

DRY BEANS



Nebraska Harvest of the Month celebrates dry beans this month! Pinto, Black and Great Northern beans are just a few versatile varieties grown in our state. School Nutrition Staff at your school will be preparing recipes featuring locally grown beans.

SELECTION, STORAGE & COOKING

- Dry beans are allowed to mature and then harvested from the vine or bush. Dry beans come in many colors, shapes and sizes and can be stored for months in a cool dry location.
- Dry beans are soaked to absorb water and will become double to triple their size when soaked. Cook to make them edible and digestible.
- Dry beans can be eaten raw, sprouted or cooked, ground into flour, curdled into tofu, fermented into soy sauce, tempeh and miso. They are excellent in chili, soup and salad.

SEASONAL AVAILABILITY



HUMMUS

Ingredients:

- ½ cup olive oil
- 3-4 garlic cloves, chopped
- 1 cup dry Great Northern beans, prepared and cooked or two 15.8-oz. cans, drained and rinsed
- ¼ cup fresh lemon juice
- 1 tsp. ground cumin
- 2 Tbsp. chopped fresh parsley
- ½ Tbsp. salt and pinch of pepper

Directions:

1. In a small saucepan, combine olive oil and garlic over medium-low heat and lightly brown garlic. Cool, strain and reserve the oil and garlic separately.
2. In a blender, blend beans, garlic, lemon juice, cumin and parsley until smooth. Carefully pour in oil with blender running until light and smooth.
3. Salt and pepper to taste. Serve with raw veggies or pita chips, or add to a sandwich! Enjoy!

<https://www.thespruceeats.com/white-bean-hummus-dip-3377730>



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FUN WITH DRY BEANS

LET'S GROW BEANS!

Materials Needed:

- Dry Kidney or Great Northern beans, soaked overnight
- Water spray bottle
- Paper towels
- Glass cup



Directions-

1. Line a glass jar with a paper towel. Tuck your bean between the glass and the paper towel.
2. Squirt the paper with plenty of water so the paper is wet but not swimming. Too much water could cause mold on the bean.
3. Place one glass and bean in a sunny spot and wait for it to sprout! It should take 2-7 days to sprout. You can also experiment by placing another glass in a dark place, with the bean and paper towel prepared the same way.
4. Once the beans have grown in the glass for 3-4 weeks, you can plant outdoors or in a pot with soil.

<https://lifeatthezoo.com/growing-beans-science-home>

BEAN MATH



1 cup dry beans
= 2 to 3 cups
cooked



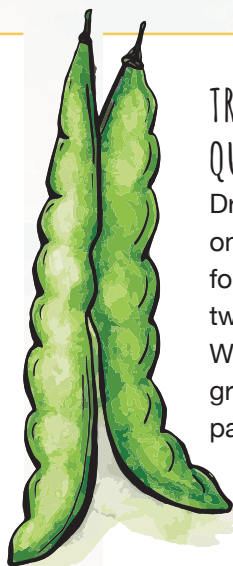
15-oz. can cooked
beans, drained
= 1 ½ cups



1lb dry beans
= 2 to 2 ½ cups
cooked



16-oz. can cooked
beans, drained
= 1 ¾ cups



TRIVIA QUESTION

Dried beans are one of the few foods that fit into two food groups. What two food groups are they part of?

Trivia Answer: Dried beans are one of the few foods that fit into two food groups - the vegetable and protein group.

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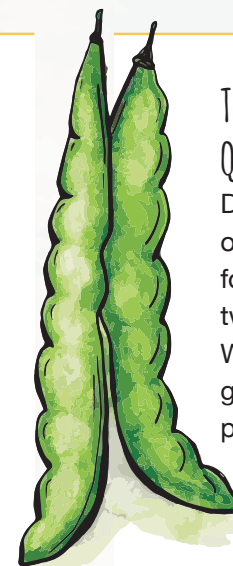
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