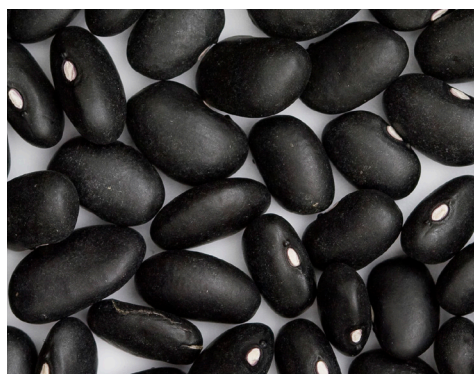
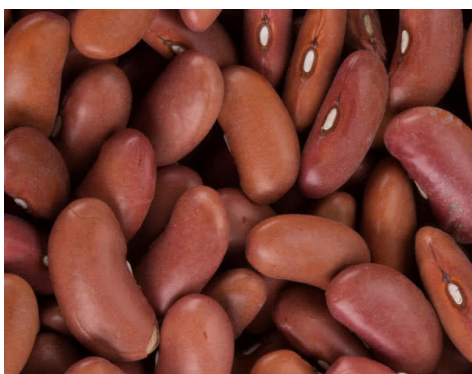


# BUFFALO FARM TO SCHOOL



# Dried Beans



## Varieties Grown in New York State

- Light Red & Dark Red Kidney Beans
- Black Beans
- Cranberry Beans

\*These are Harvest of the Month varieties we will get

## Storage Tips

- Dried beans can be stored for at least a year in an air-tight container, and in a cool, dry place.

**Expert Tip!** Label the storage container with the date and kind of beans to remember what you have!

- Refrigerate cooked beans within 2 hours of cooking, and use within 5 days.
- Freeze cooked beans in recipe-sized portions in labeled freezer bags for up to 6 months. Be sure to cover beans completely with water inside the bags to prevent freezer burn.

## How to Grow It

- Difficulty: Easy
- Growing Season: Summer
- Sun & Soil: 6+ hours of direct sun per day, in warm, well-drained, fertile soil
- Size: Plant seeds 2-3 inches apart, with rows 2-3 feet apart
- Planting Time: Late spring
- Time to Harvest: 90-120 days after planting
  - Bean pods are ready for harvest when they look dried out, the beans don't squish easily, and most of the leaves have fallen off. Let them dry fully on the plant!
  - Lose those pods! The beans need to lose their pods before they can be eaten, so you'll need to shell those beans by hand...this would be a good time for kids to lend a helping hand!

**EXPERT TIP!** Beans are self-pollinating, so seeds can be saved from plants each year, and stored to be planted next year! (Just keep them dry!)

## Selection

- SORT! Sort dried beans and toss out shriveled beans and small stones.

Continued on back



# Preparation & Cooking Tips

- **Cooking Dried Beans is easy!**
  - **Soak:** Dried beans need to be soaked before cooking. Soak dried beans overnight. The ratio of beans to water is 4:1...beans will double in volume.
  - **Expert tip!** Need to cook dried beans in a hurry & forget to soak overnight? Boil 10 cups of water with every 2 cups of dried beans for 2-3 minutes. Remove from heat and cover, let sit for 1-2 hours before cooking.
  - **Cook:** Drain the soaked beans and rinse with fresh water. Simmer beans, completely covered with water, for 1-2 hours, or until tender.

**EXPERT TIP!** Use 2 cups of cooked beans instead of 1 pound of meat in recipes for a low-cost, easy, vegetarian meal!

**EXPERT TIP!** 1 pound of dried beans = 2 cups of dried beans = 4-6 cups of cooked beans!

# Nutrition and Health Benefits

- Beans are a great source of vegetarian protein.
- Dried beans are fat-free, cholesterol-free, and sodium-free!
- They are also a nutritious source of fiber, folic acid, and Vitamins A, B, & C. A ½ cup of cooked beans provides 8 grams of fiber!
- Beans are rich in iron, which is good for hair, skin, and nails. They contain magnesium, which can help reduce inflammation.
- Beans contain ‘phytochemicals’, which can help protect against chronic diseases like cancer, heart disease, and diabetes. They can also help lower blood pressure!

# Kid-Friendly Eating Tips

- **Make it a snack!** Raw veggies and bean dip make a great after-school snack!
- **Make a switch!** Make bean burgers for a barbeque!
- **Add to favorites!** Add beans to burritos, tacos, soups, and chili to pack that extra protein punch!

# RECIPES

## CHILI WITH RED BEANS

Makes about 8 servings

- 2 tablespoons olive oil
  - 3 pounds ground beef
  - 2 onions, diced
  - 4 cloves garlic, minced
  - 4 tablespoons chili powder
  - 2 tablespoons cumin
  - 1 teaspoon salt
  - 1 teaspoon black pepper
  - 1 (28 oz) can diced tomatoes
  - 1 (28 oz) can crushed tomatoes
  - 1 (15 oz) can red beans, drained
- Heat the olive oil in a heavy pot, then add the ground beef. Cook, while stirring, until fully cooked and lightly browned. Remove the cooked beef to a plate and drain any fat that has accumulated.
  - Add the onion and garlic to the pot and cook them over medium heat while stirring for about 5 minutes. Add the chili powder, cumin, salt, and pepper; stir for a minute or two.
  - Stir in the diced tomatoes, crushed tomatoes, and red beans. If it is too thick add a cup of water.
  - Bring the chili to a simmer and cook for 30 minutes.

## FIESTA SALAD

Makes about 15 servings

- 1 pound black eye peas, dried
  - 1 red bell pepper, diced
  - 1 green bell pepper, diced
  - ½ red onion, diced
  - 2 cups canned corn, drained
  - ½ cup red wine vinegar
  - ½ cup olive oil
  - ½ cup granulated sugar
  - 1/3 cup Mark's Tiger Sauce
  - Tortilla chips (as a garnish)
- Soak the black eyed peas in water overnight, then drain and discard the water.
  - Transfer the soaked beans to a pot, cover with fresh water, and then simmer the beans until tender.
  - Drain the cooked beans, discard the water, and transfer the beans to a bowl along with the peppers and onions.
  - In a separate small bowl, make the dressing by mixing together the red wine vinegar, olive oil, granulated sugar, and Mark's Tiger Sauce.
  - Pour the sauce over the beans and mix thoroughly. Chill for at least an hour before serving.
  - Serve with tortilla chips.



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