

# BLACK BEANS

Black beans are nutritious powerhouses rich in fibre, protein and contain vitamins and minerals such as folate, potassium and iron.

*Note: One serving of black beans = 3/4 cup (175 ml)*



## HOW TO CHOOSE

- Choose dried black beans with smooth skins and without shriveled seed coats.
- Avoid cans of black beans that are dented, bulging or leaking.

## HOW TO PREPARE

- Dried black beans: Soak beans overnight (8 hours or more).
- To cook, use 3 cups (750 mL) water for every cup (250 mL) of soaked beans. On the stove, bring beans and water to a boil and simmer 45 minutes to 60 minutes. In the microwave, heat on high for 10-15 minutes.
- Dried black beans that have been soaked overnight and canned black beans can both be rinsed and eaten raw or added to a bean salad with vinegar and pepper.

## HOW TO STORE

- Tightly sealed containers in a cool, dark and dry area.
- Canned beans can be stored in a cool, dry place (up to 1 year).
- Once cooked, can keep in the fridge for 5 days.

## HOW TO FREEZE

- Lay the cooked beans flat in freezer bags or small containers.
- Store cooked beans in the freezer for up to 6 months.

For more information, visit [thefoodbank.ca/food](http://thefoodbank.ca/food)

## NUTRIENT SPOTLIGHT: IRON

One serving of black beans contains more iron than a 3 oz. serving of flank steak. You can find iron in animal protein sources and plant-based protein sources.

Iron:

- Carries oxygen to all parts of the body.
- Assists in the development and metabolism of our cells.
- Helps in brain and nerve development.
- Promotes proper immune function.

Sources:

Plant-based iron: tofu, beans, lentils, seeds, nuts, spinach, asparagus, beets and more.

Animal-based iron: beef, pork, poultry, eggs, seafood and some fish.

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# QUICKEST CHILI IN THE WEST

Serves 6 | Prep: 5 mins | Cook: 20 mins

Difficulty level: Easy



*Note: 1 cup of black beans yields 2.5 cups of soaked black beans.*

## INGREDIENTS

- 1 pound ground beef or turkey, browned and drained (optional)
- 1 can crushed tomatoes
- 1 can pinto beans, (rinsed & drained) or 2 cups of dried pinto beans (soaked overnight from dry)
- 2 cans black beans, (rinsed & drained) or 4 cups of dried black beans (soaked overnight from dry)
- 1 can corn, rinsed & drained
- 1-2 cups water (depending on how thick you like your chili)
- 1/4 cup chili powder
- Dried mix of herbs to taste
- Salt and pepper to taste

## INSTRUCTIONS

1. Combine all ingredients in a 4-quart slow cooker. Cook for at least 4 hours on high.
2. Alternatively, combine the ingredients in a stockpot over medium heat. Simmer for 20 minutes.
3. To freeze: Wrap, label, and chill the chili completely before freezing. Reheat before serving.

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*Recipe adapted from [goodcheapeats.com](http://goodcheapeats.com)*

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