

All About Beans



Beans are a great source of **protein** and **fiber**.

Beans are **filling and tasty**—try adding them to salads, soups, tacos, chili, and more!

Stretch your budget by cooking with **low-cost dried beans**. Add pre-soaked beans to soup and simmer until tender.

Canned beans are a quick way to add healthy variety to your diet. Keep them in the pantry to use when cooking in a hurry.

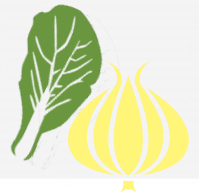
Add **herbs and spices** to the beans for flavor *during* cooking. Add salt, lemon juice, or vinegar to the beans *after* they're cooked to keep them from getting tough.

Freeze cooked beans in to use later.



RECIPE

Spiced Lentils with Sautéed Chard



Servings: 4

Prep time: 10 minutes

Cook time: up to 2 hours

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced
- 8 oz lentils (canned or dried)
- 3 tablespoons chili powder
- 1 can diced tomatoes (28 oz)
- 3 cups water
- 1 bunch chard, chopped
- Salt and pepper, to taste

Preparation:

1. In a large skillet, heat oil over medium-high.
2. Add onion, garlic, and peppers. Cook until softened, 5-10 minutes.
3. Add lentils and chili powder and stir together.
4. Add the diced tomatoes and water and thoroughly mix.
5. Bring pot to a boil. Reduce heat and simmer for 1 hour, or until lentils are soft. Then stir in the chard and cook for an additional 5 minutes.
6. Taste and add salt, pepper, and any other seasoning as needed.
7. Serve and enjoy!



Todo sobre Frijoles



Frijoles son buenas Fuentes de proteína y fibras

Frijoles son deliciosos! Añadelos a ensaladas, sopas, tacos y chili

Ahorra dinero cocinando frijoles secos.

Frijoles enlatados son rapidos de cocinar y saludables. Mantengalos en la despensa para usar quando estiver con prisa

Añade hierbas y especias a los frijoles durante la cocción para dar sabor

Congele los frijoles cocidos para usarlos mas tarde.



RECETA Chile de lenteja con Acelga salteada



Número de porciones: 4

Tiempo total: 2 horas

Ingredientes:

Aceite vegetal

1 cebolla, cortada em cubos

3 diente de ajo, picado

1 pimiento, cortado en cubos

1 ramo de acelga, cortado (230g) 8 oz de lenteja

3 cucharadas de chile en polvo

Instrucciones:

1. Calentar el aceite en un sartén grande a fuego medio-alto.
2. Añadir cebolla, ajo, pimiento y acelga. Cocinar de 5 a 10 minutos, revolviendo de vez en cuando.
3. Añadir lentejas y chile en polvo, revuelvir.
4. Añadir los tomatod y agua cocinar, revolviendo de vez em cuando.
5. Poner la olla a hervir. Reduzca el fuego y hervir a fuego lento de 1-2 horas ó hasta que las lentejas estén suaves
6. Añadir sal y pimienta a gusto.
7. Servir!

