

Beans: Multiple Ways to Enjoy



THE UNIVERSITY OF ARIZONA

**CAMPUS
HEALTH**

Wondering how you can maximize a can of beans?

Beans are an easy way to add more protein and fiber into different recipes. Canned beans are an efficient and quick ingredient that can be added to a variety of different meals or snacks! If you would like to cook dried beans, they do take longer but are very cost effective if you have the time to spare. *(More information about how to cook dried beans can be found at the end)*

Recipe Ideas:

Chili: Add a variety of beans into your chili like kidney beans, black beans, and pinto beans.

- Add to a sauce pan with chicken broth, chili powder, and any other frozen veggies

Bean and cheese burrito: used refried beans or mash up beans with a fork.

- Spread beans evenly on a tortilla, sprinkle shredded cheese, and microwave for 1-2 minutes.
- You can even add cumin or rice to add more variety!

Corn & Bean Salsa: Mix together with any other veggies like tomatoes, onions, and bell peppers

- Use canned or frozen corn and mix with beans.

Burrito Bowl: This can be customized to your preferences! Start with rice, add beans, and then add other toppings!

- Add canned beans, corn, and salsa to a bed of rice. Add other toppings like sour cream, cheese, and chicken.

Black bean Quesadilla: On a tortilla, add black beans and cheese

- Place another tortilla on top and heat in the microwave for 1 minute.
- Add frozen veggies like bell peppers or onions too!

“Loaded” Microwave Baked Potato with Beans- Microwave a potato for about 6 minutes or until you can stick a knife through it easily.

- Add canned beans, cheese, sour cream, salt & pepper, cumin, and even rice for a “Loaded” Baked Potato.

Stuffed Bell Peppers: Slice bell peppers into two equal pieces and stuff with beans and rice!

- Microwave bell pepper halves for about 5 minutes or until soft.
- Add cooked rice, canned beans, and even shredded cheese into the center of the peppers and enjoy!
- Add onion powder, garlic powder, salt & pepper, cumin, or other spices and sauces.

How to Cook Dry Beans:

Directions: Follow directions on package or use one of the methods below. For any method, discard small rocks/damaged beans, rinse and soak with at least 3 cups of water for every cup of beans and let them soak overnight. The next day drain water.

Stove-top method: Put beans in a large pot with enough fresh water to cover them by 2 inches. Bring beans to a boil then reduce heat to simmer, and loosely cover. Beans will take between one and two hours to cook. Check periodically and keep enough water in the pot so beans are always under at least ¼ inch of liquid.