

FACTS ON BEANS!

Dried black beans, also known as legumes, are packed with nutrients.

There are many different types of bean, like green bean, black bean, legume and others.

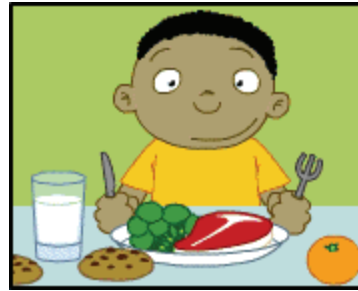
The black beans are also advantageous because once dried, beans are almost imperishable; therefore they have a long shelf life.

For vegetarians, beans can be an alternative food because they contain large number of protein.

Black bean contain a lot of nutrients needed by the body, such as vitamin K, vitamin C, manganese, vitamin A, dietary fiber, potassium, folate, iron, magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.

Black beans are also a very rich source of fiber, these nutrients play important role to prevent cholesterol from becoming oxidized and heart disease.

Most of the beans are also fat-free, and unless canned, low in sodium.



Black Bean Polenta

Ingredients:

Polenta

Tomatoes

Onions

Black bean

Parmesan

butter

Healthy Eating!



Beans, Beans, Beans!



Healthy Eating!





Nutrition Information on

Black Bean Soup:

Calories: 250

Fat: 4.5 g

Carbohydrate: 38 g

Protein: 14 g

Fiber: 14 g

Sodium: 870 mg

Cholesterol: 0 mg

Nutrition Matters



Black Bean Soup

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 cups onions, chopped
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 3 cloves garlic, minced
- 3 (15 ounce) cans black beans
- 1 (14.5-ounce) can reduced-sodium chicken broth
- 1/2 cup water
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper

Condiments (optional): reduced-fat sour cream or plain yogurt, salsa, cooked brown rice, low-fat cheddar cheese (shredded)

Directions:

1. In a large saucepan, heat olive oil over medium-high heat; sauté onion, carrots, celery and garlic for 3 minutes. Cover; cook 10 minutes, stirring several times until vegetables are very soft.
2. Transfer vegetables to a blender. Add 2 cans undrained beans. Puree until very smooth.
3. Return mixture to saucepan. Drain and rinse remaining can of beans; add to soup. Stir in broth, water, cumin and cayenne. Bring to a simmer over medium-high heat. Cook uncovered 10 minutes, stirring frequently to prevent sticking.
4. Serve with a choice of condiments.

MAKES 6 SERVINGS



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