

How to Blend Beans

Beans are economical, versatile and grown right here in Canada (Ontario, Manitoba and Alberta). Whether they are canned or dried, all varieties of beans are easy to cook with and are easy to disguise for less adventurous eaters. Add beans for a boost of nutrients that provide energy, and will keep you and your family fuller, for longer.



1 Beans of your choice

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



2 Add whole, chop or mash

Add beans whole or, for the not so adventurous eaters, chop with a knife to help match the consistency of the ground meat.



3 Blend

Add in any remaining recipe ingredients and blend until well combined.



4 Cook

Cook according to recipe directions. Prepare a delicious recipe like this [Salisbury Steak with Mushroom Gravy](#).

COOKING TIPS

- Black beans and kidney beans make great additions to ground beef dishes as they tend to match in colour when cooked.
- Add navy beans or other white beans great northern, cannellini or white kidney to ground chicken and turkey.



Do more with beans at
betterwithbeans.ca

