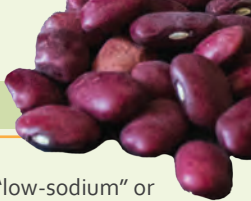


Kidney Beans



Selection - Choose canned beans labeled "low-sodium" or "no salt added". Dry beans are low in sodium.

Storage - Store dry kidney beans in a closed dish (stays fresh for 18-24 months).

Nutrition - Fiber in kidney beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE KIDNEY BEANS

- To use canned kidney beans, drain and rinse the beans. Add beans to soup or chili. Kidney beans can be used in place of ground meat in meals.
- To make a side dish, add oil to a pan and sauté celery, onion and green pepper. Add beans and canned diced tomatoes. Season with Italian spices and paprika. To make it spicy, add chili powder or hot sauce. Cook for about 25-30 minutes. Serve with brown rice.
- To make a bean dip, add oil to a pan, and cook onion and garlic. Stir in kidney beans and tomato paste. Season with cumin and black pepper. Smash beans with fork or masher when soft. Serve with vegetables or whole grain crackers.



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 pound lean ground turkey or beef
- 1 carrot, peeled and chopped
- 1 green pepper, chopped
- 1 (32 ounce) box low sodium beef broth
- 1 (26 ounce) jar tomato sauce
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 (14.5 ounce) can diced tomatoes, not drained
- 2 teaspoons dried oregano
- 2 teaspoons dried parsley
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 cup uncooked pasta

Directions

1. In a large pot, add olive oil, onion and ground meat. Cook over medium heat until the meat is no longer pink.
2. Add the carrot and pepper. Cook for 5 minutes.
3. Stir in the rest of the ingredients except the pasta. Bring to a boil, then turn the heat to medium low and allow soup to simmer (bubble). Simmer for 30 minutes.
4. Stir in the uncooked pasta and return to a simmer. Cook for 12 to 15 more minutes, or until the pasta is cooked.

