



Vegetarian Beans, Canned, Low-Sodium

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



Nutrition Information

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

Uses and Tips

- Vegetarian beans are precooked and do not require any soaking. They do not need to be heated before eating. This helps save time in the kitchen.
- Vegetarian beans can be added to chili dishes, soups, salads, or casseroles. They may also be used in fillings, spreads, or dips.
- Vegetarian beans can be used in place of cooked, dried beans in any recipe.

Storing Foods at Home

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

MyPlate Facts

- 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

Loaded Baked Potato

Makes 1 serving

Ingredients:

1 can (15 oz) Vegetarian beans
1 large baked potato
¼ cup low-fat cheddar cheese, shredded
Sour cream (optional)
Chives (optional)

Directions: Wash hands with soap and water.

1. Add beans and cheese to potato.
2. Serve with optional toppings, as desired.

Recipe adapted from Bush Beans Website (<https://bushbeans.com>)

Half Veggie Burger

Makes 8 servings

Ingredients:

1 ½ cans low-sodium canned vegetarian beans
1 cup bell pepper or other vegetables (such as carrots, mushrooms, broccoli, onions, celery), finely chopped
1 lb ground beef or other ground meat
1 egg (optional)
salt and pepper
8 buns

Directions: Wash hands with soap and water.

1. Roughly mash the beans with a fork.
2. Finely chop all vegetables so it will cook evenly.
3. Mix the beans, veggies, and meat with your hands in a large bowl. If you're going to cook the burgers on a grill, add an egg to keep the burger from falling apart.
4. Season with salt and pepper.
5. Form the mixture into 8 patties.
6. Cook the patties in a skillet on the stovetop over medium-high heat for 3 – 5 minutes or until brown, then flip it and cook the other side.
7. Serve on toasted buns with your favorite

Recipe adapted from Good & Cheap Cookbook by Leanne Brown
(<https://cookbooks.leannebrown.com/good-and-cheap.pdf>)