ingredients:

- 3 cups of any cooked **beans** (like white or pinto)
- 1/3 cup vegetable oil
- 2 Tablespoons vinegar
- 3 stalks of chopped celery
- 1 can corn
- 1 chopped onion
- Salt and pepper
- Optional: 1 teaspoon cumin



Instructions:

1. In a bowl, mix together oil, vinegar, salt & pepper, and optional cumin
2. Add the rest of the ingredients and toss to coat
3. Serve right away or refrigerate for up to 1 hour to allow flavors to blend

SOURCE: Soulful Recipes, Champions for Change, Network for a Healthy California



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