

# BEANS, LIGHT KIDNEY

## DRY

for use in the USDA Household Commodity Food Distribution Programs

02/04/03

### Product Description

Dried Light Kidney beans are U.S. grade 1.

### Pack/Yield

Light Kidney Beans are packed in 2-pound packages. A 2-pound bag of dry light kidney beans will yield approximately 24 half-cup servings after cooking.

### Storage

- Store dry beans in a cool, dry place off the floor. High temperatures cause hardening of the dry beans; high humidity may cause mold.
- Store cooked light kidney beans in a covered non-metallic container and refrigerate. Use within 2 days or freeze.

### Uses and Tips

- Cooked light kidney beans may be used in salads, soups, stews, casseroles and chili, or as a side dish. They are also good mixed with rice or noodles.
- Try seasoning light kidney beans with bay leaves, cayenne pepper, cilantro, garlic, oregano, parsley, thyme or Worcestershire sauce while cooking.

### Preparation

- Sort beans to remove foreign matter, such as small stones, dark or odd shaped beans. Rinse in a colander under cold water.
- Soaking not only makes the beans cook faster, but by discarding the soaking water, gas-causing compounds may be reduced.



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### Cooking

Use approximately 1¾ quarts boiling water for each pound of soaked beans to be cooked. Cook until tender for approximately 1 hour and 30 minutes. Add additional boiling water if beans become dry. Drain, if desired.

### Nutrition Information

- **Light Kidney Beans** are high in fiber, a good source of protein and iron, and are fat, sodium, and cholesterol free.
- ½ cup of cooked light kidney beans provides **1 serving from the MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP of the Food Guide Pyramid.**
- ⅓ cup of cooked light kidney beans provides 1 bread/starch diabetic exchange

*(See recipes on reverse side)*

Nutrition Facts	
Serving size ½ cup (84g) cooked light kidney beans without salt	
Amount Per Serving	
<b>Calories</b> 120	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Directions for Soaking Dry Light Kidney Beans

**Overnight method:** In a large pot, add dry beans to cold water. Cover. Let stand in refrigerator overnight. Drain and discard soaking water. Replace water and cook immediately after soaking period. Longer periods of soaking are not recommended.

**Quick soak method:** In a large pot, pour dry beans into boiling water and boil for 2 minutes. Remove from heat, cover and allow to set for 1 hour. Drain and discard soaking water and proceed with cooking.

### Simple Bean Pasta

2 cups light kidney beans, cooked  
 1 tablespoon canola oil  
 1 onion, chopped  
 1 cup carrots, diced  
 1 cup celery, diced  
 1 cup-15.5 ounce can peas, drained  
 1-10 ounce can low-fat cream of mushroom soup  
 1 cup fat free milk  
 3 cups egg noodles, cooked  
 1 teaspoon black pepper

1. In a large pan, heat canola oil; add onion and cook over medium heat for 5 minutes or until tender, stirring frequently.
2. Over medium-high heat, add carrots, celery, peas, cream of mushroom and milk; bring to a boil.
3. Reduce heat and simmer for 5 minutes.
4. Stir in beans, noodles and pepper.
5. Cook for 20 minutes over medium heat, stirring occasionally to prevent sticking.

*Modified recipe provided by American Beauty Recipe*

**Makes 4 servings**

#### Nutrition Information for each serving of Simple Bean Pasta:

Calories	400	Cholesterol	30 mg	Sugar	10 g	Calcium	180 mg
Calories from Fat	50	Sodium	1040 mg	Protein	19 g	Iron	5 mg
Total Fat	6 g	Total Carbohydrate	68 g	Vitamin A	623 RE		
Saturated Fat	1 g	Dietary Fiber	16 g	Vitamin C	18 mg		

### Delicious Side Dish

1½ cups dry kidney beans  
 2 teaspoons Tabasco sauce  
 2 teaspoons garlic clove, diced  
 ½ cup-15.5 ounce can whole kernel corn, drained  
 1½ cups white or wild rice, cooked  
 1 teaspoon ground oregano  
 1 teaspoon black pepper  
 1-15.5 ounce can tomatoes, undrained  
 ½ cup Parmesan cheese (optional)

1. Soak beans and cook according to package directions.
2. In a large skillet, heat tomatoes, garlic, corn, and oregano, approximately 15 minutes.
3. Add beans, rice, Tabasco sauce, and black pepper.
4. Reduce heat and cook for 10 minutes.
5. Optional: Sprinkle with Parmesan cheese.

**Makes 6 servings**

*Modified recipe provided by American Dry Bean Board*

#### Nutrition Information for each serving of Delicious Side Dish:

Calories	340	Cholesterol	0 mg	Sugar	5 g	Calcium	95 mg
Calories from Fat	10	Sodium	160 mg	Protein	15 g	Iron	6 mg
Total Fat	1 g	Total Carbohydrate	70 g	Vitamin A	59 RE		
Saturated Fat	0 g	Dietary Fiber	13 g	Vitamin C	10 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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