
FUN WITH BEANS

They're nutrient powerhouses!

Add More Beans to Your Meals!

In salads, adding beans is as simple as draining and rinsing a handful of canned beans and adding them to the rest of your ingredients — no further tweaks necessary.

For dinners, you can double the bean content of what most recipes call for — this will help you get more beans into your meal. If you're cooking the beans from scratch, make sure to add more water to compensate for the extra beans. Try this with chilis, taco night, stews, and soups.

Pasta sauce is another great vehicle for added beans. Simply stir cooked white beans into the meat sauce you've already prepared. This offers a great way to boost the fiber and nutrient profile of the dish without sacrificing flavor.

Beans and Your Health:

We all know that beans are great.

With a single cup of cooked beans boasting 64% of your daily value (DV) for folate, 60% DV fiber, 38% DV manganese, 30% DV protein, 30% DV magnesium, 28% DV thiamin, 24% DV phosphorus, and 20% DV iron, these are some of the most nutrient-dense foods around.

Plus, beans and peas can fit into 2 different MyPlate food groups (vegetables and protein) because of their phenomenal nutrient profiles. Beans are simply the bee's knees.

