

Healthy Bean Recipes for Eating on a Budget

Kira Moneke | M.S. Student, Nutrition & Dietetics, South Dakota State University

Geb Bastian | Assistant Professor and SDSU Extension Nutrition and Health Specialist



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

**School of Health and Human Sciences
College of Education and Human Sciences**

Why Beans?

Beans are healthy for you.

Beans are unique because they are in both the Vegetable and Protein food groups. Beans are great sources of protein and fiber. They also have many vitamins and minerals like B vitamins, iron, copper, magnesium, manganese, zinc, and phosphorus. Beans are naturally low-fat and cholesterol-free. They are part of many heart-healthy diets like the Mediterranean diet¹ and the DASH (Dietary Approaches to Stop Hypertension) eating plan.² Having plenty of beans in your diet has been linked to lower risks of heart disease, high blood pressure, stroke, and type 2 diabetes.³

Beans are budget-friendly.

Beans are very affordable. They are often part of food programs like WIC and commodity foods. In 2025, when this book was written, many dried beans are less than \$2 per pound, and many canned beans (15 oz) are under \$1.50 in South Dakota grocery stores. When cooked, one pound of dry beans is the same as three to four cans of beans. This means you would have to pay \$3 in canned beans to get the same amount you would get from \$1 in dried beans. Also, dried forms have a long shelf life and do not require refrigeration. This makes beans a great pantry staple.

Beans are easy and useful to cook with!

Beans are a key food in many cultures. They are very versatile and can be used in many different types of recipes. They can be the star of the dish, or if you or your family don't like the taste or texture, beans can be hidden in foods too. You can even use the starchy water left over from cooking beans, called aquafaba, in recipes. This prevents food waste and allows you to get even more creative.

This cookbook highlights beans in both traditional and creative low-cost recipes for you and your family to enjoy. Try beans as part of your breakfast, lunch, supper, snack, or even as dessert!

¹ Mayo Clinic. Mediterranean diet for heart health. Accessed March 17, 2025. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

² National Heart, Lung, and Blood Institute. Following the DASH Eating Plan. Accessed March 17, 2025. <https://www.nhlbi.nih.gov/education/dash/following-dash>

³ Polak R, Phillips EM, Campbell A. Legumes: Health Benefits and Culinary Approaches to Increase Intake. Clin Diabetes. 2015;33(4):198. doi:10.2337/DIACLIN.33.4.198

Table of Contents

Bean Recipes at a Glance	5
General Guide for Cooking Dried Beans	6
Black Beans	9
Oven Roasted Sweet Potato and Black Bean Hash	11
Frijoles Negros (Cuban Black Beans)	12
Black Bean Salsa	13
Cannellini Beans	15
Creamy Parmesan Beans	17
Pizza Bean Casserole	18
Tropical Bean Smoothie	19
Chickpeas/Garbanzo Beans	21
Baked Ziti with Spinach and Chickpeas	23
Creamy Thai Chickpea Bowl	24
Apple Blondies	25
Chocolate Aquafaba Ice Cream	26
Eggless Birthday Cake	27
Great Northern Beans	29
White Bean Burgers	31
White Bean Muffins	32
Blueberry Baked Oatmeal	33
Kidney Beans	35
Bean Dip	37
Red Beans and Rice	38
Red Kidney Bean Brownies	39
Pinto Beans	41
Perfect Pinto Beans	43
Refried Beans	44
Cheesy Refried Bean Skillet	45
Salsa Pinto Beans	46
Pinto Bean Pie	47
Pinto Bean Fudge	48

Bean Recipes at a Glance

Bean recipes by type of dish

Breakfast/bread

- Tropical or Mixed Berry Bean Smoothie
- White Bean Muffins
- Blueberry Baked Oatmeal

Side dish

- Frijoles Negros (Cuban Black Beans)
- Creamy Parmesan Beans
- Easy Red Beans and Rice
- Perfect Pinto Beans
- Refried Beans
- Cheesy Refried Bean Skillet

Main dish

- Oven Roasted Sweet Potato and Black Bean Hash
- Creamy Parmesan Beans
- Pizza Bean Casserole
- Baked Ziti with Spinach and Chickpeas
- Creamy Thai Chickpea Bowl
- White Bean Burgers
- Easy Red Beans and Rice
- Perfect Pinto Beans
- Cheesy Refried Bean Skillet
- Salsa Pinto Beans

Dessert

- Apple Blondies
- Chocolate Aquafaba Ice Cream
- Eggless Birthday Cake
- Red Kidney Bean Brownies
- Pinto Bean Pie
- Pinto Bean Fudge

Snack

- Black Bean Salsa
- Tropical or Mixed Berry Bean Smoothie
- White Bean Muffins
- Bean Dip

General Guide for Cooking Dried Beans

Follow this general guide to prepare black beans, cannellini beans, chickpeas, great northern beans, kidney beans, pinto beans, and more using a slow cooker or stovetop.

Sort and Rinse

Spread the beans out on a clean surface like a baking sheet or plate, a few at a time. Carefully pick through them and discard debris like broken beans or stones. Put the beans in a strainer and rinse them well with cold water.

Pre-Soaking (Optional but Recommended)

Soaking dried beans before cooking helps reduce the cooking time and makes them easier to digest.

- **Overnight Soak:** Place the sorted beans in a large bowl. Cover them with at least 3 inches of water (about 8 cups of water for every 2 cups of dry beans). Let the beans soak for 8–12 hours. The beans will absorb the water and expand to 2-3 times their original size. Drain and rinse the beans before cooking.
- **Quick Soak (if short on time):** Put the beans in a saucepan and cover them with water (about 8 cups of water for every 2 cups of dry beans). Heat them on the stove and bring to a boil for 2 minutes. Remove the beans from the heat and cover the saucepan. Let the beans sit for 1 hour. Then, drain and rinse before cooking.
- **No Soak Option:** If you choose not to soak your beans, increase the cooking time by 1–2 hours. Be sure to sort and rinse the beans before cooking.

General Cooking Instructions

- **Slow Cooker Method:** Place the sorted and soaked beans in the slow cooker and cover them with about 2 inches of water. Set the slow cooker to LOW and cook according to the recommended times below. Check the water level occasionally to ensure that the beans are still covered with water. Add hot water if needed. The beans should be tender but not mushy when they are done cooking. If they are too firm, continue cooking in 30-minute increments. Once cooked, drain any excess liquid and use the beans as desired.

