

Bean Basics

Beans are a great addition to your family's menu. Here's why:

- Beans provide protein, vitamins, and minerals such as calcium, iron, folic acid, and potassium. Did you know a half-cup of cooked beans contains about 100 calories and about 8 grams of protein?
- Beans are a good source of fiber. There are two types of fiber—insoluble and soluble.
 - ◊ Insoluble fiber, known as bulk or roughage, helps with making sure that stool can pass through the intestine. Foods such as wheat, whole grains, bran, vegetables, and fruits contain insoluble fiber.
 - ◊ Beans contain soluble fiber, which helps with removing cholesterol from the blood.
 - ◊ Fiber also helps with regulating blood sugar levels and reducing the risk of different cancers such as colon and breast cancers.
 - ◊ Beans as part of a healthy eating plan can help with weight management. Whether you're trying to lose weight or maintain your weight, beans are a good low-fat protein source. Also, the fiber in beans helps you feel fuller longer, which may help you eat less. Peas and lentils also contain fiber.
- There are many different types of dry, frozen, and canned beans.
- Beans are inexpensive. A 1-pound bag of dried beans will provide five 1-cup servings of cooked beans for less than \$1. A 15-ounce can of beans provides only three servings of prepared beans.
- Try a meatless meal. Beans are a good substitute for meat because they have lots of protein and iron. Add beans to grains to make a satisfying lunch or dinner.
- Beans can be a part of any meal. See the recipes below for some ideas!

Preparing Dry Beans

Always make sure to wash dried beans or peas by placing them in a colander and rinsing thoroughly.

There are two methods for soaking beans:

- The traditional method: In a large pot, add 3 cups of cold water to each cup of beans (or 6 cups for each pound). Soak 8 hours or overnight in the refrigerator. Drain and rinse the beans.
- The quick method: In a large pot, add 3 cups of hot water to each cup of beans (or 6 cups for each pound.) Bring to a boil, and cook the beans on medium heat for 2 hours. Cover the pot and let the beans stand for 1 hour. Drain and rinse the beans.

After either method of soaking, simmer the beans for 1–2 hours or until tender. To prevent foam or froth while cooking, add 1 tablespoon of vegetable oil to the simmering water.

Tips

- Do not use baking soda when cooking beans; it robs them of nutritional value.
- All beans are not alike. In the time it takes one bean variety to become tender, another can become mushy.
- It is usually best to soak and cook black beans and white beans separately.
- Always rinse black beans because their liquid can blacken other foods in a dish.
- Soaking and rinsing dry beans rids the beans of complex sugars that sometimes cause stomach gas. Drain and rinse canned beans to reduce these complex sugars. This will also reduce the sodium content by one-third.

Beany Breakfast Ideas



Blueberry Bean Muffins

Ingredients

- 2 (15 oz) cans red kidney beans
- 1/3 cup milk
- 1 cup sugar
- 1/4 cup butter or margarine, softened
- 3 eggs
- 2 teaspoons vanilla
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 cup blueberries, fresh or frozen
- 3/4 cup chopped pecans

Steps

1. Wash your hands with soap and water.
2. Process the beans and milk in a food processor or blender until smooth.
3. Mix the sugar and butter in a large bowl. Beat in eggs and vanilla.
4. Add the bean mixture, mixing until well blended.
5. Mix in the combined flours, baking soda, salt, and spices.
6. Gently mix in the blueberries.
7. Spoon the mixture into 12 greased or paper-lined muffin cups, and sprinkle with pecans.
8. Bake muffins at 375°F until toothpicks inserted in centers come out clean, 20–25 minutes.
9. Cool in pans on wire racks 5 minutes. Remove from pans and cool.

