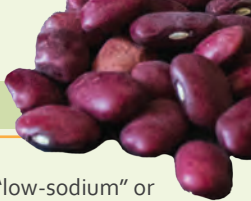


Kidney Beans



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

- 1/3 cup olive or vegetable oil
- 6 tablespoons all-purpose flour
- 1 bunch greens, such as kale, rinsed and chopped with stems
- 1 (14 ounce) canned diced tomatoes, (keep tomato liquid)
- 1 teaspoon dried oregano or thyme
- 2 onions, peeled and cut into quarters
- 2 carrots, peeled and cut into coin slices
- 5 garlic cloves, peeled and chopped
- 3 cups cooked kidney beans or 2 (15 ounce) cans chickpea or black beans
- Salt and pepper

Directions

1. In a pot, heat oil over medium high heat. Whisk in flour, reduce heat to low, and cook, stirring the whole time with a wooden spoon. Stir until flour mixture is a dark reddish brown, about 10-15 minutes (this gives the gumbo its rich taste).
2. Stir in greens, canned tomatoes with liquid, dried oregano or thyme, onions and carrots. Cook for 5 minutes.
3. Add chopped garlic and 2 quarts (8 cups) water or liquid from the dried beans, if dried beans were cooked from scratch (if you don't have enough liquid, add water to make 8 cups).
4. Continue stirring until liquid comes to a boil, then lower the heat and simmer for 20 minutes. Add beans and cook 15 minutes more.
5. Season with salt and pepper to taste.