Slow Cooker Cooking Times (on LOW)

Bean	Time
Black beans	6-8 hours
Cannellini beans	6-8 hours
Chickpeas (Garbanzo beans)	7-9 hours
Great northern beans	6-8 hours
Kidney beans	7-9 hours
Pinto beans	6-8 hours

- **Stovetop Method:** Add the sorted and soaked beans to a large pot and cover them with at least 2 inches of water. Bring them to a boil. Once the beans come to a rolling boil, reduce the heat to a gentle simmer and cook according to the recommended times below. Cooking beans at a high temperature can cause more of the skins to split and come off the cooked bean. As the beans cook, foam may form on the surface. Skim the foam off with a spoon as needed and discard. More foam forms when the beans are boiling, so watch closely as the beans come to a boil. Stirring will help to prevent the foam from boiling over. Stir occasionally and check for tenderness after the minimum cooking time. If they are too firm, continue cooking and check every 15-30 minutes. Add more water if needed to keep the beans submerged. Once the beans are tender but not mushy, drain any excess liquid and use as desired.

Stovetop Cooking Times

Bean	Time
Black beans	60-90 minutes
Cannellini beans	60-90 minutes
Chickpeas (Garbanzo beans)	90-120 minutes
Great northern beans	60-90 minutes
Kidney beans	90-120 minutes
Pinto beans	90-120 minutes

Tips for Cooking Beans

- Use immediately, store in the refrigerator for up to 5 days, or freeze for up to 6 months. Thaw frozen beans in the refrigerator overnight before cooking so they keep their texture.
- You can always use beans you cooked from dry instead of canned beans. One 15-ounce can of beans is equal to 1 ½ cups of cooked beans.
- If your beans are too firm, cook them longer, checking every 15-30 minutes. If your beans are too soft, reduce the cooking time slightly in future batches.
- Hard water can increase the cooking time. Consider using filtered water if you can.
- For extra flavor, you can cook beans in vegetable or chicken broth instead of water. Look for low-sodium broths or make your own from scratch using scraps from previous meals.
- The starchy water that beans were cooked in is called aquafaba. You can save this water and use it in other recipes. For example, you can use it in place of vegetable broth or replace some of the liquid for cooking rice or pasta.

Most recipes in this book can be made without a blender. Mash the beans with a fork until they are broken up and smooth. Heating drained and rinsed beans for 30 seconds in a microwave helps make them softer to mash by hand.



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

**SOUTH DAKOTA STATE UNIVERSITY®
SCHOOL OF HEALTH AND HUMAN SCIENCES**

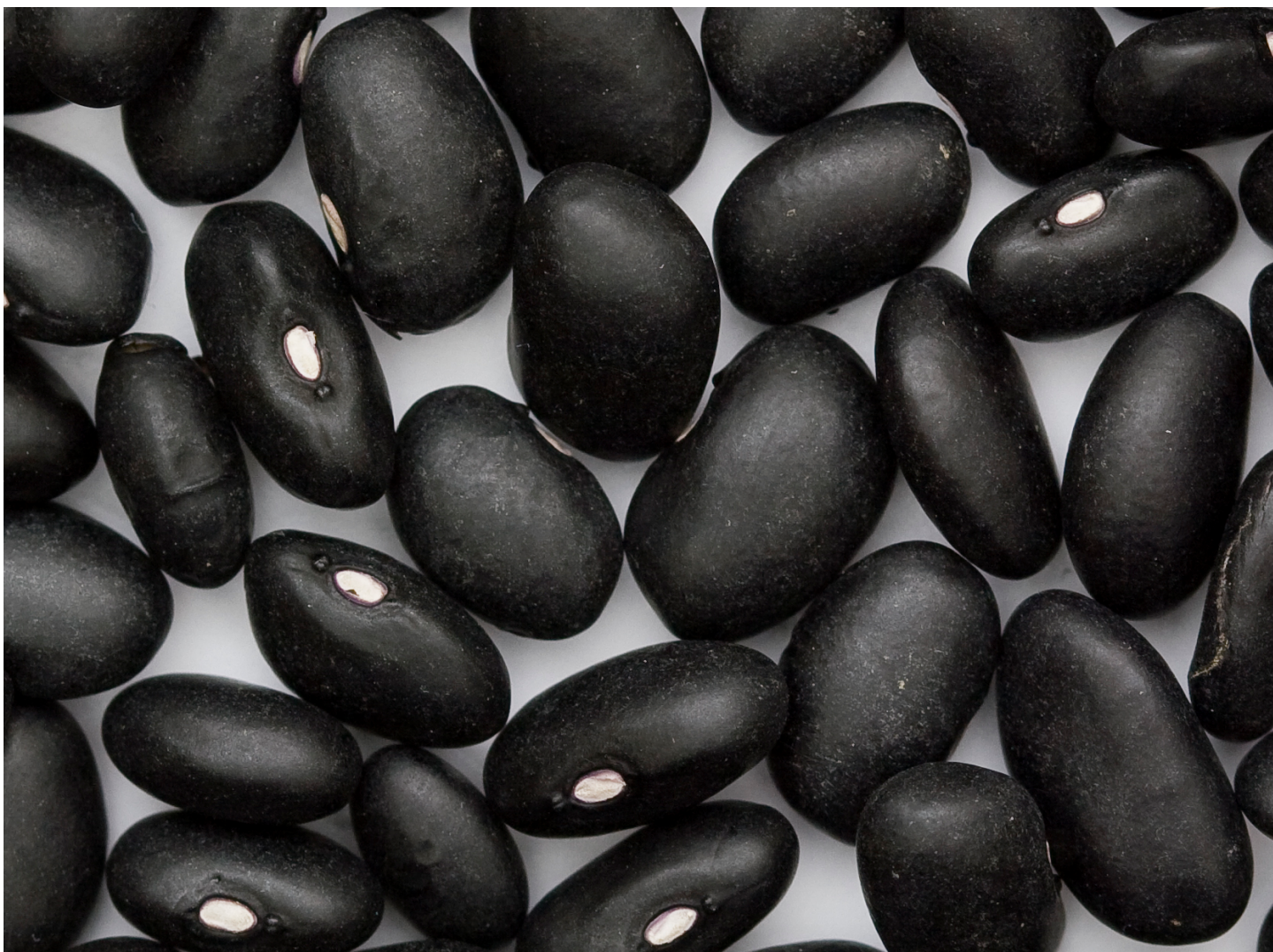
SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.