Servings per recipe: 24

Amount per serving: calories 240; calories from fat 80; total fat 9g; saturated fat 2g; cholesterol 60mg; sodium 250mg; carbohydrate 35g; dietary fiber 8g; sugar 15g; protein 8g; vitamin A 4%; calcium 2%; vitamin C 2%; iron 4%



Berry Bean Blast

Ingredients

- 1 (15 oz) can navy beans or great northern beans
- 1 1/2 cups orange juice
- 2–3 tablespoons honey
- 1 1/2 teaspoons ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 cups strawberries, cut into quarters
- 6–8 ice cubes

Steps

1. Wash your hands with soap and water.
2. Process all of the ingredients, except the ice cubes, in a blender until smooth.
3. Add the ice cubes and blend until smooth.

Servings per recipe: 4

Amount per serving: calories 220; calories from fat 5; total fat 1g; saturated fat 0g; cholesterol 0mg; sodium 150 mg; carbohydrate 46g; dietary fiber 9g; sugar 23g; protein 8g; vitamin A 0%; calcium 10%; vitamin C 80%; iron 20%

Tip:

Berry Bean Blast can be made 1–2 days in advance. Keep it covered in the refrigerator. The drink will thicken in the refrigerator. Stir in orange juice or cold water if you want it to be thinner. You can use frozen strawberries. If you do, you won't need ice cubes.

Beany Salads and Soups



Black-Eyed Pea Tiger Salad

Ingredients

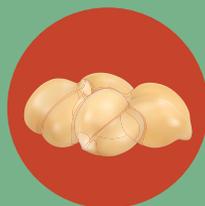
- 2 cans black-eyed peas
- 1 can diced tomatoes and green chilies
- 1 small red onion
- ½ cup light Italian dressing

Steps

1. Wash your hands with soap and water.
2. Drain and rinse the black-eyed peas and put them in a large bowl.
3. Add the tomatoes, red onions, and dressing to the peas. Mix well.
4. Chill for 1 hour.

Servings per recipe: 4–6 (½-cup servings)

Amount per serving: calories 130; calories from fat 30; total fat 3.5g; saturated fat 0.5g; cholesterol 0mg; sodium 560mg; carbohydrate 23g; dietary fiber 4g; sugar 1g; protein 7g; vitamin A 4%; calcium 6%; vitamin C 15%; iron 15%



Tip:

Serve with tomato wedges and onion rings.

Calico Bean Salad

Ingredients

- 2 cups cooked or canned navy, great northern, or small white beans
- 2 cups cooked or canned dark or light kidney beans
- 2 cups cooked or canned garbanzo beans
- 1½–2 cups vinaigrette dressing (bottled or homemade)
- Salt and pepper to taste

Steps

1. Wash your hands with soap and water.
2. Drain the beans, and mix them together lightly.
3. Cover with dressing. Add salt and pepper.
4. Refrigerate for several hours.
5. When ready to serve, mix again. Taste and add more seasoning or a little vinegar if desired.

Servings per recipe: 8–10 (¾-cup servings)

Amount per serving: calories 270; calories from fat 35; total fat 4g; saturated fat 0g; cholesterol 0mg; sodium 60mg; carbohydrate 45g; dietary fiber 5g; sugar 3g; protein 15g; vitamin A 4%; calcium 6%; vitamin C 15%; iron 15%



White Chili

Ingredients

1 pound lean turkey or chicken, cut into small pieces or ground
1 medium onion, chopped
1 (4 oz) can green chilies, drained and chopped
2 teaspoons chicken bouillon OR 1 cup chicken broth
2 teaspoons chili powder
½ teaspoon garlic powder
3 (15 oz) cans great northern beans, undrained
Salt and pepper to taste
1 cup water

Steps

1. Wash your hands with soap and water.
2. In a large, heavy saucepan, brown the chicken or turkey with the onion until nearly done.
3. Add the chilies, bouillon or broth, chili powder, and garlic powder. Stir to mix.
4. Simmer for 10–15 minutes.
5. Add the beans, salt, pepper, and additional water if needed.
6. Heat until very hot, but do not boil.

