

EMERGENCY FOODS

Beans

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Key Nutrients

- **Protein**—builds and repairs skin, muscle, blood, bone, and brain
- **B Vitamins**—turn food into energy
- **Iron**—makes red blood
- **Fiber**—prevents constipation

Everyone needs two or more servings of protein foods such as dried beans, peas, meat, fish, poultry, cheese, or eggs every day. One serving of cooked, dry beans is ½ cup for children and 1 cup for adults.

Dried beans or legumes are a low-cost protein source. Legumes include dry beans, peas, lentils, and peanuts. Legumes are incomplete proteins—you need to eat them with grains or a small amount of animal protein in order to make them a higher quality protein source. Incomplete proteins don't have all the amino acids found in complete proteins.

Shopping Tips

Beans generally come in two different forms: dry or canned (cooked). Dried beans (in bulk or prepackaged) usually are cheaper than canned. Canned beans are convenient and are still a good value.

Food Safety/Storage

Keep dry beans in tightly covered containers in a cool, dry place. Store cooked beans and opened cans of beans in the refrigerator.

Eating Beans—The Gas Problem

Beans contain some unusual carbohydrates (sugars). Bacteria in the intestines digest these carbohydrates, and this process makes gas. By eating a small amount of beans often, your body usually can adjust. To reduce the gas problem, drain off the soaking water and add fresh water before cooking. Very few nutrients will be lost in this cooking water. Cook until tender.

Cooking Tips/Ideas

Dry beans need to be soaked before cooking. Remember, when beans cook, they swell—1 cup dry beans makes 2½ cups when cooked. Choose a container for soaking or cooking that has enough room.

Overnight Soak

1. Rinse the beans in cold water.
2. Pick out any stems, stones, or damaged beans.
3. Place 2 cups (1 pound) beans in 6-10 cups water.
4. Let stand for 6-8 hours or overnight.

Quick Soak

1. Rinse the beans in cold water.
2. Pick out any stems, stones, or damaged beans.
3. Place 2 cups (1 pound) beans in 6-10 cups water.
4. Bring to a boil and boil 2 minutes.
5. Remove pan from heat and let stand 1 hour.

Cooking

1. Drain soaked beans and transfer to large kettle.
2. Add 6 cups fresh water.
3. Cover partially (lid tilted) and simmer until beans are tender (add salt after beans are tender—2 teaspoons for every pound of dry beans).
 - To avoid foaming, add 2 Tablespoons oil to cooking water.
 - Usually, the darker the bean the longer it takes to cook. Older beans take longer to cook than new beans.
4. You may store cooked beans in the refrigerator for a day or two, or you can divide them into portions and freeze them for later use. Label freezer containers with contents and date. Use frozen beans within 3-6 months.

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OREGON STATE UNIVERSITY EXTENSION SERVICE

Bean/Chili Mac

Makes 6 servings

- ½ pound ground beef
- 1 onion, chopped
- ½ green pepper, chopped
- 1 clove garlic, minced
- 4 cups canned tomatoes
- 2 cups cooked or canned kidney beans
- 1 Tablespoon chili powder
- 1½ cups water
- 1 cup uncooked macaroni

1. In a large fry pan over medium heat, brown ground beef. Pour off fat.
2. Add onion, green pepper, and garlic. Cook until tender.
3. Add tomatoes, beans, chili powder, water, and uncooked macaroni.
4. Bring to a boil, then reduce heat to medium. Cover the pan and simmer for 15 minutes or until macaroni is tender. Stir occasionally.

One serving is ¾ cup for children and 1½ cups for adults.
Remember to put leftovers in the refrigerator immediately to prevent food poisoning.

Refried Beans

Makes 3 servings

- 1 Tablespoon oil
- ¼ cup chopped onion
- 2 cups cooked, mashed beans (pinto, kidney, or other beans)
- ¾ cup bean water or meat broth.