© 2025, South Dakota Board of Regents



Black Beans





Oven Roasted Sweet Potato and Black Bean Hash

Main Dish

Servings: 6

Equipment: oven, knife, cutting board, can opener, 2 large rimmed sheet pans, small mixing bowl, measuring spoons, measuring cups

Ingredients

- 2 tablespoons oil, plus more for greasing the pan
- 3 small-medium sweet potatoes, diced small ($\frac{1}{4}$ inch)
- 2 red onions, chopped ($\frac{1}{2}$ inch)
- 2 medium bell peppers, any color, chopped ($\frac{1}{2}$ inch)
- 2 (15-ounce) cans black beans, drained and rinsed
- 2 cups whole kernel corn, frozen or canned
- 4 teaspoons taco seasoning
- 3 teaspoons minced garlic
- 1 cup plain yogurt
- 2 tablespoons lime juice
- 1 bunch fresh cilantro, chopped (optional)

Directions

1. Preheat the oven to 425°F.
2. Lightly oil two large, rimmed sheet pans with about 1 tablespoon olive oil.
3. Divide the sweet potatoes, bell peppers, black beans, red onion, and bell peppers between the sheet pans.
4. Drizzle each pan with 1 tablespoon olive oil and stir to coat.
5. Sprinkle each pan with the taco seasoning and minced garlic. Toss the mixtures with your hands to combine.
6. Bake for 15 minutes, then take the pans out of the oven and stir.
7. Continue to bake for 15-20 minutes, or until the sweet potatoes are fork tender.
8. While the vegetables are baking, make the yogurt lime sauce by mixing the yogurt, lime juice, and optional chopped cilantro in a small mixing bowl.
9. Take the vegetables out of the oven and let them cool. Serve warm with the yogurt lime sauce.

Notes: The vegetables can be cut in advance and stored in the refrigerator until you are ready to assemble the dish. Be sure to dice the sweet potatoes into small pieces so all the vegetables finish cooking at the same time. If you want the bell pepper and onion to be softer, cut them into smaller pieces.

Adapted from: [DIY in PDX blog](#)



Nutrition Facts

6 servings per container

Serving size approx. 2 cups
(440g)

Amount per serving

Calories **690**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 153g **56%**

Dietary Fiber 40g **143%**

Total Sugars 19g

Includes 4g Added Sugars **8%**

Protein 37g

Vitamin D 0.5mcg **2%**

Calcium 350mg **25%**

Iron 8.9mg **50%**

Potassium 3430mg **70%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Frijoles Negros (Cuban Black Beans) **Say: Free-HO-lays NAY-gross**

Side dish

Servings: 6

Equipment: stove or burner, can opener, large pot with lid, knife, cutting board, measuring cups, measuring spoons, spoon

Ingredients

- 1 tablespoon oil
- 1 large yellow onion, sliced thin
- 2 green bell peppers, sliced thin
- 1 tablespoon minced garlic
- ½ teaspoon ground cumin
- 2 teaspoons dried oregano
- 2 bay leaves
- 2 (15-ounce) cans unsalted black beans, not drained
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons lime juice
- Cooked white rice for serving

Directions

1. Heat the oil in a large pot over medium-high heat.
2. Sauté the onion and bell pepper until they soften and begin to turn golden brown.
3. Push the onions and peppers to the edges of the pan. Add the garlic, cumin, oregano, and bay leaves to the center of the pan.
4. Cook and stir for about 1 minute until fragrant.
5. Add the undrained black beans and water to the pot. Lower the heat to medium low and cover the pot with the lid.
6. Simmer the mixture for 15-20 minutes, stirring occasionally.
7. Remove the bay leaves and discard.
8. Add the salt, ground black pepper, and lime juice.
9. Taste and season with more salt and lime juice as needed. Serve warm over hot cooked white rice.

Adapted from: [Sweet Tea & Thyme](#)



Nutrition Facts

6 servings per container
Serving size approx. 1 1/4 cups (252g)

Amount per serving

Calories **240**

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 41g	15%
Dietary Fiber 14g	50%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 4.1mg	25%
Potassium 650mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Black Bean Salsa

Snack

Servings: 10

Equipment: can opener, strainer, knife, cutting board, medium bowl, spoon, measuring cups, measuring spoons

Ingredients

- ½ medium onion, red, yellow, or white
- 2 jalapeños
- 2 (15-ounce) cans diced tomatoes
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup whole kernel corn, canned or frozen
- ½ teaspoon ground cumin
- 1 teaspoon salt
- 2 tablespoons lemon juice
- 1 ½ teaspoons minced garlic

Directions

1. Dice the onion and place into a medium bowl.
2. Finely dice the jalapeño and add to the onion.
3. Add the remaining ingredients to the bowl and stir to combine.
4. Cover and place in refrigerator for at least 2 hours to let the flavors combine.
5. Serve as a snack with tortilla chips or as a condiment with other Mexican dishes.

Notes: Adjust the heat and flavor by changing the amount of onion and jalapeños. Use petite diced tomatoes or cut the tomatoes into smaller pieces if desired.



Nutrition Facts

10 servings per container

Serving size 1/2 cup (151g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 18g 7%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 360mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cannellini Beans





Creamy Parmesan Beans

Main dish, side dish

Servings: 6

Equipment: stove or burner, can opener, knife, skillet, measuring cups, measuring spoons, spoon

Ingredients

- 2 teaspoons minced garlic
- 2 tablespoons oil
- 2 (15-ounce) cans Cannellini beans, drained but do not rinse
- ½ cup chicken broth
- ⅓ cup grated Parmesan
- ¼ teaspoon ground black pepper
- Salt to taste

Directions

1. Add the minced garlic and olive oil to a large skillet. Sauté over medium heat for about 1 minute or until fragrant.
2. Add the drained beans and vegetable broth to the skillet. Stir to combine.
3. Let the beans come to a simmer. Simmer for 10 minutes, stirring occasionally until they thicken slightly. For creamier results, you can smash a few beans as you stir.
4. Add the parmesan cheese and pepper to the skillet and stir to combine.
5. Add salt and more pepper to adjust the flavor as desired.
6. Serve hot. This will thicken as it cools.