Servings per recipe: 6

Amount per serving: calories 430; calories from fat 70; total fat 7g; saturated fat 2g; cholesterol 60 mg; sodium 480 mg; carbohydrate 58 g; dietary fiber 14g; sugar 1g; protein 33g; vitamin A 4%; calcium 15%; vitamin C 20%; iron 30%



Taco Soup

Ingredients

1 pound ground beef, browned and drained
1 can kidney beans, drained and rinsed
1 can whole kernel corn, drained and rinsed
1 can black beans, drained and rinsed
1 can diced tomatoes with chilies
1 onion, chopped
1 green bell pepper, chopped
1 package low-sodium or DIY taco seasoning mix

Steps

1. Wash your hands with soap and water.
2. Combine all the ingredients in a crock pot.
3. Wash your hands after touching raw meat.
4. Simmer for 3 hours.

Servings per recipe: 8

Amount per serving: calories 300; calories from fat 90; total fat 11g; saturated fat 3.5g; cholesterol 40mg; sodium 260mg; carbohydrate 32g; dietary fiber 10g; sugar 5g; protein 20g; vitamin A 6%; calcium 4%; vitamin C 30%; iron 15%

Tip:

Ground turkey or shredded chicken also taste great in taco soup!



Tip:

Use whatever beans you have on hand.

Bean Soup

Ingredients

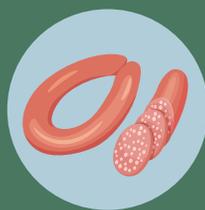
½ cup each: dry baby limas, small white beans, black-eyed peas, chickpeas, red and light red kidney beans
½ cup onion, chopped
½ cup celery, chopped
½ cup carrot, chopped
¼ cup green pepper, chopped
¼ cup parsley, minced
½ garlic clove, crushed and minced
1 tablespoon butter or margarine
1 (2 oz) envelope chicken noodle soup mix
¼ bay leaf, crumbled
¼ teaspoon Italian seasoning
½ cup fresh or canned tomatoes, chopped
Grated Parmesan cheese (optional)

Steps

1. Wash your hands with soap and water.
2. Soak the beans using your preferred method. Drain.
3. Cook onion, celery, carrot, green pepper, parsley, and garlic in butter until soft.
4. Combine the cooked vegetables, soup mix, 2 quarts of water, bay leaf, Italian seasoning, and soaked beans.
5. Simmer, covered, about 1 hour to desired tenderness. Add tomato.
6. Serve hot, sprinkled with cheese.

Servings per recipe: 8 (1-cup servings)

Amount per serving: calories 110; calories from fat 35; total fat 2.5g; saturated fat 0.5g; cholesterol 0mg; sodium 450mg; carbohydrate 18g; dietary fiber 4g; sugar 5g; protein 4g; vitamin A 35%; calcium 4%; vitamin C 15%; iron 8%



Bean and Sausage Soup

Ingredients

½ pound (about 1 cup) dry small white or baby lima beans
1 cup low-sodium chicken stock
½ cup onion, chopped
¼ teaspoon ground cumin
⅛ teaspoon black pepper
1 bay leaf
8 oz Polish sausage, sliced ½-inch thick
1 (8.75 oz) can garbanzo beans, drained
1 (8.75 oz) can creamed corn
Parsley, chopped (optional)

Steps

1. Wash your hands with soap and water.
2. Soak the beans using your preferred method, then drain and rinse.
3. Add 4 cups water, chicken stock, onion, and seasonings.
4. Simmer, covered, about 30 minutes or until beans are almost tender.
5. Add sausage, garbanzo beans, and corn.
6. Return the mixture to a boil, and then simmer 30 minutes or until beans are tender.
7. Remove the bay leaf.

