

# BEANS, GREAT NORTHERN DRY

for use in the USDA Household Commodity Food Distribution Programs

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## Product Description

Dried Great Northern beans are U.S. grade 1.

## Pack/Yield

Great Northern Beans are packed in 2-pound packages. A 2-pound bag of dry great northern 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 great northern beans in a covered non-metallic container and refrigerate. Use within 2 days or freeze.

## Uses and Tips

- Cooked great northern beans may be used in salads, soups, stews, casseroles and chili, or as a side dish. They are also excellent mixed with rice.
- Try seasoning great northern beans with bay leaves, cilantro, garlic, oregano, parsley, or thyme 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

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

*(See recipes on reverse side)*

Nutrition Facts	
Serving size ½ cup (86g) cooked great northern beans without salt	
Amount Per Serving	
<b>Calories</b> 100	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0.5g	<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> 19g	<b>6%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 7g	<b>14%</b>
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Directions for Soaking Dry Great Northern 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.

## Northeastron Soup

½ cup dry great northern beans  
1 (12 ounce) can tuna, drained  
1 (10.75 ounce) can condensed onion soup  
1 (15.5 ounce) can tomatoes, undrained  
½ cup carrots, sliced  
½ cup celery, diced  
⅓ cup parsley, chopped  
5 cups water  
1 cup dry macaroni  
1 tablespoon/serving Parmesan cheese (optional)

1. Soak beans using quick soak method and cook according to package directions; drain and set aside.
2. Combine tuna, soup, tomatoes, carrots, celery, parsley, and water in a large stew pot.
3. Cover and simmer over low heat for 1 hour.
4. Add macaroni and beans; cook for 30 minutes.
5. Optional: Sprinkle each serving with Parmesan cheese.

**Makes approximately 6 servings**

*Modified recipe provided by Diabetic Gourmet*

### Nutrition Information for each serving of Northeastron Soup :

Calories	230	Cholesterol	10 mg	Sugar	4 g	Calcium	66 mg
Calories from Fat	15 g	Sodium	570 mg	Protein	19 g	Iron	3 mg
Total Fat	2 g	Total Carbohydrate	36 g	Vitamin A	253 RE		
Saturated Fat	0 g	Dietary Fiber	5 g	Vitamin C	10 mg		

## Saucy Beans

⅔ cup dry great northern beans  
2 tablespoons canola oil  
1 onion, chopped  
¾ cup-15.5 ounce can tomato sauce  
2 whole tomatoes, chopped  
2 teaspoons dried basil  
1 teaspoon dried oregano  
½ teaspoon black pepper  
½ cup water

1. Soak beans using quick soak method and cook according to package directions; drain and set aside.
2. Pour oil in a skillet; Add onion and cook over medium heat for 5 minutes.
3. Add tomato sauce, tomatoes, beans, basil, oregano, pepper, and water.
4. Cook, uncovered, over medium-high heat for 15 minutes, stirring frequently.
5. Optional: Add bean mixture to rice or noodles.

**Makes 4 servings**

*Recipe provided by American Dry Bean Board*

### Nutrition Information for each serving of Saucy Beans:

Calories	200	Cholesterol	0 mg	Sugar	21 g	Calcium	76 mg
Calories from Fat	5 g	Sodium	15 mg	Protein	8 g	Iron	2 mg
Total Fat	1 g	Total Carbohydrate	42 g	Vitamin A	19 RE		
Saturated Fat	0 g	Dietary Fiber	8 g	Vitamin C	74 mg		

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

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