Notes: This can be a side dish or a main dish served over rice. Beans alone do not have all the types of protein your body needs. Pairing them with rice can help make a “complete protein” for your meal.

Adapted from: [Budget Bytes](#)



Nutrition Facts

6 servings per container
Serving size approx 3/4 cup
(173g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 460mg **20%**

Total Carbohydrate 21g **8%**

Dietary Fiber 7g **25%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0.1mcg **0%**

Calcium 140mg **10%**

Iron 3mg **15%**

Potassium 300mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Main Dish

Equipment: oven, can opener, 9x13 inch pan, strainer, medium bowl, spoon or rubber scraper, measuring cups

- 2 (15-ounce) cans cannellini beans
- 1 (15-ounce) can butter beans, or other white bean
- 2 cups (16 ounces) marinara sauce or pizza sauce
- 2 cups pizza blend or mozzarella shredded cheese
- Favorite pizza toppings to taste (pepperoni, Canadian bacon, cooked Italian sausage, mushrooms, onions, black olives, green peppers, etc.)

1. Preheat the oven to 350°F.
2. Drain and rinse the beans and add to a medium bowl.
3. Add the marinara sauce and stir to coat the beans.
4. Spread the beans and sauce in an even layer in a 9x13-inch pan. Top evenly with cheese.
5. Add your favorite pizza toppings on top.
6. Bake for 20-25 minutes, or until the cheese is melted and the edges are bubbly.

Adapted from: Kira's daughter, Samantha



Serving size approx 1 cup
(230g)

Calories **240**

Total Fat 8g **10%**

Trans Fat 0g

Cholesterol 25mg	8%
-------------------------	-----------

Sodium 870mg **38%**

Total Carbohydrate 27g **10%**

Dietary Fiber 7g	25%
------------------	-----

Total Sugars 3g

Includes 0g Added Sugars	0%
--------------------------	----

Protein 14g

Vitamin D 0.1mcg	0%
------------------	----

Calcium 260mg	20%
---------------	-----

Iron 3.1mg	15%
------------	-----

Potassium 530mg	10%
-----------------	-----

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Tropical Bean Smoothie

Breakfast, snack

Servings: 3

Equipment: table knife, freezer, can opener, strainer, blender, measuring cups, measuring spoons, rubber scraper

Ingredients

- 1 very ripe banana
- 1 (15-ounce) can cannellini or great northern beans, drained and rinsed
- ½ cup milk of choice
- 2 teaspoons vanilla
- 1 (20-ounce) can of pineapple chunks or tidbits, canned in 100% juice
- 1 cup frozen mango OR frozen mixed berries

Directions

1. Peel the banana and cut into about 10 chunks.
2. Place the banana chunks in a single layer on a freezer-safe plate and freeze for at least 2 hours.
3. Add the beans, milk, and vanilla to the blender and puree until very smooth, scraping the sides as needed.
4. Add the frozen banana, the whole can of pineapple with juice, and mango or mixed berries into the blender.
5. Blend on high until smooth.
6. Pour into glasses and serve cold.

Notes: Choose low-sodium beans if possible. If you only have salted canned beans, rinsing the beans well will remove some of the sodium so the smoothie is not too salty. This smoothie can be made without freezing the banana, but it will have a thinner, creamier texture and won't be as thick or chilled.

Adapted from: [A Legume A Day](#)



Nutrition Facts

3 servings per container
Serving size approx 1 3/4 cup
(464g)

Amount per serving

Calories **300**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 520mg	23%
Total Carbohydrate 69g	25%
Dietary Fiber 10g	36%
Total Sugars 42g	
Includes 14g Added Sugars	28%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.3mg	15%
Potassium 640mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Chickpeas/Garbanzo Beans





Baked Ziti with Spinach and Chickpeas

Main Dish

Servings: 6

Equipment: oven, can opener, large stock pot, measuring cups, large spoon, 9x13 baking pan

Ingredients

- 16 ounces whole wheat penne or ziti pasta
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 (32-ounce) jar spaghetti or marinara sauce
- 1 cup cottage cheese
- 2–4 cups baby spinach leaves
- 1 ½ cups shredded Monterey Jack or mozzarella cheese

Directions

1. Preheat the oven to 400°F.
2. Boil the pasta according to the package directions. Drain and add back to the pot.
3. Stir the noodles, chickpeas, sauce, cottage cheese, and spinach together in the pot. Add half the pasta mixture to a 9x13 baking pan and cover with half the shredded cheese.
4. Spoon the rest of the pasta mixture into the baking pan and top with the remaining shredded cheese.
5. Bake for 20-25 minutes, or until the dish is heated through and the cheese is melted.

Notes: If the spinach leaves are large, roughly chop them or rip them into smaller pieces.

Adapted from: [She Likes Food](#)



Nutrition Facts

6 servings per container
Serving size approx 2 1/2 cups
(346g)

Amount per serving

Calories **530**

% Daily Value*

Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1040mg	45%
Total Carbohydrate 80g	29%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0.2mcg	2%
Calcium 320mg	25%
Iron 3mg	15%
Potassium 820mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Creamy Thai Chickpea Bowl

Main Dish

Servings: 6

Equipment: Stove or burner, can opener, strainer, blender, rubber scraper, measuring cups, measuring spoons, large saucepan, spoon, additional pots and equipment to cook vegetables and rice

Ingredients

For the Sauce

- 1 (15-ounce) can cannellini beans, rinsed and drained
- $\frac{2}{3}$ cup creamy natural peanut butter (see notes if using regular peanut butter)
- 2 tablespoons low-sodium soy sauce or coconut aminos
- 3 tablespoons lime juice
- 2 tablespoons brown sugar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ cup water

For the Bowl

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 4-6 cups vegetables, cooked: any combination of broccoli, cauliflower, green beans, onions, mushrooms, water chestnuts, etc.
- 3-6 cups cooked rice, warm (1-2 cups uncooked white rice, cooked according to package directions)
- Optional toppings: fresh cilantro, crushed peanuts, toasted sesame oil

Directions

1. Combine all sauce ingredients in a blender until smooth and creamy. Scrape down the sides as needed. If the sauce is too thick, add 1 tablespoon of water at a time until the desired consistency is reached.
2. Pour the sauce into a large saucepan, add the drained chickpeas, and stir to coat.
3. Cook over medium heat for 5-10 minutes, stirring occasionally, until the sauce is heated through and begins to bubble around the edges.
4. Assemble the bowls by placing $\frac{1}{2}$ -1 cup cooked rice in each of 6 bowls, then divide the cooked vegetables evenly among the bowls.
5. Spoon the warm chickpea and sauce mixture over the top.
6. Top with fresh cilantro, crushed peanuts, or a drizzle of toasted sesame oil, if desired. Serve immediately.

