

Legumes “Beans”

NUTIRITONAL BENEFITS

- Protein*- helps maintain muscle strength
- Fiber*- Supports heart health and digestion
- Iron & Folate*- Boosts energy and brain health



HOW TO COOK DRIED BEANS

1. Rinse & Sort: Rinse beans under cold water. Remove small stones or damaged beans.
2. Soak (Optional but Recommended): - **Quick Soak**: Boil beans for 2 minutes. Turn off heat, cover, and let sit for 1 hour. - **Overnight Soak**: Cover beans with water and soak 8-12 hours.
3. Cooking: - Drain soaking water. Add beans to a pot with fresh water (3 cups water per 1 cup beans). - Bring to a boil, then reduce heat and simmer:
Black Beans: 1 to 1.5 hours
Chickpeas: 1.5 to 2 hours
***Add salt after cooking to keep beans tender.**

NUTRITION FACTS & TIPS

½ cup (serving)	Black Beans	Chickpeas
Protein	7 g	7 g
Fiber	7.5 g	6 g
Iron	10% Daily Value	13% Daily Value
Folate	32% Daily Value	35% Daily Value

Cooking Tips!

- Flavor*: Add garlic, onion, or bay leaves while cooking beans!
- Bonus*: cooked beans freeze well, store in containers for future meals!