

BEANS/LEGUMES HANDOUT

Food Storage Goal: Obtain your family's 3 month supply of all beans.

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WHY STORE BEANS: Beans are an important part of your 3 month supply and your 12 month food storage supply. Canned beans and dried beans can be easily incorporated into your family's diet. With canned beans you can make chilis, soups, stews, dips, enchiladas, etc. Besides canned beans, it is important to have an adequate supply of dried beans. Dried beans will last up to 30 years and will provide an important source of protein to your family's diet. Dried beans can be ground into flour, cooked and pureed, and used in the place of oil in baked recipes, or boiled and used in some of your family's favorite meals/soups. The uses of beans are endless!

SHELF LIFE OF BEANS: Dried beans will last nearly forever! Scientific studies on vitamin loss in dried beans during prolonged storage could not be found. The other nutritional components (proteins, carbohydrates, minerals, etc) also remained unchanged during long term storage. (Info from USU Extension Services)

HEALTH BENEFITS OF BEANS: Beans are an outstanding source of protein—the highest in the seed family (even more so than wheat). Wheat averages a protein level of 8-16% whereas beans have an average protein level of 22%. They contain all essential amino acids, except methionine. Methionine can be obtained from corn, rice, or meat. When you pair beans with one of these items (such as rice) you then have a complete protein, which will sustain life. Beans are also an excellent source of fiber, starch, minerals and some vitamins.

HOW TO STORE BEANS: Canned beans can be kept on a shelf for 2-3 years. Dried beans can be stored in #10 cans (from the LDS Dry Pack Cannery), in Mylar bags or for less expensive storage they can be stored in food grade plastic containers. You can empty the dried beans into a plastic bucket or you can keep them in their original packaging within the bucket—either way will work just fine. You may also want to place an oxygen packet inside the bucket for optimal storage.

HOW TO COOK & USE DRIED BEANS: Typically, 3 cups of water is needed for every 1 cup of dried beans to hydrate. Allow beans to soak overnight and then rinse them in clean water. To cook beans, cover rehydrated beans with water in a stock pot. Simmer for 2-4 hours until beans are tender. Once tender they can be spiced and used in cooking recipes. As dried beans age the seeds become harder. This results in longer rehydration and cooking times. At some point, the seeds will no longer rehydrate and in that case must be ground as bean flour. One study found that small amounts of baking soda can help soften beans during soaking. (USU Extension Research)

TYPES OF BEANS Black Beans Red Kidney Beans White/Northern Bean Pinto Beans Refried Beans Canned Chili/Chili Bean Garbonzo Beans Pork n' Beans

Visit our blog (www.dealstomealsblog.com) to learn more bean basics & get delicious recipes for the following: *How to grind bean flour, bean puree, & use in baking. *White Bean Choco Chip Cookies *Southwestern Egg Rolls *Spicy Bean Dip *Black Bean Enchiladas *White Chicken Chili *Black Bean Brownies *MUCH MORE!

For more details on food storage, emergency preparedness, cooking and meal plans, visit us at: www.dealstomealsblog.com and www.dealstomeals.com . Enjoy!