



Canned Beans

Beans are a great source of protein and iron, and can be used to make inexpensive healthy meals.

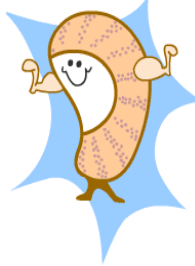
Look for recipes using canned beans.

Try new recipes.

When your family likes a recipe, you have a keeper.

What are your favorite beans?

Navy Beans
Pinto Beans
Black Beans
Garbanzo Beans (chickpeas)
Black eyed Beans
Kidney Beans
Lima Beans
Refried Beans



Keep a supply of canned beans in your cupboard – ready to make quick meals and snacks.

You may need to buy 1 or 2 additional ingredients when planning a meal, but most of your supplies will be in the cupboard.

It's good to have something ready to cook for dinner.

Roasted Chickpeas

Crunchy, crispy and delicious!

1 (15 ounce) can garbanzo beans
1 teaspoon chili seasoning
½ teaspoon garlic powder (optional)
1 tablespoon olive oil or vegetable oil
Salt to taste

- 1 Drain and rinse garbanzo beans. Place the beans on a dish towel and toss gently to remove moisture.
- 2 Toss the beans with chili seasoning and olive oil. Spread beans in a single layer on a baking sheet.
- 3 Place in a 400° oven for 20 to 30 minutes. Stir beans every 10 minutes while baking.
- 4 Remove beans from the oven. Toss beans with salt and serve. Roasted garbanzo beans do not keep well.

Roasted chickpeas are done when they are brown and crispy. Continue baking if they are still soft in the center.

Enjoy Roasted Chickpeas....

- Eat roasted chickpeas for a snack.
- Try mixing roasted chickpeas with raisins or dried cranberries.
- Toss some roasted chickpeas on top of your favorite salad.
- Mix roasted chickpeas with fresh or frozen peas (thawed).

Texas Beans

- 2 (15 ounce) cans pinto beans
- 1 (14 ounce) can chicken broth
- 1 (14.5 ounce) can chopped tomatoes with green chilies
- ½ cup onion, chopped
- 1 jalapeno pepper, seeds removed, chopped
- 1 clove garlic, minced
- 1 teaspoon cumin
- ¼ teaspoon black pepper

- 1 Drain and rinse the pinto beans.
- 2 Combine all the ingredients in a large pot.
- 3 Bring to a boil. Reduce heat to low and continue cooking for 1 hour until beans are tender. Stir often and add water if needed to keep the beans moist.

8 servings (1/2 cup serving) – 120 calories, 1 gram fat, 7.5% calories from fat and 6.5 grams of fiber in a serving.



Meals with Texas Beans....

- Serve Texas Beans as a side dish with grilled chicken or hamburgers.
- Serve Texas Beans and Cilantro Rice together as a side dish.
- Sprinkle a little cheddar cheese on top of beans, spread on top of a whole wheat or soft corn tortilla. Roll up and eat.
- Add Cilantro Rice to your taco, burrito, quesadilla or enchilada.

Cilantro Rice

- 3 cups cooked brown rice
- ½ cup chopped fresh cilantro
- 1 lime

- 1 Cook brown rice according to directions on package.
- 2 Squeeze juice out of lime.
- 3 Add cilantro and lime juice to cooked brown rice. Toss and serve.



- **Make a meal with Beans and Rice.**

Layer chopped cooked chicken, pork or hamburger on beans and rice.

Top with shredded lettuce, tomatoes, shredded cheddar cheese and salsa.



What can you do?

- Try a new recipe using canned beans.
- Keep a couple types of canned beans in your cupboard.
- Serve Texas Beans and Cilantro Rice for my family.
- Other: _____