1. Heat oil in a large fry pan over medium heat.
2. Add onion and cook until tender, stirring occasionally.
3. Add mashed beans. Beans can be mashed with a potato masher, in a blender, or by using table forks. The softer the beans have been cooked, the easier it will be to mash them.
4. Cook mashed beans for about 10 minutes over medium heat, stirring often, allowing the beans to brown slightly.
5. Once the beans have cooked, add seasonings for flavor.
6. Try adding these seasonings as a start:

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon cumin

Seasonings are a matter of taste and can be adjusted to your family's likes or dislikes.

7. Add bean water or broth to bean mixture. Stir well.
8. Continue cooking over medium heat for 1-2 minutes, or until the beans have thickened to the desired consistency.

One serving is ½ cup for children and 1 cup for adults.

Make your own burrito with flour tortilla, refried beans, cheese, tomatoes and onion, or salsa and other toppings.

Refrigerate leftovers promptly. Reheat refried beans by adding a little water or broth, and cook over medium heat for about 5 minutes, stirring often.

Tostados

1. Spread 1 Tablespoon oil on a baking sheet.
2. Gently rub one side of corn tortilla in the oil.
3. Turn tortilla over and do the same on the other side.
4. Bake in a 425°F oven for 3 minutes.
5. Turn over and bake on other side for 3 minutes.
6. Take out of oven and let cool slightly.
7. Spread tortilla with warm, refried beans.
8. Top the bean tostados with grated cheese, tomato, lettuce, green pepper, olives, salsa, or other favorite toppings.

One serving is 1 tostado for children and 2 tostados for adults.

Remember, cheese and corn tortilla added to the beans make a complete protein.

Black Beans and Rice

Makes 4 servings

- 2 Tablespoons oil
- ½ cup chopped onion
- 2 cups cooked black beans, drained
- 1 cup cooked rice
- Three 8-ounce cans tomato sauce
- 1 bouillon cube dissolved in ½ cup of water
- 1 teaspoon minced garlic
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup grated cheese

1. Heat oil in large fry pan over medium heat.
2. Add onion and cook until tender, stirring occasionally.
3. Add cooked, drained black beans.
4. Add cooked rice, tomato sauce, bouillon cube dissolved in water, garlic, chili powder, cumin, salt, and pepper.
5. Grease 8x8-inch baking dish. Pour in the bean and rice mixture.
6. Sprinkle grated cheese over the top.
7. Bake in a 350°F oven for 30 minutes, or cook in the covered fry pan on top of the stove until thoroughly heated and the cheese has melted.

Serve with a glass of milk, salad, or cooked vegetables and fruit. This is a nutritious meal because all of the basic food groups are included.

One serving is ½ cup for children and 1 cup for adults.
Refrigerate leftovers immediately after the meal.

Spicy Bean Cake

Makes 18 servings

- ½ cup soft margarine
- 1 cup sugar
- 2 eggs (or ½ cup dried egg mix and ½ cup water)
- 2 cups cooked, mashed, pinto beans
- 1 cup flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups diced apples, or one 16-ounce can applesauce
- ¾ cup raisins
- ¼ cup chopped nuts
- 1½ teaspoons vanilla

1. In a medium sized mixing bowl, combine margarine, sugar, eggs, and beans.
2. Beat until smooth, then set aside.
3. In another bowl, combine flour, salt, baking soda, cinnamon, and nutmeg.
4. Add flour mixture to bean mixture.
5. Stir in diced apples (or applesauce).
6. Add raisins, chopped nuts, and vanilla.
7. Stir until mixed.
8. Grease a 9x13-inch baking pan. Spread batter in the pan evenly.
9. Bake in a 350°F oven for 35-45 minutes. The cake is done when a knife blade inserted in the center comes out clean.

Make cup cakes by pouring batter into greased muffin pans. Bake in a 350°F oven about 30 minutes.

Drink a glass of milk when eating this cake. It's a nutritious snack because all the basic food groups are included.

One serving is a 2x1-inch piece for children and a 2x2-inch piece for adults.

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