



BEANS, LIGHT RED KIDNEY, DRY

Date: March 2014

Code: 100385

PRODUCT DESCRIPTION

- Dry light red kidney beans are U.S. Grade 1.

PACK/YIELD

- Light red kidney beans are packed in a 2-pound bag. A 2-pound bag of dry light red kidney beans is about 24 servings (½ cup each) after cooking.

STORAGE

- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container that is not made from metal or in a plastic bag.
- Store cooked beans in a covered container that is not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please see our memo http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

PREPARATION/COOKING

- Dry beans should be sorted to remove small stones or other objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back for directions on soaking.*

USES AND TIPS

- Cooked light red kidney beans can be used in salads, soups, stews, casseroles, and chili, or as a side dish.

NUTRITION INFORMATION

- ¼ cup of cooked dry beans counts as 1 ounce in the MyPyramid.gov Vegetable and Protein Groups. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Light red kidney beans are a healthy vegetarian choice and are fat, cholesterol, and sodium-free.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (86g) cooked light red kidney beans without salt

Amount Per Serving

Calories	120	Calories from Fat	5
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% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 6g		32%
Sugars 0g		
Protein 8g		
Vitamin A 0%	Vitamin C 2%	
Calcium 4%	Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

OVERNIGHT SOAK METHOD

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender – about 2 hours.
5. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Tip

For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

QUICK SOAK METHOD

(to use beans the same day)

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for about an hour. The beans are now ready to use in recipes that call for cooked or canned beans.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, Beans4health.com.

SOUTHERN RICE AND BEANS

MAKES 6 SERVINGS

Ingredients

- 1 cup light red kidney beans, cooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 cup rice, uncooked
- 2 cups water
- 1 ¾ cup fresh tomatoes, chopped
- 1 can (about 15 ounces) corn, drained
- ½ jar (about 8 ounces) salsa

Directions

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Nutrition Information for 1 serving of Southern Rice and Beans							
Calories	256	Cholesterol	0 mg	Sugar	6.5 g	Vitamin C	33 mg
Calories from Fat	30	Sodium	473 mg	Protein	8 g	Calcium	54 mg
Total Fat	3.4 g	Total Carbohydrate	51 g	Vitamin A	28 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	6.5 g				

Recipe provided by Commodity Supplemental Food Program Cookbook

30-MINUTE CHILI

MAKES 6 SERVINGS

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup, no water added
- 1 tablespoon chili powder (or to taste)
- Hot pepper sauce (to taste, if you like)

Directions

1. In a large skillet, brown the meat for about 10 to 15 minutes.
2. Drain the meat; add onion and cook for 5 minutes.
3. Add kidney beans, soup, and chili powder and heat for 5 minutes. If using hot pepper sauce, add that too.

Nutrition Information for 1 serving for 30-Minute Chili			
Calories	310	Cholesterol	65 mg
Calories from Fat	90	Sodium	350 mg
Total Fat	10 g	Total Carbohydrate	26 g
Saturated Fat	4 g	Dietary Fiber	5 g
		Sugar	7 g
		Protein	28 g
		Vitamin A	19 RAE
		Vitamin C	7 mg
		Calcium	43 mg
		Iron	4 mg

Recipe adapted from Justbeans.com.