

# BEANS VEGETARIAN CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

04/05/04

## Product Description

**Canned Vegetarian Beans** are pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.

## Pack/Yield

Vegetarian beans are packed in a 15.5-ounce can, which yields about 3 ½-cup servings after cooking and draining.

## Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened vegetarian beans in a tightly covered nonmetallic container and refrigerate. Use within 2 days.

## Uses

- Serve vegetarian beans heated, or use in casseroles or in baked beans.
- Serve vegetarian beans with pork and chicken.

## Preparation

- Heat and serve vegetarian beans alone or use as directed in recipes.



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- Add onion, garlic, catsup, barbecue sauce, or mustard to vary the flavor of vegetarian beans.

## Nutrition Information

- **Vegetarian beans** are an excellent source of fiber.
- ½ cup of vegetarian beans provides 1 serving from the. **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

| <b>Nutrition Facts</b>                                   |                  |
|--|------------------|
| Serving size ½ cup (127g)                                |                  |
| Vegetarian beans, in sauce, heated                       |                  |
| Amount Per Serving                                       |                  |
| <b>Calories</b> 130                                      | <b>Fat Cal</b> 5 |
| % Daily Value*   |                  |
| <b>Total Fat</b> 0.5g                                    | <b>1%</b>        |
| Saturated Fat 0g   | <b>0%</b>        |
| <b>Cholesterol</b> 0mg                                   | <b>0%</b>        |
| <b>Sodium</b> 500mg                                      | <b>21%</b>       |
| <b>Total Carbohydrate</b> 26g                            | <b>9%</b>        |
| Dietary Fiber 6g   | <b>25%</b>       |
| <b>Protein</b> 6g  |                  |
| Vitamin A 4%   | Vitamin C 6%     |
| Calcium 6%   | Iron 2%          |
| *Percent Daily Values are based on a 2,000 calorie diet. |                  |

## Citrus-Salsa Baked Beans

2 (15.5 ounce) cans vegetarian beans, undrained  
1 cup mild or medium chunky salsa  
 $\frac{3}{4}$  teaspoon ground cumin (optional)  
 $\frac{1}{4}$  cup orange juice  
 $\frac{1}{2}$  cup light sour cream  
 $\frac{1}{4}$  cup thinly sliced green onions

*Recipe provided by allrecipes.com*

1. In a medium saucepan, combine beans, salsa, and cumin.
2. Heat over medium-high heat 5 to 6 minutes or until hot, stirring occasionally. Remove from heat; stir in orange juice.
3. To serve, spoon  $\frac{1}{2}$  cup bean mixture into each of 8 individual serving bowls. Dollop each serving with 1 tablespoon sour cream, and  $\frac{1}{2}$  tablespoon green onion.

**Makes 8 servings**

### Nutrition Information for each serving of Citrus-Salsa Baked Beans:

|                   |       |                    |       |           |        |         |       |
|-------------------|-------|--------------------|-------|-----------|--------|---------|-------|
| Calories          | 150   | Cholesterol        | 5 mg  | Sugar     | 6 g    | Calcium | 80 mg |
| Calories from Fat | 30    | Sodium             | 510 g | Protein   | 6 g    | Iron    | 0 mg  |
| Total Fat         | 3 g   | Total Carbohydrate | 24 g  | Vitamin A | 120 RE |         |       |
| Saturated Fat     | 1.5 g | Dietary Fiber      | 6 g   | Vitamin C | 6 mg   |         |       |

## Cowgirl Casserole

1 medium onion, chopped  
1 cup diced carrots  
1 red bell pepper, diced  
1 cup fresh, frozen, or canned (drained) green beans, cut in  $\frac{1}{2}$ " pieces  
1 cup canned or frozen corn  
1 (15.5 ounce) can vegetarian beans  
1 teaspoon barbecue seasoning  
1 tablespoon ketchup or tomato paste  
3 ounces Cheddar cheese, diced or shredded

*Recipe provided by bhg.com (Better Homes and Gardens)*

1. Preheat oven to 375°F.
2. In a non-stick skillet, sauté the onions, carrots, and pepper until soft but not browned.
3. Add the green beans and cook 5 minutes. Stir in corn, vegetarian beans, barbecue seasoning, and ketchup.
4. Cook 2 minutes or until heated through. Pour into a baking dish and scatter the cheese on top.
5. Cover and bake for 30 minutes or until casserole is bubbling and the cheese has melted.

**Makes 6 servings**

### Nutrition Information for each serving of Cowgirl Casserole:

|                   |     |                    |        |           |         |         |        |
|-------------------|-----|--------------------|--------|-----------|---------|---------|--------|
| Calories          | 190 | Cholesterol        | 15 mg  | Sugar     | 8 g     | Calcium | 150 mg |
| Calories from Fat | 50  | Sodium             | 420 mg | Protein   | 9 g     | Iron    | 0 mg   |
| Total Fat         | 5 g | Total Carbohydrate | 28 g   | Vitamin A | 2250 RE |         |        |
| Saturated Fat     | 3 g | Dietary Fiber      | 6 g    | Vitamin C | 48 mg   |         |        |

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

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