



# Spill the Beans!



## Beans are packed with nutrients!

- **FIBER** helps prevent constipation and makes it easier to go to the bathroom. Starting at age 4, aim for at least 25 grams of fiber each day. High fiber diets lower levels of cholesterol, blood sugar, and triglycerides in your blood.
- **SOLUBLE FIBER** (like pectin and cellulose) forms a gel-like substance in the digestive tract that traps cholesterol (from bile in your liver) and removes it from your body. It also slows down the digestion of carbohydrates so your body gets a steady stream of energy (and less blood sugar “highs” or “crashes”).
- **MANGANESE** helps bones form.



1/2 cup of cooked beans has:

- the fiber of 10 prunes,
- 1/3 of your daily folate and
- as much potassium as a banana!

- **IRON** helps prevent anemia (or low iron). Kids that don't get enough iron have problems learning and get tired (or “cranky”) easily.
- **COPPER** works with iron to build red blood cells.
- **FOLATE** helps build red blood cells. This helps prevent some kinds of anemia and birth defects.
- **MAGNESIUM** helps relax veins and arteries, allowing for better blood flow.
- **POTASSIUM** helps control blood pressure.

## Feed Your Good Bacteria

Dried beans, split peas, and lentils contain several prebiotics. Prebiotics are substances that feed the good bacteria (or probiotics) in your intestines. This process helps boost your immune system!

## Delicious Dips

### Sun Dried Tomato Hummus

1 (15 ounce) can chickpeas, drained, rinsed  
 1/2 cup sun-dried tomato salad dressing  
 2 garlic cloves, minced

1. Place all ingredients in a food processor. Cover.
2. Puree for 30 seconds or until smooth.
3. Serve with whole grain pita wedges, whole grain crackers, or fresh vegetable sticks.

Makes 1 1/2 cups.  
 2 tablespoons count as 1/2 ounce meat alternate.  
 Recipe from: [tasteofhome.com](http://tasteofhome.com), 2015.

### Fiesta Salsa

Recipe from:  
[tasteofhome.com](http://tasteofhome.com), 2015.

2 (15 oz) cans corn, drained  
 2 (15 oz) cans black beans, rinsed, drained  
 1 (15 oz) can diced tomatoes, drained OR 8 plum tomatoes, seeded, chopped  
 1 medium red onion, chopped  
 1/4-1/2 c. minced fresh cilantro (or 2-4 tbsp. dried)  
 1-4 jalapeño peppers, seeded, chopped (optional)  
 1/4 cup lime juice  
 1/2 teaspoon salt

1. Mix all ingredients in a large bowl.
2. Serve with tortilla chips or whole grain crackers.

Makes 11 cups.  
 1/4 cup counts as 1/4 cup vegetable.

# Cost Cutter Beans

Save money! Cook a batch of dried beans. One pound dry beans makes about 5 cups cooked beans (that's more than three 15 ounce cans)! At our local Aldi, one (1/2 c.) serving of canned beans is 25 cents. Cooking dried beans yourself cuts the cost to about 10 cents a serving!

## 1. SORT



Place beans in a colander. Rinse with cold water. Remove any small rocks or dirt.

## 2. SOAK



Cover beans with water ( 3" over beans). Stir in 1 tsp. salt. Soak overnight. Drain.

**Gas-Be-Gone!** *Some people have trouble digesting carbohydrates like raffinose and stachyose. These sugars dissolve when beans are soaked. Drain off the water to prevent gas!*

## 3. BOIL



For each pound of beans, bring 6 cups water to a boil. Add beans. Boil for 10 min. *Optional: Drain again for even less gas!*

## 4. SIMMER



### Stove Top Directions:

Turn heat to medium-low.

Add 1 tablespoon oil to reduce foaming and boiling over.

Simmer beans until beans are cooked through. Most beans become tender within 2 hours.



### Crock Pot Directions:

Pour beans and cooking water into a crock pot. (Use a 3 quart cooker for 1 pound beans or a 6 quart cooker for 2 pounds.) Cook on low for 6-10 hours. Drain.



## 5. STORE

Refrigerate for up to one week.

**OR**

Freeze beans for up to 6 months in 1 2/3 cup portions. That's how much is in a (15 ounce) can! Use a portion any time a recipe calls for a (15 ounce) can of beans. Just thaw in the refrigerator overnight or in the microwave on the defrost setting.

