

# Black Beans



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

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

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

## 3 EASY WAYS TO USE BLACK BEANS

- To use canned black beans, drain and rinse the beans. Add the beans to soups or salads. Black beans can be used in place of ground meat in meals.
- To make a Tex-Mex side dish, add oil to a pan and sauté onions, green peppers and tomatoes. Add beans and corn. Season with chili powder and garlic powder. Cook for about 10-15 minutes.
- To make a bean salad, add black beans and chickpeas with chopped onions, tomatoes, corn and peppers. Add olive oil, lime juice, salt and pepper to taste.

## Ingredients

- ☐ 2 teaspoons oil
- ☐ 8 ounces low-fat polish kielbasa sausage, cut into small pieces
- ☐ 1 large onion, chopped
- ☐ 1/4 teaspoon garlic powder
- ☐ 1 red bell pepper, chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup uncooked brown rice
- ☐ 1 (15 ounce) can black beans, drained and rinsed
- ☐ 2 cups water

## Directions

1. Heat oil over medium-high heat (350 degrees in an electric skillet); sauté sausage and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 30 minutes.