Servings per recipe: 4–5

Amount per serving: calories 470; calories from fat 140; total fat 16g; saturated fat 5g; cholesterol 30mg; sodium 690 mg; carbohydrate 31g; dietary fiber 7g; sugar 5g; protein 13g; vitamin A 2%; calcium 6%; vitamin C 4%; iron 15%



Quick Black Bean Soup

Ingredients

- 1 tablespoon olive oil
- 1½ cups large onion, chopped
- 2 cups carrots, thinly sliced (4–5 medium)
- 1 cup celery, sliced (4 stalks)
- 3 cloves garlic, minced
- 3 (15 oz) cans black beans
- 1 (14.5 oz) can low-sodium chicken broth
- 1½ teaspoons cumin
- ⅛–¼ teaspoon cayenne pepper
- ½ cup chicken broth or water

Optional Toppings

- Lemon or lime slices
- Salsa
- Shredded cheddar cheese
- Sour cream or plain yogurt
- Cooked white or yellow rice

Steps

1. Wash your hands with soap and water.
2. In a large saucepan, heat the olive oil over medium-high heat.
3. Sauté the onion, carrots, celery, and garlic for 3 minutes. Cover and cook 10 minutes, stirring several times until the vegetables are very soft.
4. Transfer the vegetables to a food processor or blender.
5. Add 2 cans of undrained beans. Purée until very smooth.
6. Return the mixture to the saucepan.
7. Drain and rinse the remaining can of beans, and add it to the soup.
8. Stir in the broth, cumin, and cayenne.
9. Bring to a simmer over medium-high heat. Cook uncovered 10 minutes, stirring frequently to prevent sticking. Add additional water if needed to desired consistency.
10. Serve with a squeeze of lemon or lime, or your choice of toppings.

Servings per recipe: 6

Amount per serving: calories 140; calories from fat 30; total fat 3g; saturated fat 0g; cholesterol 0mg; sodium 440mg; carbohydrate 20g; dietary fiber 6g; sugar 5g; protein 6g; vitamin A 170%; calcium 6%; vitamin C 10%; iron 10%



Santa Fe Soup

Ingredients

- 2 pounds lean ground beef
- 1 large onion, diced
- 1 can black beans
- 1 can kidney beans
- 1 can pinto beans
- 1 can tomatoes with lime and cilantro
- 1 (28 oz) can pureed tomatoes
- 2 cans white corn
- 2 packages dry ranch dressing
- 2 packages taco seasoning
- 2 cups water
- Sour cream for garnish

Steps

1. Wash your hands with soap and water.
2. Brown the meat and onion.
3. Add the remaining ingredients. Do not drain any of the cans.
4. Heat and serve.

Tip:

If using dry beans, follow the instructions on the package for soaking and cooking.

Servings per recipe: 12

Amount per serving: calories 90; calories from fat 15; total fat 2g; saturated fat 0g; cholesterol 10mg; sodium 320mg; carbohydrate 12g; dietary fiber 2g; sugar 2g; protein 7g; vitamin A 2%; calcium 2%; vitamin C 6%; iron 6%



Santa Fe Chicken Chili

Ingredients

- ¼ cup olive oil
- 4 cups red bell pepper, chopped (4 medium)
- 2 cups green bell pepper, chopped (2 medium)
- 2 cups onion, chopped (2 medium)
- 8 medium cloves garlic, minced
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne pepper, or to taste
- 2 (28 oz) cans no-sodium or no-salt-added tomatoes
- 2 (14.5 oz) cans reduced-sodium chicken broth
- 2 pounds boneless, skinless chicken breasts, cut into ½-inch pieces
- 3 cups cooked OR 2 (15 oz) cans kidney beans, drained and rinsed
- 1 can diced chilies
- 1 (10 oz) package frozen corn kernels
- 1 teaspoon black pepper

Steps

1. Wash your hands with soap and water.
2. In a large pot, heat the oil over high heat.
3. Add the bell peppers, onions, and garlic. Sauté for 5 minutes, stirring frequently.
4. Add the chili powder, cumin, and cayenne. Cook for 1 minute, stirring constantly.
5. Add the tomatoes, breaking them up with a spoon, and broth. Bring to a boil.
6. Reduce the heat to medium-low. Simmer for 15 minutes to reduce the liquid slightly.
7. Stir in the chicken, kidney beans, salsa, and corn. Bring to a boil.
8. Cover, reduce heat, and simmer for 5 minutes, or until chicken is cooked through.
9. Stir in black pepper and salt.