Notes: Natural peanut butter is made from just peanuts and salt. You can also use regular peanut butter if you want, just reduce the amount of brown sugar used. If you want a spicier sauce, you can add more red pepper flakes. Nutrition Facts are based on 5 cups cooked vegetables and 3 cups cooked rice.

Adapted from: [My Quiet Kitchen](#) and [Eat with Clarity](#)



Nutrition Facts

6 servings per container

Serving size approx **2 $\frac{1}{4}$ cups (476g)**

Amount per serving

Calories **550**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1180mg **51%**

Total Carbohydrate 81g **29%**

Dietary Fiber 13g **46%**

Total Sugars 14g

Includes 4g Added Sugars **8%**

Protein 21g

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 6.4mg **35%**

Potassium 750mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Apple Blondies

Dessert

Servings: 9

Equipment: oven, can opener, strainer, blender, medium bowl, small bowl, spoon, measuring cups, measuring spoons, knife, cutting board, 8x8 baking pan

Ingredients

- 2 tablespoons sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg (optional)
- 1 cup old-fashioned oats
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 (15-ounce) can chickpeas, drained and rinsed
- ¾ cup unsweetened applesauce
- ¼ cup creamy peanut butter
- 1 tablespoon vanilla
- 1 cup diced apple
- Non-stick baking spray

Directions

1. Preheat the oven to 350°F.
2. Grease an 8x8 baking pan and set aside.
3. In a small bowl, mix the sugar, ½ teaspoon cinnamon, and optional nutmeg and set aside.
4. Put the oats into the blender and blend on high for at least 60 seconds to make a flour. A few whole oats are okay.
5. Pour the oat flour into a medium bowl and stir together with 1 teaspoon cinnamon and baking powder.
6. Add chickpeas, applesauce, peanut butter, and vanilla to the blender and puree until smooth, scraping the sides as needed.
7. Add the chickpea mixture to the oat flour and stir to combine.
8. Stir the diced apple into the batter and spread evenly into the prepared pan.
9. Sprinkle the cinnamon sugar mixture over the batter.
10. Bake for 50-60 minutes until a toothpick comes out clean.

Adapted from: [Delicious Dietitian](#)



Nutrition Facts

9 servings per container

Serving size 1 piece (100g)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 38g **14%**

Dietary Fiber 6g **21%**

Total Sugars 13g

Includes 3g Added Sugars **6%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.1mg **6%**

Potassium 280mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Chocolate Aquafaba Ice Cream

Dessert

Servings: 6

Equipment: freezer, can opener, strainer, hand-held mixer, measuring cups, measuring spoons, small bowl, whisk, freezer-safe medium clear bowl with lid, rubber scraper

Ingredients

- 1 cup coconut milk
- ¼ cup cocoa powder
- ¾ cup aquafaba (liquid from a can of chickpeas or from chickpeas cooked from dry)
- ½ teaspoon cream of tartar
- 1 tablespoon vanilla extract
- 1 ½ cups powdered sugar

Directions

1. In a small bowl, whisk the cocoa powder and coconut milk until smooth and set aside.
2. Pour aquafaba through a strainer into a medium-sized freezer-safe mixing bowl and sprinkle with cream of tartar.
3. Beat at high speed with a hand-held mixer for 6 minutes until very fluffy and the bubbles are small and even.
4. Add vanilla and beat for another minute.
5. While beating the aquafaba on high, slowly add the powdered sugar a few tablespoons at a time until it is well blended and has stiff peaks.
6. Beat for 2 more minutes. Using a rubber scraper, gently fold the chocolate coconut milk into the beaten aquafaba a little at a time. Do not over stir or you will deflate the ice cream.
7. Immediately place in freezer for at least 4 hours to freeze completely.

Notes: Use a clear bowl so you can see if any aquafaba is still liquid before adding the vanilla, and make sure the coconut milk is fully mixed in. A clean, empty gallon ice cream bucket works great for this. Straining the aquafaba makes sure that there are no small chunks of chickpeas in the finished ice cream. Make sure to beat the aquafaba for the recommended times to ensure it is fluffy enough.

Adapted from: [The Hidden Veggies](#)



Nutrition Facts

6 servings per container
Serving size **approx 1 cup**
 (107g)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 35g **13%**

Dietary Fiber 1g **4%**

Total Sugars 31g

Includes 30g Added Sugars **60%**

Protein 1g

Vitamin D 0.4mcg **2%**

Calcium 80mg **6%**

Iron 0.8mg **4%**

Potassium 100mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Eggless Birthday Cake

Dessert

Servings: 12

Equipment: hand mixer, medium bowl, measuring cups, rubber scraper, any size baking pan

Ingredients

- 1 (15-ounce) box cake mix
- ¼ cup oil
- 1 cup water
- 9 tablespoons aquafaba (liquid from a can of chickpeas or from chickpeas cooked from dry)
- Frosting and decorations, as desired

Directions

1. Preheat the oven to 350°F.
2. In a medium bowl, combine the cake mix, oil, water, and aquafaba.
3. Mix according to the package directions.
4. Bake as directed on the cake mix box.
5. Let the cake cool completely before frosting and decorating as desired.

Notes: A stand mixer can be used instead of a hand mixer. This cake will be very moist. The recipe substitutes 3 tablespoons of aquafaba per whole egg called for on the cake mix package.



