



Kidney Beans, Light Red, Dry

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



Nutrition Information

- ½ cup of cooked kidney beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Kidney 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 kidney beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Kidney 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

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



USDA Foods

Chili Mac

Makes 5 servings

Ingredients:

12 ounces ground lean beef or turkey
½ cup onion, chopped
½ cup bell pepper, chopped
4 cloves garlic, chopped
2 cups cooked elbow macaroni
1 ½ cups kidney beans, cooked and drained
1 can (8 ounces) tomato sauce
1 can (14.5 ounces) chopped tomatoes, undrained
1 tablespoon chili powder
1 teaspoon ground cumin
salt and pepper, to taste
¾ cup cheddar cheese, shredded

Directions:

1. In a large skillet, brown beef or turkey, drain the fat and set aside.
2. In the same pan, cook onion and bell pepper, stirring until softened. Add garlic and cook for 30 seconds.
3. Add browned beef or turkey and remaining ingredients except cheese; stir well. Simmer 15 minutes, stirring occasionally.
4. Spoon into serving bowls and top with shredded cheese.

Recipe adapted from Mississippi State University Extension

Easy Red Beans and Rice

Makes 8 servings

Ingredients:

Non-stick cooking oil spray, as needed
1 onion, peeled and chopped
1 green bell pepper, seeded and chopped
1 teaspoon garlic powder
2 cans (14.5 ounces each) diced tomatoes
1½ cups cooked kidney beans, drained
6 cups cooked brown rice

Directions:

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over hot cooked brown rice.

Recipe adapted from Maryland's Food Supplement Nutrition Education program