

# KIDNEY BEANS

Kidney Beans are an excellent source of fibre and protein which provides longer-lasting energy for your body. They are also rich in nutrients such as folate, potassium and iron.



## HOW TO CHOOSE

- Choose dried beans that have bright coloured, smooth skins, without shrivels.

## HOW TO PREPARE

- Dried kidney beans: Soak beans overnight (8 hours or more) before cooking
- 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.
- Canned kidney beans can be rinsed, drained and eaten raw or added to a bean salad with vinegar and pepper.

## HOW TO STORE

- Dried beans can be stored in sealed containers in a cool, dark and dry area.
- Once cooked, can keep in the fridge for 5 days.

## HOW TO FREEZE

- Cooked beans can be frozen in freezer bags or small container for up to 6 months

## TYPES OF KIDNEY BEANS

### Dark Red Kidney Beans

Commonly used in warm and hearty winter dishes such as soups, stews and chili.



### Light Red Kidney Beans

Can be added to slow-cooker recipes, salads and Mexican-style cuisine for a pop of colour and texture.



### White Kidney Beans

Similar to mashed potatoes when pureed and can be used as a creamy base for dips or spreads.



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

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# FRIED RICE, BEANS & FISH

Serves: 6 | Prep: 5 mins | Cook: 45 mins

Difficulty level: Easy



## INGREDIENTS

- 2 tbsp. vegetable oil (or any oil of preference)
- 1 washed and chopped green pepper
- ½ tsp. salt and black pepper
- 2 cups uncooked brown rice
- 2 cans of fish (5 oz.) (can substitute with another meat-alternative - e.g. eggs, beans, lentils, chickpeas or tofu)
- 2 cups cooked kidney beans or 1 can (15 oz.) kidney beans (rinsed and drained)

## INSTRUCTIONS

1. Cook rice in a pot by following instructions on the package.
2. While rice is cooking, heat 2 tablespoons of oil in a pan.
3. Put chopped peppers in the pan and cook until slightly browned (3-5 minutes).
4. Add rinsed kidney beans to the pan and stir.
5. Add cans of fish or meat alternative chosen and cook for 5 minutes, stirring occasionally.
6. Fold in cooked brown rice and turn off heat.
7. Add salt and pepper, serve.

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*Recipe adapted from [hungerandhealth.feedingamerica.org](https://hungerandhealth.feedingamerica.org)*

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