Beans/Legumes

Quick Facts

- Beans are known for being high in fiber and water content which makes you feel fuller, longer. Eating beans is a good way to decrease overall calorie intake without feeling hungry.

- In one cup of beans there are about 12 grams of fiber (nearly half of the recommended daily dose!). Women should be consuming 21 to 25 grams of fiber a day and men should be consuming 30 to 38 grams per day.

- Beans are high in antioxidants. Some of the highest are: small red beans, red kidney beans, pinto beans, black beans, navy beans and black-eyed peas.

Shopping & Preparing

Beans can be found in most any grocery store, canned or dry. If you buy beans dry, you will need to soak them before cooking. Cooking dry beans can be time consuming, however they do not contain any added sodium like their canned counterparts. If you find that you don’t have the time to cook dry beans, try to buy reduced sodium beans or rinse the beans well before you cook or eat them because as with most canned food, beans have added preservatives to increase their shelf life.

Super Recipe – *Tuscan Vegetable Soup*

Serving Size

Makes 12 small bowls of soup (or 6 large bowls)

Ingredients

- 1 tablespoon olive oil
- 1 ½ cups finely chopped onion (about 1 large)
- 1 ½ teaspoon dried thyme (or 2 tablespoons chopped fresh thyme)
- 3 teaspoons minced garlic
- 4 cups coarsely chopped green cabbage
- 1 14.5-ounce can Italian-style stewed tomatoes
- 2 cups sliced celery
- 2 cups diced (½-inch pieces) carrots or baby carrots
- 8 cups low-sodium chicken broth (vegetable broth can be substituted)
- 3 cups diced (½-inch pieces) potato
- ½ cup chopped fresh basil
- 3 cups zucchini, sliced into half-moons (cut in half lengthwise, then cut into slices)
- 1 15-ounce can red kidney beans (white can be substituted), rinsed and drained
Preparation

1. Heat olive oil in large, nonstick saucepan over medium heat. Add the onion, thyme and garlic and sauté about 3-5 minutes.
2. Stir in the cabbage, the canned, stewed tomatoes (including liquid), celery and carrots, and sauté 8-10 minutes.
3. Stir in the chicken broth, potatoes, fresh basil, zucchini and kidney beans and bring to a boil. Reduce heat to a simmer, cover saucepan and let simmer about 1 hour.
4. Spoon into soup bowls.

Nutritional Information Per Serving (if 12 per recipe)

► 138 calories (calories from fat: 17%)
► 7g protein
► 24g carbohydrate
► 3g fat (0.9g saturated fat)
► 3mg cholesterol
► 7g fiber
► 113mg sodium

More Recipes from Jim Warner, Program Director, Food and Nutrition at Wexner Medical Center

Spelt Wheat, Pear & Watercress Salad

Weeknight Two-Bean Chili

Black Bean Salsa

Resources
