

What Can You Do With Beans?

Simple, Filling Meals Using Canned or Cooked Beans



Beans are an easy way to make meals go further on a budget.

Simple Bean Recipes

(Recipes use cooked beans. If using dried beans, cook first using the Simple Guide to Cooking Dried Beans.)

Easy Ways to Use Beans

- Add to rice, pasta, or potatoes
- Stir into soups or stews
- Mash for refried-style beans or spreads
- Use in tacos, burritos, or wraps
- Eat warm as a side dish

Bean & Rice Bowl

- Cooked beans
- Cooked rice
- Oil or butter
- Seasoning or vegetables (optional)

How to make:

1. Warm beans and rice.
2. Mix together in a bowl.
3. Add oil or butter and stir.
4. Add seasoning or vegetables if you have them.



Beans & Ham

- 2 cups cooked or canned white beans (rinsed)
- 1-2 cups water or broth
- Small amount of ham or bacon
- Onion or garlic (optional)



Option A: Stove Top

How to make:

1. Put all ingredients into a pot.
2. Turn heat to medium and bring to a gentle simmer.
3. Reduce heat to low, cover, and cook for 20-30 minutes, stirring occasionally.
4. Add more water if beans get too thick.
5. Taste and add salt at the end if needed.

Option B: Slow Cooker

How to make:

1. Put all ingredients into the slow cooker.
2. Stir gently.
3. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.
4. Taste and add salt at the end if needed.

Beans provide protein and fiber to help meals last longer and keep you full.

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Easy Refried-Style Beans

- 2 cups cooked or canned beans (rinsed)
- 1–2 tablespoons oil or butter
- Salt and seasonings (optional)

How to make:

1. Put beans in a bowl or pot.
2. Mash beans.
3. Add oil or butter and stir.
4. Heat on the stove over medium-low heat, stirring often, for 5–10 minutes
5. OR heat in the microwave for 1–2 minutes, stir, and heat again if needed.
6. Add a little water if beans are too thick.
7. Taste and add salt or seasoning if needed.



Beans are low-cost, nutritious, and filling.

Cooking Dried Beans

- If you have dried beans, use the Simple Guide to Cooking Dried Beans to prepare them before using these recipes.
- Once cooked, dried beans can be used the same way as canned beans.



Helpful Kitchen Tips

- Mash beans with a spoon, fork, potato masher, or blender
- Add oil or butter for flavor and calories
- Season with what you have: salt, pepper, chili powder, cumin, taco seasoning
- Add leftover vegetables or small amounts of meat to stretch meals
- Beans can be cooked on the stove, microwave, or slow cooker
- Rinse canned beans in a strainer or colander to reduce salt.



Cheesy Pinto Beans

- 3 cups cooked or canned pinto beans (rinsed)
- $\frac{1}{4}$ – $\frac{1}{2}$ cup shredded cheese
- Salt or taco seasoning (optional)

How to make:

1. Put beans in a pot or microwave-safe bowl.
2. Heat until warm.
3. Mash slightly if desired.
4. Stir in cheese until melted.
5. Add seasoning if needed.

Resources:

- www.budgetbytes.com/cheesy-pinto-beans/
- www.lemonblossoms.com/blog/refried-beans-recipe/
- www.plainchicken.com/slow-cooker-ham-white-beans/#wprm-recipe-container-30131
- wicworks.fns.usda.gov/topic/what-do-i-do-with/beans?
- nutritionsource.hsph.harvard.edu/?s=beans

Beans support heart health, digestion, and steady energy.