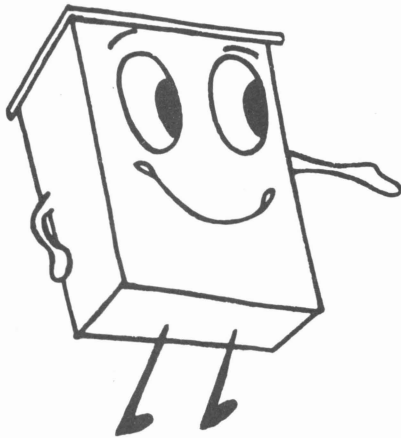




FAMILY NUTRITION NEWS

Dry Beans



Dear Homemaker,

Dry peas and beans are the best buy in the meat group. They are a good source of protein. Protein helps to build and repair tissue. Eat dry beans or peas with milk, cheese or small amounts of meat, fish and poultry to make sure you get all the protein you need each day. Everyone needs 2 servings daily of meat group foods.



Buy dry beans and peas in see-through packages. Look for dry beans and peas with bright uniform color, uniform size and no blemishes or damage. Store dry beans and peas in tightly covered containers in a cool, dry place.

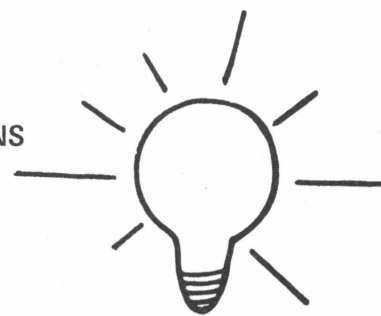
There is a recipe for using dry beans on the back of this page.

Sincerely,

Name and title



PREPARATION HINTS FOR DRY PEAS OR DRY BEANS



- Wash beans and peas first.
- Soak whole beans and peas before cooking to reduce the cooking time.

OR: Boil the peas or beans for 2 minutes then remove them from the heat and let soak for 1 hour before cooking.

- After soaking the vegetables, add 1 teaspoon of salt for each cup of dry beans or peas. Herbs, spices, onions or mint may also be added for flavor.
- Boil gently and avoid stirring to prevent skins from breaking.
- Use a big pot. One cup of dry beans will make 2 to 3 cups of cooked beans.

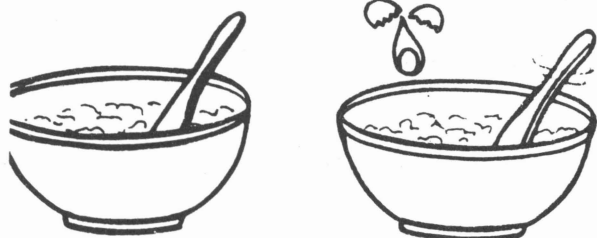
MORE INFORMATION . . .

BEAN PATTIES

2 cups cooked dry beans
1 egg

Fine, dry breadcrumbs
Fat or oil for frying

Mash beans. Beat egg and add to mashed beans. Shape into patties and roll in crumbs. Fry in fat until brown on both sides. Makes 4 servings.



Mixing in an egg.



Rolling bean patties
in breadcrumbs.



Frying patties.

Drink a glass of milk and eat some vegetables with your bean patties.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Karen Walker, former Extension foods and nutrition specialist, The Texas A&M University System.