



**Black Beans,
Canned, Low-Sodium**
MyPlate Food Group: **Protein or Vegetable**



Nutrition Information

- ½ cup of black beans counts as 2 ounces in the Protein group or as ½ cup in the Vegetable group on ChooseMyPlate.gov.
- Black beans are low in fat, calories, and sodium and do not contain cholesterol.
- Black beans are a good source of plant protein.
- For specific information about canned black beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned black beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Black beans are a protein-rich food that can be added to chili dishes, soups, salads, or casseroles. They may also be used in fillings, spreads, or dips.
- Canned black beans can be used in place of cooked, dried beans in any recipe.

Storing Foods at Home

- Store unopened canned black beans in a cool, clean, and dry place.
- After opening, take any unused black beans out of the can and store them in a tightly covered container in the refrigerator.

MyPlate Facts

- Black beans supply many nutrients such as protein, iron, zinc, and magnesium.
- Proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood. It is good to eat foods with iron and Vitamin C at the same time because Vitamin C helps the body use iron properly. Vitamin C can be found in many foods including fruits and vegetables.
- Zinc helps the immune system work properly.
- Magnesium is used to build strong bones and release energy from muscles.



USDA Foods

Black Bean Soup

Makes 4 servings

Ingredients:

- 1 cup onion, chopped
- $\frac{3}{4}$ cup celery, chopped
- 2 teaspoons garlic, chopped
- 1½ cups chicken or vegetable broth
- 2 cans (15 ounce each) low-sodium black beans, rinsed and drained
- $\frac{1}{2}$ cup salsa
- 1 $\frac{1}{2}$ teaspoons cumin
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon oregano, dried

Directions:

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.

Black Bean Brownies

Makes 16 servings

Ingredients:

- Non-stick cooking spray
- 1 can (15 ounce) low-sodium black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup brown sugar, packed
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{2}$ cup chocolate, peanut butter, or butterscotch chips or chopped nuts (optional)

Directions:

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil, and vanilla with a fork. Add beans and mash with a fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir in brown sugar and cocoa powder, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake for 25 to 30 minutes or until a knife inserted in the center of the brownies comes out clean. Let cool completely before cutting into 16 squares.

Recipe adapted from EatFresh.org (<https://eatfresh.org>)