

How to Use WIC Approved Foods

THIS QUARTER'S TOPIC: CANNED BEANS



BENEFITS

- Beans are a great source of protein.
- They are inexpensive to buy and can be a great addition to any meal.
- They are full of fiber which helps keep you fuller longer and may help keep your bowel movements regular.
- Eating more beans as part of a healthy diet can help lower blood sugar, blood pressure, heart rate, and other heart disease and diabetes risks.



Quarterly Shopping Tip: Buying Beans

- 1 CTR Beans or Peanut Butter allots you a 16 oz package dry beans, lentils, peas OR one 16-18 oz jar peanut OR four cans of beans.
- Does NOT include canned green beans or sweet peas; these would go towards your fruit and vegetable dollar benefit.

You can download the Wisconsin MyWIC app making shopping so much easier.

Simple Ways to Incorporate Beans into Your Diet

- Mix Beans Into Breakfast: Add beans to your scrambled eggs.
- Add to Your Pasta: Add white beans to your sauce.
- Stir Them Into Any Soup.
- Top Your Salad with Different Beans.
- Add Beans to your Taco Meat.
- Roast Beans for a Delicious Snack: Roasted chickpeas are a low-calorie option to eat by themselves or add to trail mix.

Click [HERE](#) for a roasted chickpea recipe!

Click [HERE](#) for a simple way to use beans!

RECIPE IDEAS

Pasta and Beans

Yields 4-6 servings

- Ingredients
- 1 1/2 Tbsp. Olive oil
- 1 onion, chopped
- 2 tomatoes chopped
- 1 can beans
- 2 cups pasta
- optional: pasta sauce of your choice

Directions:

1. In a medium size saucepan heat the olive oil. Saute onion until tender. Stir in tomatoes, pasta sauce, and entire can of beans. Let simmer for 10 minutes.
2. Bring a large pot of water to a boil. Add pasta and cook for 8 to 10 minutes; drain.
3. Mix pasta with bean mixture.

Roasted Chickpeas

- Ingredients
- 1 15-ounce can chickpeas (drained and very well drained + thoroughly dried)
- 1 Tbsp olive oil
- 1/2 tsp sea salt
- 1 tsp seasonings of choice

Instructions

1. Preheat an oven to 350 degrees F
2. Whisk the oil, salt, and seasoning(s) of choice together in a small bowl; add the chickpeas and toss to coat. Spread into a single layer on a baking sheet.
3. Roast in the preheated oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes.

Super Easy Chili

Yields 6-8 servings

- Ingredients
- 1 lb. lean ground turkey or beef
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can kidney beans, drained and rinsed
- 1 15 oz. can white northern beans, drained and rinsed
- 1 28 oz. can diced tomatoes
- 1 12 oz. jar salsa (mild, medium, or spicy), about 1.25 cups
- 2 tablespoons chili powder
- 1 can tomato sauce

Directions

1. In a medium or large soup pot, brown meat.
2. Add in beans, tomatoes, salsa, chili powder, and tomato sauce.
3. Stir occasionally and cook for at least 20 minutes.



- Ideas for Seasonings:
- Smoked paprika and cumin: smoky with subtle heat
- Cinnamon and sugar: a little sweet with a bit of warmth
- Turmeric and ginger: a warm, spicy bite
- Lime and black pepper: bright, citrus flavor with mild heat