Servings per recipe: 10

Amount per serving: calories 280; calories from fat 40; total fat 4.5g; saturated fat 1g; cholesterol 55mg; sodium 520mg; carbohydrate 31g; dietary fiber 11g; sugar 9g; protein 29g; vitamin A 60%; calcium 6%; vitamin C 160%; iron 15%

Meaty Beans



Black Bean Cakes

Ingredients

3 (15 oz) cans black beans, drained and rinsed
2 large eggs
3 cups plain bread crumbs
1 cup red bell pepper, chopped
½ cup fresh cilantro, chopped
2 teaspoons chili powder
1 teaspoon cayenne pepper
½ cup green onion, chopped (about 4)
2 garlic cloves, minced
1 teaspoon ground cumin
½ teaspoon black pepper
½ teaspoon onion powder
4 tablespoons vegetable oil

Optional Toppings

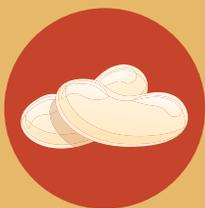
Salsa
Sour cream
Avocado slices

Steps

1. Wash your hands with soap and water.
2. Puree 2 cups of black beans with the eggs in a processor until smooth. Transfer to a large bowl.
3. Stir in the remaining beans, 1½ cups of bread crumbs, and the next nine ingredients.
4. Shape the mixture into 10 half-inch-thick patties, using about ½ cup mixture for each.
5. Transfer the patties to a baking sheet. (You can prepare these 4 hours ahead. Cover and chill in the refrigerator.)
6. Coat the black bean cakes on both sides with the remaining bread crumbs.
7. In 2 large, heavy skillet, heat 2 tablespoons of oil in each skillet over medium heat.
8. Add 5 black bean cakes to each skillet. Cook until golden brown, about 3 minutes per side.
9. Transfer to plates.
10. Serve topped with salsa, sour cream, and avocado slices.

Servings per recipe: 10

Amount per serving: calories 290; calories from fat 70; total fat 8g; saturated fat 1g; cholesterol 45mg; sodium 280mg; carbohydrate 45g; dietary fiber 9g; sugar 4g; protein 12g; vitamin A 15%; calcium 10%; vitamin C 45%; iron 25%



No-Work Meatloaf

Ingredients

1 pound lean ground beef
¾ cup dry navy, great Northern, or yellow-eye beans (or 15.5 oz can), cooked, drained, rinsed, and mashed
1 cup ketchup
½ cup unsalted cracker crumbs or bread crumbs

Steps

1. Wash your hands with soap and water.
2. Mix all of the ingredients together well.
3. Put the mixture in a bread pan, or shape into a loaf and place in a shallow baking dish.
4. Bake at 350°F for 45 minutes.
5. Serve with cooked rice.

Servings per recipe: 6 (3-oz servings)

Amount per serving: calories 370; calories from fat 130; total fat 14g; saturated fat 5g; cholesterol 70mg; sodium 650mg; carbohydrate 35g; dietary fiber 9g; sugar 4g; protein 12g; vitamin A 15%; calcium 10%; vitamin C 45%; iron 25%

Tips:

Ground turkey or chicken are also delicious in meatloaf!

Try using a low-sodium or low-sugar ketchup.

Add your favorite herbs and spices for extra flavor.



