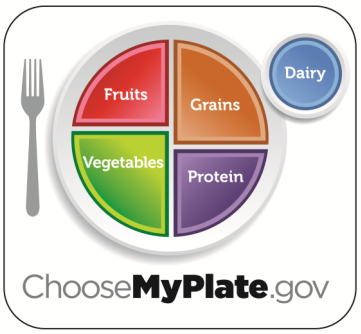


# Great Northern Beans, Dry

MyPlate Food Group: **Vegetable** ***or*** **Protein**

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**Nutrition Information**

- ½ cup of cooked great northern beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Beans are high in protein, fiber, and iron.
- Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about great northern beans, please refer to the product's Nutrition Facts Panel or ingredient list.

**Uses and Tips**

- These beans should be soaked before cooking.
- Before soaking, sort through the beans and remove any stones, dirt, broken, or shriveled pieces. Use one of the following methods:

  *Overnight Soak Method*

  Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.

  *Quick Soak Method*

  Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

- If a recipe calls for cooked beans, put the soaked, drained and rinsed beans in a pot with new water and bring them to a boil. Turn the heat down to low, cook about 1 to 1½ hours.

## MyPlate Facts

- Great northern beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health. It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

**Storing Foods at Home**

- Store dry great northern beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry great northern beans in a tightly closed bag or container.

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**Baked Beans**

*Makes 6 servings*

**Ingredients:**

1½ cups dry great northern beans, sorted and rinsed
2 cups water
2 cups apple juice
1 teaspoon salt
2 tablespoons molasses
½ cup ketchup
2 teaspoons vinegar
1 teaspoon dry mustard

**Directions:**

1. Combine apple juice and water in a large pot. Bring to a boil.
2. Add beans and simmer on low heat for 2½ hours until beans are tender.
3. Preheat oven to 250° F.
4. Drain beans, save the liquid.
5. Put beans and other ingredients in a greased baking dish.
6. Cover and bake for 3-4 hours.
7. Uncover the last hour of baking and add some of the saved liquid if the beans become dry.

*Recipe adapted from Washington State WIC Program's The Bold and Beautiful Book of Bean Recipes*

**White Bean and Spinach Soup**

*Makes 8 servings*

**Ingredients:**

1 pound dry great northern beans
2 tablespoons olive oil
2 onions, chopped
3-4 celery stalks, chopped
4 cups low-sodium vegetable broth or water
4 cups water
¼ teaspoon red pepper flakes (optional)
1 bunch of fresh spinach, chopped, or 1 package (10 oz) frozen chopped spinach, thawed
¼ cup lemon juice
salt, to taste

**Directions:**

1. Rinse and sort beans.
2. Heat olive oil in a large pot over medium high heat. Add onion and celery and cook while stirring for 3 minutes. Add garlic and cook for one minute more.
3. Add broth, water, beans, and red pepper flakes, if desired, and bring to a boil.
4. Reduce heat, cover and simmer for 2 hours, or until beans are tender.
5. Stir in spinach, lemon juice, and salt. Cook for one minute more. Serve hot.

*Recipe adapted from Camellia Brand Beans*

*These recipes have not been tested or standardized.*