**Safety tip:** *Many dry beans, such as kidney beans and black beans, have a **toxin** called phytohaemagglutnin (PHA). Boiling beans for 10 minutes breaks down phytohaemagglutnin (PHA). Eating raw or under cooked beans can cause vomiting, diarrhea, or liver damage.*

# Super Speedy Soups



## Green Monster Soup

- 2 cups dried split peas
- 2 quarts water
- 1 cup chopped carrots
- 1/2 cup chopped onion (about 1 medium)
- 1 cup chopped celery
- 1 tablespoon dried parsley (3 T. fresh)
- 1 bouillon cube (optional)
- 1/8 tsp. marjoram (optional)
- 1/8 tsp. nutmeg (optional)
- salt and pepper to taste
- 1/4 cup butter (or margarine)

1. Simmer water and split peas 30 minutes.
2. Add vegetables and bouillon cube. Cook 1 1/2-2 hours until peas dissolve.
3. Stir in butter, herbs, and spices.

Makes up to 10 portions.

1 portion = 1 1/2 ounces meat alternate  
OR 2/3 cup vegetable.

Recipe from: *The Not Strictly Vegetarian Cookbook*, 1989.

## White Chicken Chili

- 2 cans (15 oz each) great northern beans, undrained (about 2 2/3 cups beans)
- 1 pound boneless, skinless chicken
- 1 (10 oz) can diced tomatoes & green chiles, undrained
- 1 cup low sodium chicken broth
- 3/4 cup chopped onion
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano leaves

1. Grease a 4 quart slow cooker with nonstick spray.
2. Add half of the beans. Mash with a potato masher or spoon until smooth.
3. Add remaining ingredients. Stir to combine.
4. Cover. Cook on low 8 hours or high for 4 hours.

Makes about 7 cups.

1 cup counts as 1 1/2 ounces meat/meat alternate and 1/2 cup vegetable.

Recipe from: *ReadySetEat.com*, 2015.

## Safe Slow Cooking

Frozen meat should be thawed before cooking it in a crock pot. Frozen meat can keep a slow cooker from cooking the meat to a safe temperature, allowing bacteria to grow.

## Keep a Lid on It!

Don't peek! Lifting the crock pot lid adds 20 minutes of cooking time.

## Rinsing canned beans

washes **41%** of the **sodium**  
down the drain!

## One-Pot Taco Soup

- 1/2 cup chopped onion (1 medium)
- 1 (1 1/4 ounce) packet taco seasoning
- 1 (15 ounce) can corn (*use creamed corn for kids under 2*)
- 1 (15 ounce) can reduced-sodium broth (any kind)  
OR 2 cups water + 1 bouillon cube (any kind)
- 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can pinto beans, drained
- 1 (16 ounce) can fat free refried beans
- 1 (10 ounce) can diced tomatoes and green chiles
- 1 (14 ounce) can diced tomatoes

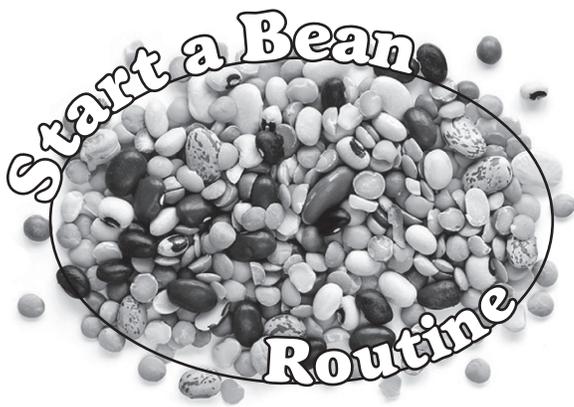
1. In the bottom of a soup pot, saute onion until soft (in cooking spray or a little oil).
2. Add remaining ingredients.
3. Simmer for 15-20 minutes.  
*Suggestion: Serve with tortilla strips or corn chips.*

Makes: about 11 1/2 cups.

Main dish: 1 cup counts as 1 1/2 ounces meat alternate and 1/4 cup vegetable OR

Vegetable only: 3/4 cup counts as 1/2 cup vegetable.

Recipe from: *Food.com*, 2013.