Nutrition Facts

12 servings per container

Serving size 1 piece (74g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 300mg 13%

Total Carbohydrate 34g 12%

Dietary Fiber 1g 4%

Total Sugars 19g

Includes 19g Added Sugars 38%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.1mg 10%

Potassium 190mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Great Northern Beans





White Bean Burgers

Main Dish

Servings: 8

Equipment: blender, can opener, strainer, medium bowl, fork or potato masher, large skillet

Ingredients

- ½ cup old-fashioned oats
- 2 (15-ounce) cans Great Northern beans, drained and rinsed
- 1 large egg
- 4 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt
- oil for frying
- 8 hamburger buns, optional
- Burger toppings, optional

Directions

1. Using a blender, process the oats into a flour.
2. In a medium bowl, combine the oat flour, 1 can of beans, egg, garlic, Italian seasoning, and salt. Mix until well combined but not completely smooth.
3. Add the second can of beans and lightly mash, leaving some chunks of beans. The mixture will be slightly sticky.
4. Place a large skillet over medium heat and add a thin layer of oil.
5. Divide the bean mixture into 8 equal portions. Spoon each portion into the heated skillet, shaping and flattening them to ½- to 1-inch thick patties.
6. Fry for about 5 minutes on one side until golden brown.
7. Flip, adding more oil if needed, and cook for another 5 minutes until cooked through. Cook the patties in batches if needed.
8. Serve with or without a bun and your favorite burger toppings.

Notes: Suggested toppings include mayonnaise, spinach or lettuce, tomato, red onion, and Swiss or pepper jack cheese. For a more typical burger flavor, omit the Italian seasoning and customize with classic burger toppings like ketchup, mustard, pickles, lettuce, or onion.

Adapted from: [Tin and Thyme](#)



Nutrition Facts

8 servings per container
Serving size 1 burger (120g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 460mg	20%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 1.6mg	8%
Potassium 260mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



White Bean Muffins

Bread, breakfast, snack

Servings: 12

Equipment: oven, can opener, strainer, blender, spoon, measuring cups, measuring spoon, 12-count muffin pan, muffin papers (optional), toothpick

Ingredients

- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 2 large eggs
- 1/3 cup honey or maple syrup
- 3/4 cup old-fashioned oats
- 1/2 cup peanut butter
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 cup chocolate chips

Directions

1. Preheat the oven to 375°F.
2. Line a 12-muffin tin with muffin papers or grease lightly and set aside.
3. Add the Great Northern Beans, eggs, and honey or maple syrup to a blender and blend until smooth.
4. Add oats, peanut butter, baking soda, cinnamon, vanilla, and salt to the blender and blend until smooth, stopping and scraping down sides occasionally.
5. Stir in chocolate chips by hand.
6. Divide the mixture among the 12 spaces in the tin.
7. Bake for 18-20 minutes or until a toothpick comes out clean.
8. Store the muffins covered on the counter for up to 4 days.

Notes: Almond butter works in place of peanut butter. Chocolate chips can be replaced with dried fruit or nuts, or a mixture for a total of 1/2 cup.

Adapted from: [The Lean Green Bean](#)



Nutrition Facts

12 servings per container

Serving size 1 muffin (80g)

Amount per serving

Calories **190**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 380mg **17%**

Total Carbohydrate 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 12g Added Sugars **24%**

Protein 6g

Vitamin D 0.2mcg **2%**

Calcium 30mg **2%**

Iron 1.2mg **6%**

Potassium 200mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Blueberry Baked Oatmeal

Breakfast

Servings: 9

Equipment: oven, can opener, strainer, fork or potato masher, microwave, large microwave-safe bowl, measuring cups, measuring spoons, 8x8 baking pan

Ingredients

- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 1 very ripe banana
- 1 ½ cups milk
- 1 ½ teaspoon vanilla extract
- ¼ cup brown sugar
- 2 cups quick oats
- 1 ½ teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups blueberries, fresh or frozen

Directions

1. Preheat the oven to 375°F.
2. Grease an 8x8 inch baking pan and set aside.
3. Add the beans to a large microwave-safe bowl. Heat them in the microwave for about 30 to 45 seconds to make them easier to mash.
4. Mash the beans with a fork or potato masher until no whole beans remain. They do not need to be smooth.
5. Add the banana to the beans and mash until well mixed.
6. Stir in the milk, vanilla extract, brown sugar, oats, cinnamon, baking powder, and salt.
7. Add 1 ½ cups of the blueberries and stir lightly to prevent squishing.
8. Spoon the bean-oat mixture into the greased pan. Sprinkle the remaining ½ cup blueberries over the top.
9. Bake for 45-60 minutes or until set in the middle and the edges are golden brown.
10. Let it cool slightly before cutting into 9 pieces.

Notes: Cannellini beans also work well in this recipe. Mixed frozen berries can be used instead of blueberries. Allowing the oatmeal to cool for 10 minutes before serving allows it to hold together better to serve in slices.

Adapted from: [A Legume A Day](#)



Nutrition Facts

9 servings per container

Serving size 1 piece (158g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 370mg 16%

Total Carbohydrate 36g 13%

Dietary Fiber 5g 18%

Total Sugars 12g

Includes 5g Added Sugars 10%

Protein 6g

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 1.5mg 8%

Potassium 300mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Kidney Beans





Bean Dip

Snack

Servings: 8

Equipment: can opener, strainer, bowl, measuring cups, measuring spoons, blender or food processor, rubber spatula

Ingredients

- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 tablespoon vinegar
- 2 tablespoons chicken broth, plus additional if desired
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon ground cumin
- 2 tablespoons onion, finely chopped
- 1 cup cheddar cheese, shredded
- Raw vegetables, tortilla chips, or crackers for serving

Directions

1. Place the beans, vinegar, chicken broth, chili powder, and cumin in a blender or food processor.
2. Blend until smooth, scraping down sides as needed.
3. If desired, add more chicken broth to make the dip easy to spread.
4. Scrape into a serving bowl. Stir in the chopped onion and grated cheese.
5. Serve with raw vegetables, tortilla chips, or crackers.

Notes: If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then, stir in the onion and cheese. Store tightly covered in the fridge for up to 4 or 5 days. Make this dip vegan by omitting the cheddar cheese or substituting dairy-free cheese and replacing the chicken broth with water or vegetable broth.

