

Beans

Dry beans and your health

Protein

Cooked dry & canned beans are good sources of protein. Protein is vital for repair, maintenance and growth of all body tissues including muscles, bones, skin, and teeth.

Vitamins

Cooked dry & canned beans are rich in B vitamins including folate, niacin, B₆ and thiamin. We need B vitamins for energy access, healthy skin, eyes, and the nervous and digestive systems.



Minerals

Cooked dry & canned beans have iron, which helps build red blood cells. They have calcium and phosphorus, which help build strong bones and teeth. They also have potassium, which helps keep body fluids in balance.

Fiber

Cooked dry and canned beans are excellent sources of total fiber. One cup of cooked beans provides 10 to 15 grams of fiber, nearly half of the daily recommended amount of 25g for women and 38 g for men. Eating adequate total fiber can help reduce cholesterol, protect against heart disease, control blood sugar and promote a healthy gut and regular laxation.

How to cook dry beans

Generally, dry beans need to soak overnight in water before cooking. Soaking softens the beans. After beans have cooked the minimum amount of time the recipe calls for, check for tenderness by pinching or biting a few beans; there should be only the slightest bit of resistance in the skin. Continue cooking and checking every 10 to 15 minutes until the beans are soft in the center.

Cool leftover beans in a shallow container. Put them in the fridge in a tightly sealed container. They will keep for about 4 days.

Cooking times for beans that are soaked:

3 hours	Soy beans
1 to 1½ hours	Black , garbanzo , great northern , kidney , navy , pinto
1 hour	Baby lima beans
45 to 60 minutes	Lima beans

Cooking times for beans that are NOT soaked:

1 to 1½ hours	Black-eyed peas
30 to 45 minutes	Lentils, green split peas



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