Eat a few more beans each day. Work up to 1/2 cup per day for ages 6 and up (or 3/8 cup per day for 3-5 year olds). Your body will get used to eating more beans (and fiber) in a week or two! Beans help your body work best when you eat them on a regular basis (3-7 times a week).

**Drink up!** Make sure to drink plenty of water. Water helps fiber do its job! Water helps soluble fiber dissolve and move through the digestive tract.

## Magical Main Dishes - 6 ingredients or less

### Bean & Rice Burritos



- 4 (10 to 12 inch) burrito-size tortillas, warmed
- 1 (15 ounce) can seasoned black beans (or 1 2/3 cups cooked dried beans), drained, warmed
- 2 cups cooked brown rice, (heated if cold)
- 1 (1.25 ounce) packet taco seasoning
- 1/2 cup shredded Mexican cheese blend
- optional: salsa or sour cream

1. Mix heated rice, warmed beans and taco seasoning.
2. Stir in cheese.
3. Fill tortillas. Roll up.
4. Serve with salsa & sour cream if desired.

Makes 4 burritos.

1/2 burrito counts as 1 1/2 ounces meat/meat alternate and 1 bread/grain serving.

Recipe from: [viewsfromtheville.com](http://viewsfromtheville.com), 2015.

### Taco Pizza



- 1 cup refried beans
- 1/4 cup taco sauce
- 2 cups Cheddar cheese
- 1 (14 ounce) 12 inch prebaked pizza crust
- taco toppings (optional): tomatoes, lettuce, black olives, crushed doritos, etc.

1. Spread refried beans evenly on pizza crust.
2. Sprinkle with taco sauce and cheese.
3. Bake at 400°F for 10 min. or until cheese melts.
4. Add any taco toppings you desire!

Makes 8 slices.

1 slice counts as 1 1/2 ounces meat alternate and 1 bread/grain serving.

Recipe from: Adrienne, DCR Dietitian

### Salsa Chicken

- 2 pounds boneless skinless chicken breasts
  - 1 (24 ounce) jar salsa
  - 1 (29 ounce) can pinto or black beans (or 2 1/2 cups cooked dried beans)
  - 2 cups shredded Cheddar cheese
1. Brown chicken (in oil or cooking spray) in a large skillet, 4 minutes each side.
  2. Add salsa and beans. Bring to a boil. Cover.
  3. Reduce heat. Simmer until the center of the chicken is 165°F, about 5 minutes.
  4. Top with cheese. Let stand until cheese melts.

Makes up to 12 portions.

1 portion counts as 1 1/2 ounces meat/meat alternate and 1/3 cup vegetable.

Recipe from: Kraft Foods, 2011.

### All-American Bean Burgers

- 2 cups drained and rinsed black beans
- 2 tablespoons ketchup
- 1 tablespoon yellow mustard
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup instant oats



1. Grease a cookie sheet (or line with parchment paper).
2. Mash black beans with a fork (leave some chunks).
3. Stir in remaining ingredients.
4. Shape into 4 thin patties.
5. Bake at 400 degrees for 7 minutes. Flip and bake 7 more minutes. Serve on a bun.

Makes 4 patties.

1 patty counts as 1 1/2 oz. meat alternate.

Recipe from: [happyherbivore.com](http://happyherbivore.com), 2015.

# Fast Fixes

## Bean Burritos

Spread 1/4 cup refried beans onto a (8-10 inch) tortilla. Sprinkle with 2 tablespoons shredded Cheddar. Add your favorite burrito toppings, such as salsa. Roll up and serve!

1 bean burrito = 1 1/2 ounces meat/meat alternate  
1 bread/grain serving



Make taco dip in clear cups for single servings.

Use a muffin tin as a serving platter to hold the cups!

## Taco Dip

Layer in a 9 x 13 inch pan (or in cups like above):

- 1 (16 ounce) can refried beans
- 2 cups plain Greek yogurt mixed with 1 packet taco seasoning
- 1 cup shredded Cheddar or taco style cheese
- Toppings like black olives, diced tomato, shredded lettuce, or sliced green onions

Serve with tortilla chips.

Serves up to 12 children at snack.

1 portion counts as 1 ounce meat alternate.

Recipe from: [yestoyum.com](http://yestoyum.com), 2015.

