

Health Tip of the Month

Bring Back the Beans!

Don't have time to cook dry beans? Pinto beans, black beans, kidney beans and other dry bean favorites are available in the can and ready to enjoy. Beans are an easy to use, low cost, protein rich food that goes well with any meal.



- add beans to rice
- make a pot of chili with vegetables
- sprinkle beans over nachos
- snack on pureed spiced beans with pita bread
- toss beans into your salad

Did you know that canned beans are as nutritious as dry beans? Just be sure to rinse canned beans to remove added salt.

Quick and Easy Beans

- 1 tablespoon vegetable oil
- 1 onion, chopped
- **1 (15 ounce) can black beans, drained and rinsed**
- 1 (14.5 ounce) can stewed tomatoes
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- hot pepper to taste



In large saucepan, heat oil over medium heat. Add onion and cook and stir until tender. **Drain and rinse your canned beans.** Add beans, tomatoes and spices. Cover and bring to a boil. Reduce heat. Simmer 5 minutes and remove from heat. Experiment! Serve over brown or white rice, in burrito shells with vegetables, or over potatoes. Serves 4.



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