



Light Red Kidney Beans, Canned, Low-Sodium

MyPlate Food Group: **Protein or Vegetable**

USDA
Foods

Nutrition Information

- $\frac{1}{2}$ cup of kidney beans counts as 2 ounces in the Protein group or as $\frac{1}{2}$ cup in the Vegetable group on ChooseMyPlate.gov.
- Kidney beans are low in fat, calories, and sodium and do not contain cholesterol.
- Kidney beans are a good source of plant protein.
- For specific information about kidney beans, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned kidney beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Kidney 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 kidney beans can be used in place of cooked, dried beans in any recipe.

Storing Foods at Home

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

MyPlate Facts

- Kidney 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

3-Can Chili

Makes 6 servings

Ingredients

1 can (15 ounce) low-sodium light red kidney beans, undrained
1 can (15 ounce) low-sodium corn OR 2 cups frozen corn, drained
1 can (15 ounce) low-sodium crushed tomatoes, undrained
Chili powder, to taste

Directions: Wash hands with soap and water.

1. Place the kidney beans, corn, and crushed tomatoes in a pan. Add chili powder to taste.
2. Stir over medium heat until heated thoroughly.

Recipe adapted from EatFresh.org

Three Bean Salad

Makes 8 servings

Ingredients

1 can (15 ounce) low-sodium cannellini beans, rinsed and drained
1 can (15 ounce) low-sodium light red kidney beans, rinsed and drained
1 can (15 ounce) low-sodium garbanzo beans, rinsed and drained
2 celery stalks, chopped fine (about 1 cup)
½ red onion, chopped fine (about ¾ cup)
⅓ cup apple cider vinegar
¼ cup granulated sugar (more or less to taste)
3 tablespoons olive oil
1 ½ teaspoons salt
¼ teaspoon black pepper

Directions: Wash hands with soap and water.

1. In a large bowl, mix the 3 different types of beans, celery, and onion.
2. In a small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans in the large bowl and mix well.
3. Chill in the refrigerator for 2-3 hours before serving.

Recipe adapted from Simply Recipes (<https://www.simplyrecipes.com>)