

Dry Beans, Peas and Lentil Varieties



Black-eyed peas— also called cowpeas, are really a bean. They are creamy white in color with the identifying black spot.



Kidney beans—are large, red beans shaped somewhat like a kidney. These beans add a bright red color to many American dishes from salads to chili.



Lentils—are a small brown or red legume which cooks quickly without pre-soaking. They are used in soups, salads and casseroles.



Lima beans—cooks up to be the largest bean. However, there are several small versions called Fordhooks, butt-beans or baby lima beans.



Navy beans—this smaller white bean was a mainstay of the old navy diet. There are many regional and ethnic varieties of white bean. Cannelli beans, Yankee beans, pea beans, marrow beans, and flageolets are other types of white beans.



Split peas—are simply whole peas split in half with skins removed. They are quick cooking and do not need pre-soaking.



Pinto beans—so named because of its speckled skin and they are similar to pink beans in flavor and texture. Both are used in Mexican cooking and can be used interchangeably in most recipes with kidney beans.



Great northern beans—are a standard crop of the northern and mid-section of the United States. They are mid-sized, versatile, and almost always available. Great northern beans can be interchanged with

all the other beans in recipes.

Canning Beans, Peas and Lentils

Canning vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. A pressure canner is needed for canning vegetables. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices and processing times for vegetables refer to the National Center for Home Food Preservation at: www.uga.edu/nchfp



Equivalents:

1 pound dry beans = 2 cups dry beans and 5-6 cups cooked beans

1 can (15-1/2 ounces) beans = 1-2/3 cups cooked beans

For more information contact your local University of Idaho Extension Office or visit www.uidaho.edu/extension www.uidaho.edu/extension/twinfalls

Developed by University of Idaho Extension Educators:
Rhea Lanting, Twin Falls County, Grace Wittman, Cassia County,
Donna Gillespie, Minidoka County and Lyle Hansen, Jerome County

Dry Beans, Peas and Lentils

Dry beans, peas and lentils are a good, inexpensive, source of nutrients. They are easy to store and prepare.



Beans



Lentils

Beans, peas and lentils are an excellent source of protein. They are high in fiber and very low in cholesterol, salt and fat. They are also a very good source of calcium, iron, folic acid and potassium.

The University of Idaho provides equal opportunity in education and employment on the basis of race, color, religion, national origin, gender, age, disability, or status as a Vietnam-era veteran, as required by state and federal laws.

Let's Eat Beans and Lentils!

Quick Bean and Cheese Enchiladas Main Dish

Ingredients

2 cups cooked pinto, pink, or small red beans
 1/2 cup bottled salsa or picante sauce
 8 corn tortillas
 1/2 pound low-fat cheddar cheese, divided
 1 can (20 ounce) enchilada sauce
 Garnish Optional: shredded lettuce and low-fat sour cream

Directions

Mash beans with salsa. Spoon bean mixture down center of each tortilla, dividing evenly. Cut half of cheese into 8 sticks. Place one stick over beans on each tortilla. Roll tortilla to enclose. Place seam-side down in greased shallow baking dish. Pour enchilada sauce over all. Grate remaining cheese and sprinkle over sauce. Bake in preheated oven, 350° F for 16 minutes. Top with lettuce and sour cream.

Notes: For low-fat alternative to sour cream, use cottage cheese pureed with a little yogurt.

Resource: *Idaho Bean Commission*
 Find more recipes at: <http://bean.idaho.gov/recipes>



Storing Dried beans, peas and lentils

Dry beans, peas and lentils can be stored for a relatively long period of time. They can be stored in an unopened plastic bag in which they are sold. If the bag has been opened, transfer the beans to an air-tight glass or metal container and store in a cool, dry place—preferably not the refrigerator. Quality can be maintained for 6-12 months. During storage, they may either take on or lose moisture, which will affect the soaking and cooking time.

Cooking dry beans in a crockpot

Sort beans, checking for rocks, dirt, etc. Rinse well. Combine 2 cups beans and 8 cups water in the slow cooker. Cook on low for 6 to 8 hours (or overnight) until beans are soft. Cooked beans, peas or lentils keep up to 5 days in the refrigerator and also freeze well. Freeze extras in freezer containers or freezer bags.

Beans can be used interchangeably in recipes, although some require longer cooking time than others. There are also differences in texture, flavor, size and color.

Dry Bean Cooking Hints

Before cooking, start by thoroughly washing dry beans in cold water and inspect for damaged beans, rocks, dirt, etc.

Soak beans in 3 to 4 times as much water as beans (methods given below). Soaking is not absolutely necessary. If you choose not to soak your beans, a crockpot or slow cooker is a good way to cook unsoaked beans.

To cook: Add 6 cups hot water and 2 cups beans (optional—add 1 tablespoon shortening, oil or margarine to reduce foaming) and boil gently with lid tilted until tender. Simmer beans slowly. Cooking too fast can break skins.

Acid and salt slows down cooking time, add acidic foods such as tomatoes, vinegar, etc. last. Add salt only during the last 1/2 hour of cooking time. For dishes calling for ham hocks, put the ham hock in at the beginning for flavor and add extra cooking time.

To reduce the gas commonly formed by eating beans try using the spice cumin or a purchased gas reducing enzyme product such as Beano®. Split peas and lentils do not need to be soaked.

Soaking Methods

Freezing cooked beans

Traditional Soaking Method	Quick Soaking Method
To 1 pound of dry beans add 6 cups cold water in a pot large enough to allow beans to expand 2-1/2 times. Cover with a lid. Let stand overnight or 6-8 hours in the refrigerator. Drain, rinse and add enough water to cover and cook.	To 1 pound of beans, add 6 to 8 cups hot water in a pot large enough to allow beans to expand 2-1/2 times. Heat, let boil 3 minutes, cover, and set aside for 1 hour. Simmer until tender.

Allow the cooked dried beans to cool to room temperature, about 1 hour after you remove them from the heat. Use an airtight container or a freezer bag. Portion the beans out to the size of your family, or a typical serving so you don't have to defrost the entire batch when you want to serve it. Place the smaller portions in an airtight container or freezer bag and remove as much air from the container as possible by squeezing the excess air out. Close the container or bag and place in the back of the freezer where it is the coldest. Be sure to label the container with date and contents. Use the beans within three months after freezing in a conventional freezer or six months after freezing in a deep freezer. Lentils and peas may also be frozen. Follow directions for freezing cooked beans.

