

SDSU

Extension



In season:



Summer

Beans

Dakota: Cehbe'ca

Lakota: omníča

Pick it!

When buying fresh, select slender, no thicker than a pencil; if too mature, the seeds will be visible through the pod.

Store unwashed beans in plastic bag. Keep for 3 days.

Shell/dried beans are allowed to mature and harvested. Dried beans come in many colors, shapes, sizes and can be stored for months.

Wash just before preparation, drain well. Trim off ends using knife.

Fresh beans may be eaten raw in salads, cooked as a side dish or as part of a main dish.



Try it!

Stir-frying preserves nutrients; boiling and microwaving also common.

When boiling, cook, covered about 4 minutes, cooking one pound or less at a time.

Dried beans are soaked to absorb water and will become double to triple their size; cook to make them edible and digestible



Types of Beans

Edible Pod Beans: called string beans or snap beans, include yellow, purple and green

Shell beans: Dried and shelled, includes lima, kidney, pinto, or canned beans

Edamame: Fresh or frozen shell bean, eaten as whole pods or shelled fresh beans



Did you know...

Beans and legumes are good sources of manganese. Manganese is important to break down carbohydrates and helps grow cartilage.

Like it!

Green Beans with Tomatoes

Ingredients

- 1 ½ pounds fresh green beans
- 1 large ripe tomato, cored and chopped
- ½ cup onion, chopped
- 1 clove garlic
- 2 Tablespoons olive oil
- 1 potato, cubed
- Salt and pepper to taste
- 1 cup water

Directions

Wash the green beans and trim the stem ends. Set them aside. Wash the tomato and core it. Leave skin on. Heat the olive oil in a non-stick pan. Sauté the onions for one minute. Add garlic and tomatoes and cook for another minute. Add the green beans and toss into the mixture. Add the potato. Season with salt and pepper. Pour in water, cover, and let simmer for 10 minutes or until potato is tender. Serve hot. (Frozen green beans can be substituted for fresh. Fresh tomato can be replaced with 1 can of diced tomatoes. Frozen onions can be used in place of fresh onion.)

Yield 6 servings

Nutrition Facts per Serving:
Calories 100; Fat 5g; Cholesterol 0mg; Sodium 20mg;
Carbohydrates 13g; Fiber 4g; Sugar 4g; Protein 3g

Dakota Perspective (Beans)

Dakota: Cehbe'ca Lakota: omniča

A favorite amongst many tribes, this plant produced two types of seeds, one below ground and one above ground, the one produced below ground was about the size and shape of a lima bean and contained everything needed to sustain life.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.

Bean Dumplings

Ingredients

- 2 ½ cups whole grain blue or yellow cornmeal/masa/hominy/grits
- 2 cups Boiling water
- 1 (15.25 oz) can cooked brown or red beans
- ½ tsp salt

Directions

1. In a large pot, stir together cornmeal and boiling water until there are no lumps. Cook for 3 minutes over low heat, stirring constantly.
2. Rinse and drain beans. Add beans and salt to moistened cornmeal. Stir well.
3. Shape corn dough into small balls.
4. Drop the corn balls gently into a large pot of boiling water. Reduce heat to low and simmer the dumplings gently until cooked to the center, about 30 minutes

*To keep the dough from sticking to your palms, wet your hands with cold water before rolling each ball. While cooking the dumplings, do not let the water come to a fast boil, as they may fall apart.

*Variations: Stir in sliced scallions, whole corn kernels, roast red peppers, minced jalapeños, ground cumin or garlic powder for extra flavor.

Yield 8 servings (3 pieces each)

Nutrition Facts per Serving:
Calories 136; Fat 1.3g; Cholesterol 0mg; Sodium 244mg;
Carbohydrates 28g; Fiber 3.6g; Sugar 4g; Protein 3.9g

Sources: <https://eatfresh.org/recipe/side-dish/bean-dumplings#.XRpUjvZFyM9>

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