



Extension Nutrition Programs

FSNE/EFNEP

Stretch Your Budget with Beans

Winter time is a time for hot foods like Bean Soup or warm Refried Bean Dip. Beans are low cost protein foods.

Bean Soup

Yield: 6 servings •

Serving: 1 cup

2 cups dry navy beans (1 pound)

10 cups water

1½ pounds ham hocks **or**
2 cups diced ham **or**
one ham bone

1 cup chopped onion
(about 1 medium)

1½ cups chopped carrots
(about 3 medium)

Salt and pepper to taste

1. Wash beans in colander. Bring beans and 2 cups of water to a boil and cook for 5 minutes. Let sit covered for one hour without heat.
2. Reheat pot and continue to cook for 2 hours or until tender. Drain beans.
3. In a large pot add 8 cups of water and ham hocks to beans. Bring to boil.
4. Turn to low and cook for 2 hours.

5. Add the onion and carrots and continue to cook for 1 hour.

★Tips:

- *Any dried beans can be used.*
- *Additional fresh or canned vegetables may be added.*
- *For additional flavor add 1 Tablespoon parsley, 2 Tablespoons beef or chicken bouillon granules, and 1 teaspoon celery seed.*
- *Slow cooker can be used. Cook on HIGH for first hour, then cook on LOW 6 to 8 hours.*

PER SERVING: CALORIES 325 • FAT 3 G
• PROTEIN 18 G • CARBOHYDRATE 58 G
• FIBER 20 G • GOOD SOURCE OF IRON,
VITAMIN A, VITAMIN C AND CALCIUM



Quick Soak

Bring 1 pound of beans or peas and 6 cups of water to a boil. (Black-eyed peas, kidney beans, lentils and dried split peas can be cooked with or without soaking.) Boil 2 minutes. Remove pan from heat and let stand 1 hour.

Overnight Soak

Soak beans overnight in a pan containing 6 cups of water for each pound of beans or peas. Throw away soaking water. Add fresh water for cooking. Beans and peas soaked by this method will keep their shape better, have a uniform texture, cook more quickly, and usually produce less gas after you eat them.

Tip: Soak and cook the whole bag of beans at one time. Use what you need, then divide the rest into serving size packages and freeze.

Making Beans Friendlier

A common concern about legumes is the intestinal gas they cause. The problem is often greatest for those who don't eat beans frequently. Here are some suggestions:

- Eat small servings at first, then slowly increase the number and size of servings.
- Proper soaking and thorough cooking makes beans more digestible.
- Drinking adequate fluid also helps the body handle increased fiber.
- Change the water you will soak beans in once or twice. Rinse after soaking and replace with clean water for cooking.

Bean and Cheese Enchiladas

Yield: 8 enchiladas •
Serving: 1 enchilada

2- 15 ounce cans of pinto
or kidney beans,
drained and rinsed
½ cup salsa or picante
sauce

8- 10 inch flour tortillas
2 cups shredded cheese
(½ pound)
1- 16 ounce can
Enchilada sauce★

1. Preheat oven to 350 degrees F. and lightly oil or spray a 9 inch x 13 inch baking dish.
2. Mix beans, salsa and ½ the amount of cheese.
3. Lay out one tortilla at a time and spoon about ½ cup of the bean mixture down center of each tortilla. Roll tortilla and place seam side down in greased baking dish.
4. Pour sauce over top of tortillas in the dish.
5. Sprinkle remaining cheese over sauce.
6. Bake at 350 degrees F for 15 to 20 minutes or until hot.

Microwave:

Can be prepared in a microwave safe dish and cooked on HIGH for 7 to 10 minutes or until steaming hot. Covering the dish will reduce splattering.



★Tip: To prepare your own enchilada sauce, mix together 15 ounce can of tomato sauce with ¼ teaspoon salt, ¼ teaspoon pepper, ½ teaspoon garlic, 1 teaspoon chili powder and ½ teaspoon cumin to taste.

★ Tip: You may use 3 cups of any cooked dry beans instead of canned beans.

PER SERVING: CALORIES 372 • FAT 10 G • PROTEIN 13 G • CARBOHYDRATE 52 G • FIBER 6 G • GOOD SOURCE OF VITAMIN A AND CALCIUM

Refried Bean Dip

Yield: 4 servings •
Serving: ¼ cup

1 cup refried beans
1 teaspoon chili powder
½ teaspoon onion or
garlic powder

1. Mix all ingredients together in a small bowl. Serve.

★Tip: Serve with raw vegetables (carrots or celery sticks), crackers or baked chips.

PER SERVING: CALORIES 90 • FAT 2 G • PROTEIN 5 G • CARBOHYDRATE 15 G • FIBER 4 G • LOW IN SATURATED FAT AND CHOLESTEROL • GOOD SOURCE OF FIBER, PROTEIN, MAGNESIUM, PHOSPHORUS, POTASSIUM, COPPER AND FOLATE

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