## 5-Ingredient Chili

- 1 pound ground meat
- 1/2 cup chopped onion
- 3 (15 oz.) cans diced tomatoes (w/chiles if you like spicy!)
- 2 (15 ounce) cans beans (such as pinto or black, about 2 2/3 cups, drained, rinsed)
- 1-2 tablespoons chili powder
- toppings, such as cheese or green onion

1. In a large pot, brown meat and onion. Drain.
2. Add tomatoes, beans and chili powder.
3. Bring to a simmer until warm, about 15 min.

2/3 cup "5-Ingredient Chili" counts as 1 1/2 ounces meat/meat alternate + 1/4 cup vegetable.

Recipe from: [gimmesomeoven.com](http://gimmesomeoven.com), 2015.

# Love Your Lentils

- Unlike dry beans, **lentils** and **split peas** do not need to be soaked or cooked ahead of time.
- **Red** and **Yellow Lentils** are fast to fix and cook in about 20 minutes.
- **Brown** and **Green Lentils** take 35-45 minutes to cook.



## Super Spaghetti Sauce

- 1 cup red lentils
- 1 (15 ounce) can diced tomatoes
- 2 tablespoons tomato paste
- 1 bouillon cube (any flavor)
- 2 cups water
- 1 onion, chopped
- Seasonings to taste: garlic, oregano, basil, red pepper flakes, pepper, salt

1. Mix all ingredients in a saucepan.
2. Boil 20-30 minutes until lentils are tender.
3. Serve over warm cooked pasta.

Makes 6 portions.

1 portion = 1 1/2 ounces meat/meat alternate  
1/3 cup vegetable

Recipe from: [vegweb.com](http://vegweb.com), 2015.

## Curry

- 1/2 cup diced onion (about 1 medium)
- 2 tablespoons oil
- 1 teaspoon curry powder
- 1 cup red lentils
- 2 1/2 cups water
- 1/2 teaspoon salt (Try kosher salt!)

1. Saute onion in oil until browned.
2. Stir in curry powder, lentils and water.
3. Simmer until liquid is absorbed, 10-12 min.
4. Stir in salt. *Suggestion: Serve with rice.*

Makes up to 8 portions.

1 portion = 1 1/2 ounces meat alternate

Recipe from: [foodday.org](http://foodday.org), 2012.

# Jumping Beans: *Ideas to Get Kids Active*

• **Bean Bag Toss** Toss a bean bag at a target. Once kids can hit the target, make the target more challenging by moving back one step.



• **Bean Bag Brigade** Have children sit in a circle. Play a short song. Pass the bean bag around the circle. When the song ends, do something different, such as passing the bean bag:

- in the other direction
- over your head
- behind your back
- quickly (or slowly)

• **Un-Freeze Tag** Choose 1 child (for every 4 players) to be “Dr. Thaw.” All other players balance a bean bag on their heads. Players walk (or run) across a yard or room. If a player’s bean bag falls, he/she freezes in place. “Dr. Thaw” rushes to the rescue and hands him/her the bean bag so he/she can continue on his/her way!

• **Catch Me If You Can** Pair children together facing each other. Give each pair a bean bag. Pairs should start about 2 feet apart and toss the bag to each other. If each person catches the bag, take one step back. Repeat until one person drops the bag. Then start over. See how far each team can throw!

• **Juggle** Use one bean bag to learn how to throw the bean bag with one hand and catch it with the other. Once kids can juggle one bean bag, add a second bean bag. Finally, add a third bean bag!

**Safety Tip:** Do **NOT** let children play with dried beans. Raw beans can get stuck in body openings or cause choking.