West African Bean Fritters

Ingredients

1 (15 oz) can black-eyed peas OR 1½ cups cooked black-eyed peas, drained and rinsed

1 egg

2 tablespoons onion, chopped

1-1½ teaspoons ground ginger

1 tablespoon jalapeño, chopped

¼ cup plain dry bread crumbs

¼ cup cornmeal

Vegetable oil, for frying

Ginger Tomato Dipping Sauce (recipe below)

Steps

1. Wash your hands with soap and water.
2. Process the black-eyed peas, egg, onion, ginger root, and jalapeño in a food processor or blender until smooth.
3. Transfer the mixture to a medium bowl. Stir in breadcrumbs.
4. Roll 1 tablespoon of the black-eyed pea mixture into a ball or oval shape; coat it lightly with cornmeal. Repeat with the remaining mixture.
5. Heat the oil in a medium saucepan to 350°F.
6. Fry the fritters, 4 or 5 at a time, until browned, about 2 minutes.
7. Drain on paper towels. Keep them warm in a 200°F oven until ready to serve.
8. Spoon Ginger Tomato Dipping Sauce in the center of small plates, and arrange the fritters on the sauce.

Servings per recipe: 4 (6 fritters, without sauce)

Amount per serving: calories 170; calories from fat 25; total fat 3g; saturated fat 0g; cholesterol 45mg; sodium 110mg; carbohydrate 28g; dietary fiber 5g; sugar 2g; protein 9g; vitamin A 2%; calcium 4%; vitamin C 2%; iron 15%



Ginger Tomato Dipping Sauce

Ingredients

½ (14.5 oz) can diced tomatoes, undrained

2 tablespoons onion, chopped

1 tablespoon jalapeño, chopped

1 tablespoon gingerroot, chopped, OR
1-2 teaspoons ground ginger

2 cloves garlic

½ teaspoon salt

1 teaspoon vegetable oil

Steps

1. Wash your hands with soap and water.
2. Process all of the ingredients, except the oil, in a food processor or blender until smooth.
3. Sauté the sauce in oil in a small skillet until thickened, about 5 minutes.



Tip:

Spices and herbs like chili powder, minced garlic, and onion are delicious in sloppy joes.

Sloppy Bean Joes

Ingredients

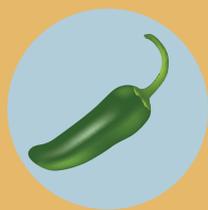
1 pound lean ground beef
1 (15 oz) can pork and beans
10 hamburger or hot dog buns

Steps

1. Wash your hands with soap and water.
2. Brown the ground beef and drain off the extra fat.
3. Add the pork and beans. Heat through.
4. Serve on hamburger or hot dog buns.

Servings per recipe: 10

Amount per serving: calories 220; calories from fat 40; total fat 4.5g; saturated fat 1.5g; cholesterol 25mg; sodium 370mg; carbohydrate 30g; dietary fiber 3g; sugar 6g; protein 15g; vitamin A 0%; calcium 8%; vitamin C 2%; iron 15%



Jamaican Beans and Rice

Ingredients

1 tablespoon vegetable oil
½ cup onion, chopped
½ cup red or green bell pepper, chopped
1 teaspoon garlic, minced
½ small jalapeño, veins and seeds discarded, minced
¼ teaspoons dried thyme
¼ teaspoon ground allspice
1 (14.5 oz) can fat-free, reduced-sodium chicken broth
2 (15 oz) cans red or black beans, drained and rinsed
2 cups sweet potatoes, peeled and cubed (½-inch cubes)
3 tablespoons lime juice

Steps

1. Wash your hands with soap and water.
2. Sauté the onion, pepper, garlic, jalapeño, thyme, and allspice in the oil in a medium saucepan 3–4 minutes.
3. Add the chicken broth, beans, and sweet potatoes to the saucepan. Heat to boiling.
4. Reduce heat and simmer, uncovered, until the sweet potatoes are tender, 10–15 minutes.
5. Stir in the lime juice.
6. Serve over rice.

