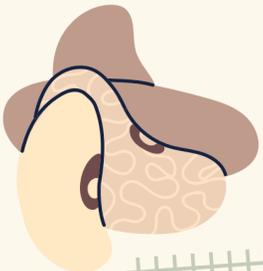


3 Easy Ways to Prepare Beans

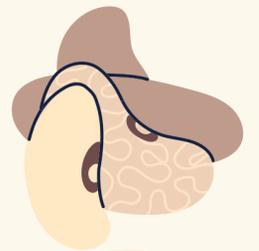


Different Ways to Prepare Dry Beans:

- **Overnight:** Place beans in a pot and cover with cold water. Soak in fridge for 8-12 hours.
- **Hot Soak:** Add 10 cups water for every 2 cups of dried beans and boil for 3 minutes. Cover and soak for 4-24 hours.
- **Quick Soak:** Cover beans with water and boil 3 minutes. Turn heat off and let stand for 1-4 hours.
- **Microwave Soak:** Add 3 cups of water for every cup of beans and microwave on high for 15 minutes. Let beans stand for 1 hour.



PICK YOUR RECIPE:



Chads Easiest Bean Soup:

Ingredients:

5-6 cups great northern beans, cooked (see above)

1 28 oz. can diced tomatoes

1 tsp. basil, or to taste

1 tsp. oregano, or to taste

Directions:

Combine beans and tomatoes in large pot. Add basil and oregano to taste and heat until begins to boil. Serve with grated cheese if desired. Can also add chopped chicken, turkey, or ham. Makes 6-8 servings

Greek Pasta with Tomatoes and White Beans:

Ingredients:

8 oz. penne pasta

2 (14.5 oz.) cans Italian-style diced tomatoes

2 cups cannellini beans, cooked (see above)

10 oz. spinach

1 cup crumbled feta or other cheese

Directions:

1. Cook pasta according to directions

2. Combine tomatoes and beans in large skillet and bring to a boil.

4. Add pasta to sauce and turn to low heat (3-5 minutes)

5. Sprinkle with feta cheese and serve

Mexican Bean Quesadillas:

Ingredients:

3/4 cup salsa

2 cups black beans, cooked (see above)

1/2 cup shredded cheese

2 Tbsps. cilantro chopped, optional

4-8" soft flour tortillas

1/2 tsp olive oil

Directions:

1. Combine salsa, black beans, cheese, and cilantro

2. Divide mixture over half of tortilla (about 1/2 cup each)

3. Fold tortillas in half

4. Brush quesadillas with olive oil and heat over medium heat until cheese is melted and edges are crispy

5. Cut quesadilla into wedges