



# Spillin' the Beans!

## Dry Edible Bean and Snap Bean Recipes, Nutrition Information and Tips

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For more information  
about beans, see  
[www.beancap.org](http://www.beancap.org).

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# Beans

are one of the most commonly eaten foods around the world because of their versatility, nutritional value and cost effectiveness.

Many varieties of beans are grown in the U.S., with North Dakota the leading producer of several types. Dry edible beans, such as black, red, pinto, navy and kidney, are part of the legume family. Other members of the legume family include lentils, peas, peanuts and soybeans.

Beans are rich in a variety of essential nutrients such as protein, fiber, iron, folate, potassium, magnesium and zinc. Beans also contain important cancer-fighting antioxidants. Because of their variety of nutrients, beans can be classified as a vegetable or protein food. However, beans contain a greater range of nutrients than many other vegetables or protein foods, making them a unique food.

## Nutritional Analysis\* of Selected Dry Beans Compared With a Reference Diet

Serving Size = ½ cup

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choles- terol (mg)	Sodium (mg)	Total Carbo- hydrate (g)	Fiber (g)	Protein (g)	Iron (mg)	Folate (mcg DFE)
Reference Diet (Food Label)	2000	Less than 65	Less than 20	Mini- mize in diet	Less than 300	Less than 2,400	300	25	50	18	400**
Pinto	122	0.5	0.1	0	0	1	22.4	7.7	7.7	1.8	147
Navy	127	0.5	0.09	0	0	0	23.7	9.6	7.5	2.2	127
Black	114	0.5	0.12	0	0	1	20.4	7.5	7.6	1.8	128
Great Northern	104	0.4	0.1	0	0	2	18.7	6.2	7.3	1.9	90
Cranberry	120	0.4	0.1	0	0	1	21.6	8.8	8.3	1.8	183
Pink	126	0.4	0.1	0	0	2	23.6	4.5	7.7	1.9	142
Red Kidney	112	0.4	0.06	0	0	2	20.2	6.5	7.7	2.6	115

Sources: U.S. Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference and U.S. Food and Drug Administration.

\* All nutrient values per ½ cup, cooked, boiled, without added salt

\*\* 400 mcg DFE (dietary folate equivalents) per day is recommended dietary allowance (RDA) for adult men/women (not pregnant or lactating)

Key to abbreviations: kcal = calories; g = grams; mg = milligrams; mcg = micrograms



## Bean Health Benefits

Dry edible beans bring several health benefits to the table because they are naturally a rich source of several nutrients, and they contain negligible saturated fat and no trans fat or cholesterol.

According to published research, bean consumption may reduce the risk for heart disease and certain types of cancer, such as colon cancer. Additionally, a diet that includes beans is associated with lower body weight and better control of blood sugar among those with diabetes.

For those who have food allergies or follow special diets (such as vegetarian or gluten-free), beans are valuable because they provide nutrients, including fiber, protein, and many vitamins and minerals, that may be missing or low in specialized diets.



# How to Cook Dry Edible Beans

**1** First, inspect the dry beans and remove any broken beans or foreign materials. Rinse thoroughly in cold water.

Next, use the “Preferred Hot Soak” method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.

**3** Finally, drain and rinse soaked beans. Add fresh, cold water to fully cover beans. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe for a dish your family will love.

**4** Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine and molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.



## Tip:

Because dry edible beans have a neutral flavor, you can substitute one type for another.

## Tip:

Hard water does not soften beans properly. If you have hard water, use bottled water for soaking and cooking dry beans, or use canned beans.



## Are Green Beans Part of the Bean Family?

Snap beans, also commonly referred to as green beans or string beans, are close relatives to dry edible beans. They both belong to the same genus/species and together are referred to as “common beans.” However, snap beans are harvested and consumed while immature, before the inner bean in the pod has begun to develop. On the other hand, dry edible beans actually are the inner seeds of the pod and are not harvested until mature (when the pod is too firm and fibrous to be consumed fresh). Because snap beans are picked at this young stage, the beans can be snapped in half with a simple twist of the fingers, hence the name “snap” beans. Snap bean varieties include purple, wax (yellow) and the very common green bean.

Although snap beans are botanically similar to dry edible beans, they differ greatly in nutritional value. They are an excellent, low-calorie food that contains a variety of nutrients, such as vitamin A, vitamin C, vitamin K, folate and potassium. However, snap beans contain less starch, protein, fiber and folate than dry edible beans. While snap beans are a very nutritious food, they are not quite as nutrient-dense as dry edible beans; therefore, they are not classified as beans or protein foods in the Dietary Guidelines

for Americans. Instead, snap beans are classified as vegetables.

Snap beans can be an important part of a healthy diet for several reasons. They are naturally low in calories, fat, cholesterol and sodium, which may contribute to the prevention of obesity and heart disease. Snap beans, along with many other fruits and vegetables, also may protect against the formation of cancerous cells in the body because of their antioxidant properties.

Snap (or green) beans are found in a variety of forms in the grocery store, including fresh, canned and frozen. Some nutrients are lost during packaging, so choosing fresh is the best option. When selecting fresh green beans, look for beans that are deep green and straight, and snap easily. Snap beans are a delicious and versatile vegetable that can be prepared in a number of ways, including steamed, stir-fried or even tossed in a salad.

*Check out the recipes for more ideas for using snap beans.*

## Nutrient Comparison\* of Dry Edible Beans and Snap Beans

Serving Size = ½ cup

	Calories (kcal)	Total Fat (g)	Sodium (mg)	Total Carbo- hydrate (g)	Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Iron (mg)	Folate (mcg DFE)
Reference Diet (Food Label)	2,000	< 65	< 2,400	300	25	50	5,000	60	18	400**
Dry edible beans (average)	118	0.4	1.3	21.5	7.3	7.7	0.9	0.6	2	134
Snap Beans	22	0.2	1	4.9	2	1.2	438	6.1	0.4	21

Sources: U.S. Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference and U.S. Food and Drug Administration.

\* All nutrient values per ½ cup, cooked, boiled, without added salt

\*\* 400 mcg DFE (dietary folate equivalents) per day is recommended dietary allowance (RDA) for adult men/women (not pregnant or lactating)

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\*\* This collection includes several recipes featuring other legumes, such as chickpeas, split peas and lentils.

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## Key to Abbreviations

**c. = cup(s)**

**lb. = pound(s)**

**Tbsp. = tablespoon(s)**

**pkg. = package(s)**

**tsp. = teaspoon(s)**

**g = gram(s)**

**oz. = ounce(s)**

**mg = milligram(s)**

### Note:

You may note variations in the weights of the canned products you purchase.

A slight difference in the amount of ingredients you add will not affect the overall quality of these recipes.

You can substitute an equal amount of one type of canned bean for another type within these recipes, although some substitutions may result in the recipes having a different appearance.

**2 cups of dry beans = 4 to 5 cups of cooked or canned beans**

### Tip:

Draining and rinsing canned beans reduces the sodium content by 41 percent.

**Recipes were analyzed using Food Processor SQL software.**