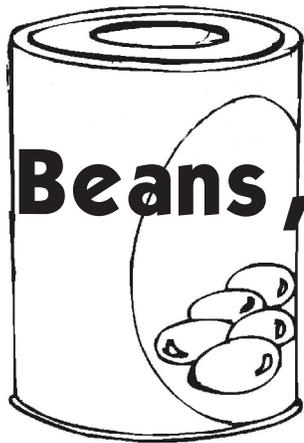




SMART SHOPPER TIPS & RECIPES



Beans are a great addition to your daily menu...

Beans, beans, beautiful beans

Beans are good sources of protein, calcium, iron, potassium and B-vitamins. Here's some great ideas for preparing them:

Cooking Dry Beans

Refried Bean Burritos

- 1 can (16 oz) refried beans
- 1 cup salsa
- whole-wheat flour tortillas

Spread refried beans and salsa on tortilla wraps. Serve with shredded lettuce, cheese and tomatoes Enjoy!

Cooking Hints

- ◆ 1 cup dry beans makes 2-3 cups cooked beans
- ◆ Cook more beans than you need. Freeze for future meals.
- ◆ To make refried beans, fry mashed beans using a touch of oil to keep beans from sticking (Pinto beans usually work best!)

Sort & Rinse Beans:

Throw away any beans that are discoloured or shriveled. Rinse beans in cold water.

Soak Beans (use one of the following methods):

- 1) Quick Soak
 - Place one pound of dry beans in large pan with six cups of water.
 - Bring to a boil. Boil for two minutes.
 - Remove from heat, cover and let stand for one hour.
 - Drain beans.
- 2) Overnight Soak
 - Place one pound of dry beans in a large pan with six cups of water.
 - Let soak overnight.
 - In the morning, drain beans.

Cook Dry Beans

- 1) Place soaked beans in a large pan.
- 2) Cover beans with water and bring to a boil.
- 3) Reduce heat to low and simmer until tender, stirring occasionally. Beans are done when they are fork tender.
- 4) Drain excess liquid.

Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables & fruits. For tips & practical suggestions, visit www.5to10aday.com

Creamy Minestrone Soup

Beans taste great. Warm up to them by including them in recipes like this delicious minestrone soup that also calls for a variety of other tasty vegetables:

Ingredients (makes 2 Litres/8 cups):

- 1 tsp vegetable oil
- ½ cup chopped onion
- 1 clove garlic
- 2 cups beef broth (made from bouillon cubes)
- 1 can spaghetti sauce (14 oz/398 ml)
- 1 can kidney beans (14 oz/398 ml)
- 1 cup water
- 1 cup thinly-sliced carrots
- 1 cup sliced zucchini
- ½ tsp dried Italian seasoning
- ½ cup pasta of your choice
- 2 cups milk (fluid milk or from skim milk powder)
- 2 Tbsp flour
- salt and pepper

Directions:

- 1) Turn on stove to medium heat. Heat oil in a large pot. Add onion and garlic. Cook until tender.
- 2) Add beef broth, spaghetti sauce, kidney beans, water, carrots, zucchini and Italian seasoning. Turn stove up to high and heat to boiling. Lower heat and simmer until vegetables are tender (approximately 10 minutes).
- 3) Add pasta. Cover and simmer for 10 minutes or longer, until pasta is tender.
- 4) Mix ½ cup of milk with flour to make a paste, then add remaining milk.
- 5) Add milk to the pot. Cook and stir over medium heat until mixture boils and thickens. Add salt and pepper to taste.



For more information and recipe ideas for beans, visit:
www.ontariobbeans.on.ca

