

Navy Beans



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

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

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

3 EASY WAYS TO USE NAVY BEANS

- To use canned navy beans, drain and rinse the beans. Add beans to soups or salads. Add the beans to soup along with chicken or ham and vegetables such as carrots, peas and spinach.
- To make baked beans, add navy beans, a can of tomato sauce, water and apple cider vinegar to a pot. Season with garlic, onion and chili powder. Sprinkle with brown sugar. Allow to cook until beans are soft, and sauce is thick.
- To make a bean salad, add navy beans and black beans with chopped onions and peppers. Stir in light Greek or light Italian dressing.



Ingredients

- 1/4 cup plus 2 tablespoons olive oil
- 1 loaf bread (such as an Italian roll), cut into quarters
- 3/4 teaspoon salt, divided
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 bunch kale or greens, rinsed and chopped
- 1 (14 ounce) canned diced tomatoes or 1 (14 ounce) can spaghetti sauce
- 2 cups cooked navy beans or 2 (15 ounce) cans chickpeas or black beans, drained and rinsed

Directions

1. Preheat oven to 400 degrees. Place bread on baking sheet. Drizzle bread with 1/4 cup olive oil and 1/4 teaspoon salt.
2. Heat medium pot over medium-high heat for 2-3 minutes. Add remaining oil and onion and stir occasionally with a wooden spoon for 5 minutes until onions begin to soften.
3. Add garlic and stir for 1 more minute. Add chopped greens and 1/2 teaspoon salt, and stir until greens have wilted, about 3-4 minutes.
4. Place bread in oven to lightly toast, about 3-5 minutes. Add canned tomatoes or sauce and beans to the pot, and cook until warmed through, about 5 minutes.
5. Check bread; if lightly toasted, remove from oven.
6. With a fork, smash 1/3 of the beans in pot. Top toast with beans and greens mixture.