Servings per recipe: 4 (1-cup servings)

Amount per serving: calories 310; calories from fat 30; total fat 3.5g; saturated fat 0.5g; cholesterol 0mg; sodium 370 mg; carbohydrate 54g; dietary fiber 15g; sugar 5g; protein 17g; vitamin A above 100%; calcium 15%; vitamin C 40%; iron 25%



Ham and Bean Tetrazzini

Ingredients

Vegetable cooking spray
2 cups sliced mushrooms
4–6 oz low-sodium, reduced-fat ham,
cut into ½-inch cubes
2 green onions and tops, sliced
1 (10.75 oz) can 98% fat-free, sodium-free
cream of mushroom soup
¼ cups fat-free milk
1 (15 oz) can red kidney beans OR 1½ cups
cooked red kidney beans, drained and rinsed
½–¾ cup (4–6 oz) shredded cheddar cheese
Salt and pepper to taste
8 oz cooked spaghetti, warm
⅓ cup plain dry bread crumbs (optional)

Steps

1. Wash your hands with soap and water.
2. Spray a large saucepan with cooking spray. Heat over medium heat until hot.
3. Sauté the mushrooms, ham, and green onions until the mushrooms are tender and the ham is beginning to brown, about 5 minutes.
4. Stir in the soup and milk and heat to boiling.
5. Reduce heat and simmer 2–3 minutes.
6. Stir in the beans and cheese. Season to taste with salt and pepper.
7. Stir in spaghetti.
8. Spoon the spaghetti mixture into a greased 11x7 baking dish. If desired, sprinkle with bread crumbs.
9. Bake at 350°F until bubbly, about 25 minutes.

Servings per recipe: 4

Amount per serving: calories 400; calories from fat 90; total fat 10g; saturated fat 3.5g; cholesterol 30mg; sodium 420mg; carbohydrate 54g; dietary fiber 14; sugar 6g; protein 24g; vitamin A 4%; calcium 20%; vitamin C 2%; iron 8%



Chili Mac

Ingredients

12 oz ground beef
4 cloves garlic, chopped
½ cup onion, chopped
½ cup bell pepper, chopped
2 cups cooked elbow macaroni
1 (16 oz) can kidney beans, drained and rinsed
1 (8 oz) can tomato sauce
1 (14.5 oz) can chopped tomatoes, undrained
1 tablespoon chili powder
1 teaspoon ground cumin
Salt and pepper to taste
¾ cup shredded cheddar cheese for topping

Steps

1. Wash your hands with soap and water.
2. Brown the ground beef and drain.
3. Sauté the garlic, and then add the onion and bell pepper, and sauté until softened.
4. Add the remaining ingredients except cheese. Stir well.
5. Simmer 15 minutes, stirring occasionally.
6. Top with shredded cheese and enjoy!

Servings per recipe: 10

Amount per serving: calories 190; calories from fat 80; total fat 9g; saturated fat 4g; cholesterol 30mg; sodium 460mg; carbohydrate 14g; dietary fiber 4g; sugar 3g; protein 12g; vitamin A 10%; calcium 10%; vitamin C 25%; iron 10%



Tip:

Black, pinto, and small red beans are all delicious in enchiladas!

Quick Bean & Cheese Enchiladas

Ingredients

- 2 cups cooked beans OR 1 can beans, drained and rinsed
- 2 cups fresh tomatoes, chopped
- 1 can green chilies, diced
- ½ pound low-fat cheddar cheese, divided
- 8 corn tortillas
- 1 (20 oz) can tomato enchilada sauce

Steps

1. Wash your hands with soap and water.
2. Mash the beans.
3. Add the tomatoes and chilies to the mashed beans, and mix together.
4. Spoon the bean mixture down the center of each tortilla, dividing evenly.
5. Cut half of the cheese into 8 sticks. Place one stick over the beans on each tortilla.
6. Roll the tortillas to enclose. Place seam-side down in a greased shallow baking dish.
7. Pour enchilada sauce over all.
8. Grate the remaining cheese and sprinkle over the sauce.
9. Bake at 350°F for 16 minutes.
10. Top with lettuce and sour cream.

Servings per recipe: 8

Amount per serving: calories 340; calories from fat 45; total fat 5g; saturated fat 1g; cholesterol 5mg; sodium 660 mg; carbohydrate 47g; dietary fiber 6g; sugar 5g; protein 21g; vitamin A 10%; calcium 25%; vitamin C 6%; iron 25%

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