Adapted from: [U.S. Department of Agriculture](#)



Nutrition Facts

8 servings per container

Serving size approx 1/3 cup
(76g)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.1mcg	0%
Calcium 130mg	10%
Iron 1.3mg	8%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Red Beans and Rice

Main Dish

Servings: 6

Equipment: can opener, strainer, knife, cutting board, large skillet, measuring spoons, 2 serving spoons, large pot with lid, measuring cups

Ingredients

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 ½ teaspoons garlic powder
- 1 tablespoon smoked paprika or regular paprika
- 2 bay leaves (optional)
- 2 (14.5-ounce) cans diced tomatoes
- 2 (15-ounce) cans kidney beans, drained and rinsed
- 1 cup chicken broth
- 2 cups white rice
- 4 cups water
- Hot sauce for serving, if desired

Directions

1. Heat the oil in a large skillet over medium heat.
2. Add the chopped onion and green pepper and cook for 5 minutes or until tender.
3. Add the garlic powder, smoked paprika, bay leaves, diced tomatoes, kidney beans, and chicken broth. Bring to a simmer and cook for 20 minutes, stirring the bean mixture occasionally.
4. While the bean mixture simmers, bring rice and water to a boil in a large pot. When it reaches a boil, reduce the heat to low and cover. Cook rice for 15 minutes, do not stir or lift the lid. After 15 minutes, remove rice pot from the heat and let sit 5 minutes. Remove bay leaves from bean mixture. Mound cooked rice on plates and make a well in the center; spoon bean mixture into the well. Serve with hot sauce if desired.

Notes:

Adapted from: [USDA SNAP-Ed New York](#) and [USDA WIC Works Resource System](#)



Nutrition Facts

6 servings per container
Serving size approx 2 1/4 cups
(588g)

Amount per serving

Calories **430**

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	30%
Total Carbohydrate 87g	32%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.9mg	20%
Potassium 970mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Red Kidney Bean Brownies

Dessert

Servings: 9

Equipment: oven, can opener, strainer, blender, measuring cups, measuring spoons, rubber scraper, medium bowl, 8x8 pan

Ingredients

- ½ cup old-fashioned oats
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 tablespoon water
- ¼ cup creamy peanut butter
- 3 tablespoons unsweetened cocoa powder
- ¼ teaspoon salt
- ⅓ cup light brown sugar
- 2 tablespoons white sugar
- ¼ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- ½ cup chocolate chips

Directions

1. Preheat the oven to 350°F.
2. Using a blender, blend the oats into a flour for about 60 seconds.
3. Pour the oats into a medium-sized bowl. Add the salt, cocoa powder, and baking powder to the bowl and stir to combine.
4. Add the beans, vanilla, oil, white sugar, brown sugar, water, and peanut butter to the blender and puree until smooth, scraping the sides as needed.
5. Add the bean mixture to the oat flour mixture. Add the chocolate chips and stir by hand to combine.
6. Pour into a greased 8x8 pan and smooth the top.
7. Bake for 16-20 minutes.
8. Let the brownies cool for 15 minutes before serving.

Notes: Try other flavors of chips like butterscotch or white chocolate.

Adapted from: [A Legume A Day](#)



Nutrition Facts

9 servings per container

Serving size 1 piece (90g)

Amount per serving

Calories **260**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 15g Added Sugars **30%**

Protein 6g

Vitamin D 0.1mcg **0%**

Calcium 70mg **6%**

Iron 2mg **10%**

Potassium 330mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pinto Beans





Perfect Pinto Beans

Main dish, side dish

Servings: 12

Equipment: Stove or burner, stock pot, measuring cups, measuring spoons, knife, cutting board, large spoon

Ingredients

- 1 ½ pounds dry pinto beans, soaked overnight
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 3 thick-cut slices bacon, roughly chopped, optional
- 3 cloves garlic
- 2 bay leaves
- 1 medium onion, diced
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Directions

1. Cover the soaked beans with 1-2 inches water and add the chili powder, cumin, paprika, cayenne, bacon, garlic, bay leaves, onion, salt, and pepper.
2. Bring the beans to a boil. Reduce the heat to low and simmer for about 2 to 3 ½ hours until the beans are tender. Stir occasionally. If the water level drops below the beans during cooking, add more hot water as needed to keep them barely submerged.
3. Remove the bay leaves before serving.

Notes: These beans can be served as is or used in another savory recipe. They can also be mashed to make refried beans. Freeze the beans, whole or mashed, to use later; 1 ½ cups is about one 15 oz can. Note that old beans and beans that did not soak for long will take longer to become tender.

Adapted from: [Food Network](#)



Nutrition Facts

12 servings per container

Serving size **approx 1 cup
(75g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 170mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 9g **32%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 3.1mg **15%**

Potassium 830mg **20%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Side dish

Equipment: stove or burner, can opener, strainer, skillet, measuring cups, measuring spoons, knife, cutting board, sturdy spoon or potato masher

- 1 tablespoon oil
- ½ medium onion, diced small
- 2 teaspoons minced garlic
- 1 teaspoon chili powder
- 1 (15-ounce) can low-sodium pinto beans, drained and rinsed
- ⅔ cup low-sodium chicken broth, plus more if needed
- Salt and pepper, to taste

1. Heat the oil in a large skillet over medium heat.
2. Add the onion and sauté until tender.
3. Add the garlic and chili powder and cook for 1 minute more.
4. Stir in the beans and chicken broth and cook for about 5 minutes until the beans are warmed through.
5. Reduce the heat to low and mash the beans with the back of a sturdy spoon or a potato masher.
6. Add more chicken broth to moisten, if needed, or cook for longer if you want thicker refried beans.
7. Season to taste with salt and pepper.