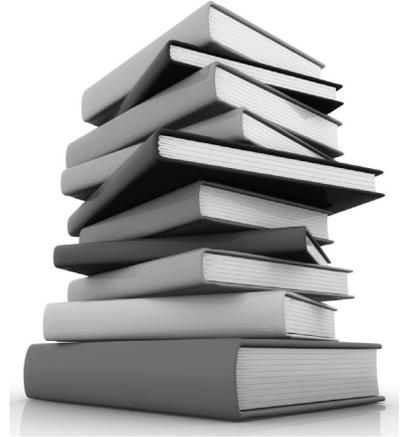
## Be a Bean Counter

Dry beans, split peas and lentils (also called legumes) can help you keep more money in your pocket! Cooked dry beans, split peas, and lentils are the cheapest sources of protein. Add cooked dry beans, split peas, and lentils to main dishes to help meat stretch farther. Cooked dried legumes are one of the most nutritious foods. They have enough protein to be counted as a meat/meat alternate; 1/4 cup of beans is equal to 1 ounce of meat. On the other hand, they have enough vitamins and minerals to count as a vegetable; 1/4 cup cooked beans counts as 1/4 cup vegetable. Keep in mind you can only count dry beans, split peas or lentils for **one** meal component at any meal or snack (a meat OR a vegetable, but not both).

Type of Meat/ Meat Alternate	Price*	This feeds:	Price per serving (1.5 ounce serving)
Beef, ground	\$3.89 for 1 pound	7 preschoolers	\$0.55 per child
Chicken, boneless	2.09 for 1 pound	7 preschoolers	\$0.30 per child
Black Beans, canned	0.59 for 15 ounces	3 preschoolers	\$0.15 per child
Eggs	1.40 for one dozen	12 children	\$0.12 per child
Great Northern Beans, dry	1.24 for 1 pound	17 preschoolers	\$0.07 per child
Lentils	1.29 for 1 pound	19 preschoolers	\$0.07 per child

# Books About Beans

- Vegetables** Sara Anderson *Ages 2-6*  
**One Bean** Anne Rockwell *Ages 3-6*  
**Jack and the Baked Beanstalk** Colin Stimpson *Ages 3-7*  
**Healthy Eating with MyPlate: Protein** Nancy Dickmann *Ages 4-6*  
**A Bean's Life** by Nancy Dickmann *Ages 4-8*  
**A Seed Is Sleepy** Diana Hutts Aston *Ages 4-8*  
**From Bean to Bean Plant** Anita Ganeri *Ages 4-8*  
**Kate and the Beanstalk** Mary Pope Osborne *Ages 4-8*  
**Shante Keys and the New Year's Peas** *Ages 4-8*  
**Jack and the Beanstalk/ Juan y los Frijoles Magicos** Carol Ottolenghi *Ages 4-9*  
**Bean Soup/Sopa de Frijoles** *Ages 4-12*  
**Bean Thirteen** Matthew McElligott *Ages 5+*  
**From Seed to Plant** Gail Gibbons *Ages 5+*  
**Meat and Beans** Tea Benduhn *Ages 5+*  
**Black Beans and Lamb, Poached Eggs and Ham: What Is in the Meat and Beans Group?**  
Brian P. Cleary *Ages 6+*  
**Cactus Soup /Sopa de Cactus** Eric Kimmel *Ages 6+*  
**Jill and the Beanstalk / Juanita y los Frijoles Magicos** Robin Koontz *Ages 6-9*  
**Lucky Beans** Beck Birtha *Ages 9-12*  
**Seedfolks** Paul Fleischman *Ages 9-12*



# Bean Cookbooks

- Super Simple Dinners for Kids** Nancy Tuminelly *Ages 4-8*  
**Apples, Bean Dip, & Carrot Cake: Kids! Teach Yourself to Cook** Freya Dinshah *Ages 4-12*  
**Lunch Munch: Step-by-Step Healthy Recipes for Kids** Bobbie Kalman *Ages 9-12*  
**The Bean Queen's Cookbook** Karen R. Hurd  
**The Bean Cookbook** Colleen Pearce, Northarvest Bean Grower's Association  
**The Bold and Beautiful Book of Bean Recipes/Un Libro de Recetas Audaces y Deliciosas Para Frijoles**  
English: [http://www.nal.usda.gov/wicworks/Sharing\\_Center/WA\\_beanbook.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbook.pdf)  
Espanol: [http://www.nal.usda.gov/wicworks/Sharing\\_Center/WA\\_beanbooksp.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbooksp.pdf)  
**The Early Sprouts Cookbook** Karrie Kalich

# Music & CD's

- Bean Bag Activities and Coordination Skills**, Educational Skills Inc.  
**Bean Bag Boogie**, The Learning Station  
**Bean Bag Rock N' Roll**, Georgiana Stewart  
"The Bean Bag Song," **Miss Ella's Playhouse**, Ella Fitzgerald

