

Black Beans



Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



Black Beans and Sweet Potato Stew

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
1 green pepper, chopped
1 1/2 cups peeled and diced sweet potato
2 tomatoes, chopped
2 cups cooked black beans
2 tablespoons chopped fresh parsley (or 2 teaspoons dried parsley) optional
Salt and pepper to taste

Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic and pepper. Cook until soft.
2. Add sweet potato and 2 cups water. Cook until sweet potatoes are soft, about 15 minutes.
3. Stir in tomatoes, black beans, parsley, salt and pepper. Cook for 5 more minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Adapted from <http://fatfreevegan.com>

Black Bean Spread

Ingredients:

1 1/2 cups cooked or 1 can (15.5 ounces) black beans, rinsed
1 onion, chopped
3/4 teaspoon paprika
1 tablespoon apple cider vinegar
1 tablespoon vegetable oil
1 garlic clove, minced
2 tablespoons chopped basil (optional)
Salt and pepper to taste

Directions:

1. Combine all ingredients in a large bowl. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 10 servings.

Adapted from www.vegweb.com



Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.

For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).