

Beans

Dry beans and your health

- **Protein**

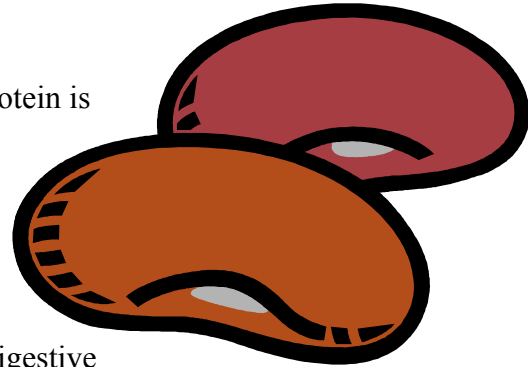
Dry beans are a good source of protein. Protein is vital for muscles, bones, glands, skin, and teeth.

- **Vitamins**

Dry beans are a good source of B vitamins. These vitamins are needed for healthy skin, eyes, nervous systems, and digestive systems.

- **Minerals**

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



How to cook dry beans

Most dry beans need to soak overnight in water before they're cooked. Soaking softens the beans. Most recipes tell you to cook beans until tender. To check for tenderness, pinch a few beans after the minimum cooking time on the recipe. If they're not tender, keep checking them every 10 to 15 minutes till tender.

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

- **Cooking times for beans that are soaked:**

3 hours	Soy beans
1 to 1½ hours	Black beans, garbanzo beans, great Northern beans, kidney beans, navy beans, pinto beans
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



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu