

Canned Bean Preparation

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



1 Beans of your choice

Black, red, kidney, navy the options are endless.



2 Drain

Pour the contents into a colander and drain. Aquafaba* is the thick water in which beans have been cooked. You can reserve this liquid and use in various recipes.



3 Rinse

Rinse the beans under tap water for at least 10 seconds and allow to drain for two more minutes. Rinsing the beans before use removes 40% of the salt, as well as reduces the carbohydrates that can cause gas.



4 Add to your favourite recipes

Prepare a delicious recipe like the [Tex-Mex Bites](#).

COOKING TIPS

*Aquafaba can be reserved and used as an egg substitute in meringues, mayonnaise, and batters. It is also great for emulsifying, and thickening soups, stews and sauces.



Do more with beans at
betterwithbeans.ca

