



Dried Beans

3 Prep and cooking tips

- Beans are a great low-cost alternative to meat and poultry and can easily be substituted in soups and casseroles that call for meat.
- For easier cooking, soak beans in water overnight. Simply place the beans in a bowl, cover with a few inches of water and soak them at room temperature overnight. The next day drain off the excess water and cook as desired.
- If you forget to soak beans overnight, try cooking beans in the crockpot on low during the day in a few inches of water. Make a big batch one time and freeze leftovers for future meals.

2 Shopping and storage

- Look for beans that are bright in color and similar in size and shape. Avoid purchasing beans with a damaged or open package.
- Place the beans in an airtight storage container or a glass jar. Beans can be stored in a cool, dark, dry place for up to 1 year.

1 Nutrition Fact:

- Beans are high in fiber. A diet high in fiber helps keep you feeling full longer and prevents blood sugar levels from spiking.

Go!

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