



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Beans

Dakota: Cehbe'ca

Lakota: omníčá



Pick it!

Select slender beans that are no thicker than a pencil.

Try it!

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

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Beans

Dakota: Cehbe'ca

Lakota: omníča

Pick it!

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

Store unwashed beans in a plastic bag, for up to a week, in the refrigerator.

Shelled/dried beans have been allowed to mature and then 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 a 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 are also common.

When boiling, cook, covered about 4 minutes, cooking 1 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, minced
- 2 Tablespoons olive oil
- 1 potato, cubed
- Salt and pepper to taste
- 1 cup water

Directions

1. Wash the green beans and trim the stem ends. Wash the tomato; core and chop it. Leave skin on. Set both aside.
2. Heat the olive oil in a non-stick pan.
3. Add onions and saute for 1 minute.
4. Add garlic and tomatoes and cook for 1 minute.
5. Add the green beans and potatoes and toss into the mixture.
6. Season with salt and pepper.
7. Pour in water, cover and let simmer for 10 minutes or until potato is tender.
8. 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

Bean Dumplings

Ingredients

- 2 ½ cups whole grain blue or yellow cornmeal/masa/hominy/grits
- 2 cups boiling water
- 1 (15.25 ounces) can cooked brown or red beans
- ½ teaspoon 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: eatfresh.org/recipe/side-dish/bean-dumplings/

Dakota Perspective (Beans)

Dakota: Cehbe'ca

Lakota: omníča

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 translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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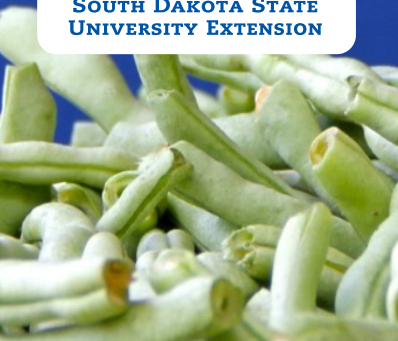
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- Select fresh beans no thicker than a pencil; if too mature, seeds will be visible through pod.
- Store unwashed beans in a plastic bag for up to 3 days.
- Shell/dried beans have been allowed to mature, then harvested. There are many varieties. Can be stored for months.
- Wash before preparation, drain well, trim off ends.
- Eaten raw in salads, cooked in stir-fry, boiled (4 minutes) and microwaved.
- Dried beans will double to triple their size when soaked in water. Cook to make them edible and digestible.

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Green Beans with Tomatoes

Ingredients

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

Directions

1. Wash the green beans and trim the stem ends. Wash the tomato and core it. Leave skin on. Set both aside.
2. Heat the olive oil in a non-stick pan.
3. Add onions and sauté for 1 minute.
4. Add garlic and tomatoes and cook for 1 minute.
5. Add the green beans and potatoes and toss into the mixture.
6. Season with salt and pepper.
7. 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.)

Yields 6 servings

Nutrition Facts per Serving:

Calories 100; Fat 5g; Cholesterol 0mg; Sodium 20mg; Carbohydrates 13g; Fiber 4g; Sugar 4g; Protein 3g

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Bean Dumplings

Ingredients

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

Directions

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

Yields 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

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Sampling Display Instructions

Green Beans with Tomatoes

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Fresh green beans	¾ pound	1 pound	1 ½ pounds
Ripe tomato, cored, chopped	1 small	1 medium	1 large
Onion, chopped	¼ cup	⅓ cup	½ cup
Clove garlic or garlic powder	1 small (or small pinch of powder)	1 small (or pinch of powder)	1 medium (or ⅛ teaspoon of powder)
Olive oil	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
White potato, cubed	1 small	1 small	1 medium
Salt and pepper	To taste	To taste	To taste
Water	½ cup	⅔ cup	1 cup

Directions:

1. Wash the green bean and trim the stem ends. Set them aside.
2. Wash, core and chop the tomato. Leave skin on.
3. Heat the olive oil in a non-stick pan. Sauté the onions in the oil for 1 minute.
4. Add garlic and tomatoes and cook for another minute. Add the green beans and toss the mixture.
5. Add the potato. (Peeled or unpeeled.)
6. Season with salt and pepper. Pour in water, cover and let simmer for 10 minutes or until potato is tender.
7. Transfer to a warmed slow cooker and keep warm while serving.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=Tv9loX-TzzxA



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Prepare Green Beans with Tomatoes. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated.
- Ask them if they use green beans often in their meals. Ask them if they could use this recipe.
- Point out that frozen or canned beans, tomatoes or potatoes can be used.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Bean Dumplings

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 dumpling serving			
Whole grain blue or yellow cornmeal, masa, hominy or grits	1 ¼ cups	1 ½ cups + 2 Tablespoons	2 ½ cups
Boiling water	1 cup	1 ⅓ cups	2 cups
Cooked brown or red beans, canned	¾ cup	1 cup	1 (15.25 ounces) can
Salt	¼ teaspoon	¼ teaspoon	½ teaspoon

Directions:

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

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstQ



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Prepare Bean Dumplings. Place in slow cooker and transport to the store. Keep heated.
- Ask them if they use beans often in their meals. Ask them if they could use this recipe.
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