

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).
- 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.
- 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.

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

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, sea-food and some fish.

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).
- 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.
- 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.

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

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, sea-food and some fish.

BLACK BEAN BROWNIES

Serves 16 | Prep: 5 mins | Cook: 30 mins

Difficulty level: Easy



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

INGREDIENTS

- 1 can black beans (rinsed and drained) or 2 cups of black beans (soaked overnight from dry)
- 3 eggs
- 3 tablespoons vegetable oil
- 4 tablespoons cocoa powder
- 1 teaspoon vanilla
- 3/4 cup sugar

INSTRUCTIONS

1. Mix ingredients together in a blender/food processor until pureed.
2. Pour into a greased 8x8 cake pan.
3. Stir in some nuts or leave plain.
4. Bake at 350 F for approximately 30 minutes.
5. Let cool completely before cutting.

For more information, visit thefoodbank.ca/food

Recipe adapted from food.com

BLACK BEAN BROWNIES

Serves 16 | Prep: 5 mins | Cook: 30 mins

Difficulty level: Easy



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

INGREDIENTS

- 1 can black beans (rinsed and drained) or 2 cups of black beans (soaked overnight from dry)
- 3 eggs
- 3 tablespoons vegetable oil
- 4 tablespoons cocoa powder
- 1 teaspoon vanilla
- 3/4 cup sugar

INSTRUCTIONS

1. Mix ingredients together in a blender/food processor until pureed.
2. Pour into a greased 8x8 cake pan.
3. Stir in some nuts or leave plain.
4. Bake at 350 F for approximately 30 minutes.
5. Let cool completely before cutting.

For more information, visit thefoodbank.ca/food

Recipe adapted from food.com