Adapted from: [Food Network](#)



Serving size approx 1 cup
(75g)

Calories **230**

Total Fat 3.5g **4%**

Total Fat 3.5g **4%**

Saturated Fat 1g	5%
------------------	----

Trans Fat 0g

Cholesterol 5mg	2%
------------------------	-----------

Sodium 170mg	7%
---------------------	-----------

Total Carbohydrate 37g **13%**

Dietary Fiber 9g	32%
------------------	-----

Total Sugars 2g

Includes 0g Added Sugars	0%
--------------------------	----

Protein 13g

Vitamin D 0mcg	0%
----------------	----

Calcium 70mg	6%
--------------	----

Iron 3.1mg	15%
------------	-----

Potassium 830mg	20%
-----------------	-----

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cheesy Refried Bean Skillet

Main Dish, Side Dish

Servings: 8

Equipment: stove or burner, oven, knife, cutting board, can opener, strainer, oven-safe skillet, spoon, measuring cups, measuring spoons

Ingredients

- 2 tablespoons oil
- 1 medium onion, diced small
- 1 tablespoon minced garlic
- 1-2 jalapeños, diced fine
- 1 tablespoon chili powder
- 1 ½ teaspoon ground cumin
- 1 teaspoon paprika
- 2 (28-ounce) cans refried beans, or 7 cups cooked refried beans (see previous recipe)
- 2 cups cheddar cheese, shredded
- 2 cups Monterey Jack cheese, shredded
- 1 (14.5-ounce) can low-sodium chicken broth

Directions

1. Preheat the oven to 350°F.
2. Heat the butter or olive oil in a 12-inch oven safe skillet over medium-high heat.
3. Add the onion and sauté for 5 minutes until soft.
4. Add garlic and jalapeño and sauté for another 3 minutes.
5. Stir in the chili powder, cumin, and paprika and cook for 30 seconds, then remove the skillet from the heat.
6. Stir in the beans and chicken broth and mix until well combined.
7. Stir in the cheddar cheese.
8. Top with Monterey Jack cheese then bake for 20-25 minutes, or until the cheese is melted and the beans are warmed through.

Notes: Adjust the spice level by using more or less jalapeño or another spicy pepper.



Nutrition Facts

8 servings per container
Serving size approx 1 1/4 cups
(357g)

Amount per serving

Calories **460**

% Daily Value*

Total Fat 26g	33%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 700mg	30%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0.4mcg	2%
Calcium 490mg	40%
Iron 3.8mg	20%
Potassium 830mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Salsa Pinto Beans

Main Dish

Servings: 6

Equipment: stove or burner, can opener, strainer, skillet, measuring cups, measuring spoons, large spoon

Ingredients

- 1 tablespoon oil
- 2 cups chopped onion
- 1/8 teaspoon garlic powder
- 1 cup salsa
- 2 (15-ounce) cans low-sodium pinto beans, drained and rinsed
- 3 cups cooked rice

Directions

1. Heat the oil in a skillet over medium heat.
2. Add the onion and cook until soft and translucent.
3. Add the beans and salsa. Cook for 10 minutes to heat through, stirring often. Add a tablespoon or two of water if needed to prevent sticking.
4. Serve over cooked rice.

Notes: Adjust the spice level by choosing a salsa with a different heat intensity.

Adapted from: [U.S. Department of Agriculture](https://www.ars.usda.gov/research/programs/cr/research-topics/food-and-nutrition/food-and-nutrition-research/)



Nutrition Facts

6 servings per container
Serving size approx 1 1/4 cups
(333g)

Amount per serving

Calories **290**

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	30%
Total Carbohydrate 56g	20%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3.8mg	20%
Potassium 610mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pinto Bean Pie

Dessert

Servings: 12

Equipment: stove or oven, burner, measuring cups, measuring spoons, blender, rubber scraper, small saucepan, pie pan (or store-bought ready-to-fill pie crust)

Ingredients

- $\frac{2}{3}$ cup milk
- $\frac{1}{2}$ cup butter, room temperature
- 2 large eggs
- 1 $\frac{1}{2}$ cups cooked pinto beans
- 1 cup light brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon ground clove
- Pinch of salt
- 1 unbaked 9-inch pie shell, in a pie pan

Directions

1. Preheat the oven to 350°F.
2. Scald the milk in a small saucepan over medium heat until tiny bubbles form around the edges, but do not let it boil.
3. Remove it from the heat and add the butter, stirring until it is melted. Set aside to cool for 15–20 minutes.
4. In a blender, puree the eggs, beans, brown sugar, vanilla, cinnamon, nutmeg, allspice, clove, and salt until smooth, scraping down the sides as needed.
5. Add the cooled scalded milk and butter into the blender, then blend again until it is combined.
6. Pour the mixture into an unbaked 9-inch pie crust in a pie pan.
7. Bake for 1 hour, or until a knife inserted in the center comes out clean.
8. Let it cool for about 30 minutes before serving. Cover and refrigerate leftovers.

Notes: This is similar to a pumpkin or sweet potato pie. Many Pinto Bean Pie recipes use a can of evaporated milk and 3-4 eggs. This version is a little cheaper. If you do not have ground nutmeg, ground allspice, and ground clove you can use $\frac{3}{4}$ teaspoon pumpkin pie spice instead.

Adapted from: [Homesick Texan](#)



Nutrition Facts

12 servings per container
Serving size 1 slice (85g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 17g Added Sugars	34%
Protein 4g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 160mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pinto Bean Fudge

Dessert

Servings: 77

Equipment: can opener, strainer, measuring cups, measuring spoons, large bowl, blender or small food processor, rubber scraper, sifter, 7x11 pan, knife, cutting board, sturdy large spoon

Ingredients

- 1 cup cooked pinto beans, unseasoned
- ½ cup melted butter
- 1 tablespoon vanilla
- 1 pinch salt
- ¾ cup cocoa powder
- 2 pounds powdered sugar, sifted to break up clumps

Directions

1. Line a 7x11-inch pan with foil or lightly grease with butter and set aside.
2. In a blender, puree the beans, melted butter, vanilla, and salt until very smooth. Transfer to a large bowl.
3. Sift the cocoa powder over the mixture and stir until it is fully incorporated.
4. Gradually add the powdered sugar, mixing with a sturdy spoon.
5. If the mixture becomes too thick to stir, knead it with clean hands until smooth. It will be very firm.
6. Press the fudge evenly into the prepared pan and refrigerate for at least 2 hours before cutting it into 1-inch pieces.
7. Store covered in the refrigerator.

Notes: If desired, you can add ½ cup chopped nuts after the powdered sugar is thoroughly combined. A finer salt, like “popcorn salt,” will dissolve faster.

Adapted from: [Just A Pinch Recipes](#)



Nutrition Facts

approx 77 servings per container
Serving size 1 piece (17g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	2%
Potassium 20mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.