

Canned beans are nutritional powerhouses. They are high in fibre, low in fat and are a good source of protein. Eating beans can lower blood cholesterol, help with weight management and blood sugar control.

Don't count beans out because they are canned. You can continue to get the great taste, convenience and nutritional benefits of canned beans by following a common food preparation practice: draining and rinsing. This simple step reduces the sodium content of canned beans by more than 40%.¹ You can also purchase no-salt-added canned beans.



1

Open a can of beans, pour the contents into a colander and drain for two minutes.



2

Rinse the beans under taps water for at least 10 seconds.



3

Allow beans to drain for two more minutes.

¹ Jones JB, Mount JR. Sodium Reduction in Canned Bean Varieties by Draining and Rinsing. 2009; Institute of Food Technologists Conference Poster. Anaheim, California

Just Add Beans!

With canned beans in your pantry,
the culinary possibilities are endless.

Add a handful of black beans to your usual pizza toppings

Add 1 cup (250 mL) of your favourite beans to spaghetti sauce instead of ground beef. This lowers the fat and increases the fibre.

Add beans to quesadillas along with other fillings you enjoy.

Mix 1/2 cup (125 mL) of black beans into 1 cup (250 mL) of your favourite salsa. Add some chopped cilantro and a squeeze of lime juice for an easy party dip.

Include 1 cup (250 mL) of your favourite beans to any salad for a different twist.

Include 1/3 cup (75 mL) of black, white or romano beans with an omelette to add protein and fibre.

Add 1/2 cup of beans to soups to increase the protein.

Add 1 cup (250 mL) of beans to 3 cups (750 mL) of rice to make a tasty, complete protein.

Blend a 19 oz (540 mL) can of black or white beans, 1/2 cup (125 mL) low fat ranch dressing, 1/2 tsp (2 mL) cumin and 2 cloves of garlic to make a **Five Minute Dip**.

Mix cornmeal, mashed white beans, brown rice and sunflower seeds together to make **Bean Burger** patties.



Five Minute Dip



Bean Burgers



Old Fashioned Bean Soup



Bean & Sweet Potato Tacos

For recipes and information visit ontariobean.on.ca

