



Canned Beans

3 Prep and cooking tips

- Beans are a convenient low-cost meat/poultry alternative and can easily be substituted for meat in your favorite recipes.
- The canning process retains all important nutrients. “No Salt Added” and
- “Low Sodium” are the ideal options, but regular versions can be rinsed in a strainer, reducing the sodium content by 40%.
- Mix your favorite beans with fresh tomatoes, bell peppers, corn, and avocado—adding to rice, pasta, lettuce, or in a whole wheat tortilla for a healthy, satisfying meal!

2 Shopping and storage

- Avoid cans that are heavily rusted or deeply dented.
- Select “No Salted Added” or “Low Sodium” versions.

1 Nutrition Fact:

- Beans are an excellent source of protein, which is a building block for many parts of the body including bones, muscles, hair and skin.

Go!

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