



PARKDALE
FOOD CENTRE
NEIGHBOUR TO NEIGHBOUR

**YOUR
LOCAL
FOOD
BANK**

FOOD OF THE MONTH

BEANS & LEGUMES

BEANS AND LEGUMES are plants that have edible seeds contained in pods, with the term referring both to the plant itself as well as to the seeds. Black beans, one of the more common beans consumed, are actually the seed of the plant, with the nutrients and energy capable of creating a new plant. It is no wonder that legumes are so nutrient-rich, packed with protein, dietary fibre, phytonutrients, vitamins and minerals. They are rich in thiamine, niacin, vitamin B6 and folic acid as well as calcium, iron, phosphorus and potassium. The fiber in in beans will help to keep the digestive tract clean, promotes regularity and will help you to stay slim, energized and healthy. Whole foods in their utter simplicity, beans need only a few added ingredients to make a complete and healthy meal in no time.



Beans come in a vast array of colours, shapes and sizes, each with a unique flavour and texture. Beans are the basis of some of the most exotic, satisfying and easy to prepare meals served everywhere. Convenient and healthy, they are available dried, canned and frozen. Favourites include black beans, chickpeas, adzuki, kidney, split peas, and all of the different coloured lentils.

GREAT WAYS TO INCORPORATE BEANS AND LEGUMES INTO YOUR MEALS AND SNACKS...

- Prepare chili, stews and soups
- Purée beans as the base for dips and spreads, example hummus
- Purée beans and use as baby food adding to whole grains and vegetables
- Add chickpeas or black beans to salads
- A great vegetarian source of protein, replace animal protein in recipes with beans...substitute ground beef in tacos with mashed black beans.

PREPARATION

- Rinse beans in cold water
- Soak, overnight, in large pot covering beans with at least 2 inches of water
- After soaking, drain and rinse the beans discarding soaking liquid
- Cover them with fresh water again with 2 inches of water above the beans
- Bring the pot to a boil, reduce heat and simmer gently, partially covered to prevent foaming, until tender. The cooking time depends on the type of bean, but start checking after 45 minutes.
- Add more water if the beans become uncovered
- Beans are done when they are tender, and still a bit chewy but not hard/tough

Dried beans are very economical and freeze well for later use. Canned beans, when rinsed well, are interchangeable in recipes and add convenience. One pound of dried beans yields about 5 or 6 cups of cooked beans. A 15 ounce can of beans equals approximately 1 ½ cups cooked beans.



FOOD

..... OF THE

MONTH

BEANS & LEGUMES

VEGETARIAN CHILI

Serves ?



INGREDIENTS:

- | | |
|---|---|
| <input type="checkbox"/> 1 Tbsp Extra-virgin, cold pressed olive oil | <input type="checkbox"/> 1 19 oz can red kidney beans, rinsed and drained |
| <input type="checkbox"/> 1 onion, chopped | <input type="checkbox"/> 1 28 oz can diced tomatoes |
| <input type="checkbox"/> 2 cloves garlic, minced | <input type="checkbox"/> 1-2 Tbsp chilli powder |
| <input type="checkbox"/> 1 cup mixed veggies (red or green bell peppers, celery, mushrooms, and zucchini) | <input type="checkbox"/> ½ tsp cayenne pepper |
| | <input type="checkbox"/> Salt and pepper to taste |

DIRECTIONS:

Over medium heat in pot add olive oil, onion and garlic. Sauté for 3 minutes. Add veggies and sauté for 5 minutes until veggies are slightly tender. Add half the can of tomatoes. Add beans, veggie ground round and spices and stir. If chili looks dry, add more tomatoes as needed. Chili should be thick and not too liquidy. Turn down to low heat, cover pot, and let simmer for half hour to 45 minutes.

SPICY BLACK BEANS & TOMATOES

Serves 8, perfect for freezing



INGREDIENTS:

- | | |
|---|--|
| <input type="checkbox"/> 1 tsp. Olive oil | <input type="checkbox"/> ½ tsp. cumin |
| <input type="checkbox"/> 1 small onion, chopped | <input type="checkbox"/> ½ tsp. ground red pepper |
| <input type="checkbox"/> 2 cloves garlic, minced | <input type="checkbox"/> ¼ tsp. chili powder |
| <input type="checkbox"/> 2-3 fresh tomatoes, chopped | <input type="checkbox"/> 1 Tbsp. chopped fresh cilantro or parsley |
| <input type="checkbox"/> 1 green chili, diced | |
| <input type="checkbox"/> 2 cups home cooked black beans or a 15 oz. can of black beans, drained and rinsed well | |

DIRECTIONS:

- 1** Sauté chopped onion and minced garlic in olive oil over medium heat until tender.
- 2** Add tomatoes and green chili. Reduce heat and cook uncovered for 6-8 minutes or until thickened.
- 3** Stir in beans and remaining ingredients.
- 4** Cover and heat 5 minutes more.