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.

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

Click HERE for a roasted chickpea recipe!
Click HERE for a simple way to use beans!