

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

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KIDNEY BEAN BURGERS

Serves: 4 | Prep: 10 mins | Cook: 20 mins

Difficulty level: Moderate



INGREDIENTS

- 2 ½ cups cooked kidney beans (rinsed and drained).
- ½ cup whole wheat breadcrumbs (can substitute with rolled oats or crushed whole wheat crackers)
- Carrot (peeled and chopped – ¼ inch thick and 2 inches in length) (can substitute with ½ cup canned puree pumpkin)
- 1 tsp. chili powder
- ½ tsp. cumin (can substitute with curry powder, taco seasoning, paprika or additional chili powder)

INSTRUCTIONS

1. Preheat oven to 350° F
2. Boil carrot pieces on a stove top in a pot of water on high for approximately 10 mins or until tender and drain.
3. Mash kidney beans and carrot pieces together (or pumpkin puree if substituting)
4. Add spices and breadcrumbs and stir well.
5. Form into 4 patties and bake on a parchment paper lined or greased baking sheet for 20 minutes. Serve plain or on a bun.

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Recipe adapted from life.spartan.com

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