



“Beans, Beans ...” Really Good for the Heart!

With the skyrocketing cost of meat due to shortages during the COVID-19 crisis, THRIVE! has begun a program to help inform people about healthy alternatives.

You can substitute meat while still satisfying your family with delicious dishes. One alternative to use is beans, either dried or in cans.

Beans are versatile and can be used in any meal. High in protein, iron, and zinc, they are a low-cost substitute for meat, fish or poultry. Beans are also loaded with nutrients that typically come from vegetables, including fiber, folate and potassium. People who eat beans on a regular basis have been found to be slimmer with a lower incidence of heart disease, cancer and diabetes.

The U.S. Dietary Guidelines for Americans recommends eating about 3 cups of beans per week, which is about ½ cup of beans each day.

THRIVE! has created flavor-rich recipes with beans and will distribute “Dinner Bags” with the ingredients to make the recipes at local food pantries, starting with St. Patrick’s Helping Hands on Saturday, June 20 and Tuesday, June 23. The first recipe will be a zesty Tomato, Corn and Bean Salad.

For those who have been to St. Patrick’s or Well-Help, won’t you please try our recipe and let us know how it worked out for you? You can email us at thriveloraincounty@gmail.com. By emailing us, we will know that you appreciated our efforts and we’ll be encouraged to prepare more “Recipes in a Bag” for you! Thank you!

www.thriveslc.org
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Three Bean Salad

Serves 4 to 8

- 1 (15-ounce) can of green beans, rinsed and drained
- 1 (15-ounce) can of chickpeas or cannellini beans, rinsed and drained
- 1 (15-ounce) can of kidney beans, rinsed and drained
- 1 onion, sliced into thin rings
- 1 cup Italian dressing
- 1 cup fresh, flat-leaf parsley, finely chopped (optional)
- 1 teaspoon freshly chopped rosemary (optional)

Soak the onion in a small bowl of water first to take the edge off of it.

In a large bowl, mix the green beans, chickpeas or cannellini beans, kidney beans, onion and Italian dressing. Let set in refrigerator for several hours and serve.

How to prepare the dried beans for this recipe:

1. Add $\frac{3}{4}$ cup dried chickpeas or kidney beans to a colander. Remove and discard any debris. Thoroughly rinse beans.
2. Transfer the beans to a large pot and add 4 cups of water.
3. Bring to a rapid boil and boil for 2 minutes.
4. Remove from heat. Cover and let stand for 1 hour. Gently drain and rinse beans twice.



Tomato, Corn and Bean Salad

Ingredients

- 3 tomatoes, seeded and chopped
 - or 1 can (14.5 oz) diced tomatoes (drained)
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 cup corn (fresh, lightly steamed) or frozen corn (drained)
 - Or 1 (15-ounce) can of corn (drained and rinsed)
- 1 (15-ounce) can black beans (drained and rinsed)
 - You can also use dried beans (see below)
- ½ cup Italian salad dressing
- salt and pepper, to taste
- ⅛ teaspoon cayenne pepper (optional)
- 2 Tablespoons fresh cilantro, chopped (optional)

Directions

In a large bowl, combine the tomatoes, onion, bell pepper, corn, and beans. Pour the salad dressing over and gently stir to combine. Add salt and pepper to taste, and chill for at least 30 minutes.

Versions of this recipe have been passed down from previous generations. Vegetables and spices can be substituted, and it still tastes great! Serve as a salad, combine with pasta or, as an appetizer, with a side of chips.

How to prepare the dried beans for this recipe:

5. Add ¾ cup dried black beans to a colander. Remove and discard any debris. Thoroughly rinse beans.

6. Transfer the beans to a large pot and add 4 cups of water.
7. Bring to a rapid boil and boil for 2 minutes.
8. Remove from heat. Cover and let stand for 1 hour. Gently drain and rinse beans twice.



How to De-Gas Beans

1. Slow down and chew food more slowly. If you eat (or drink) too quickly, you might swallow too much air. Enzymes in your saliva, along with thoroughly chewing beans, help to break down the gas-causing compounds.
2. Soak and rinse beans twice. If using dried beans, soak in water for several hours. Drain the beans in a colander and rinse well with water. Add beans back to a pot and cover with fresh water. Soak beans again for a few more hours. Drain and rinse beans and then return beans to the pot, covered with water, and start cooking process.
3. Drain and rinse canned beans in a colander before using them. This reduces compounds that cause gas and also reduces sodium.
4. Try an over-the-counter product like Beano. It contains an enzyme that helps to break down gas-causing compounds
5. Eating beans on a regular basis can help to reduce gas because your gut bacteria change to help with digestion.

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