



## BEANS, GREAT NORTHERN, DRY

Date: March 2014

Code: 100380

### PRODUCT DESCRIPTION

- Dry great northern beans are U.S. Grade 1.

### PACK/YIELD

- Great Northern Beans are packed in a 2-pound package. A 2-pound bag of dry great northern beans will be about 24 servings (½ cup each) after cooking.

### STORAGE

- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container or plastic bag.
- Store cooked beans in a covered container that is not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Dry beans should be sorted to remove small stones or other foreign objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a pot or strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back for directions on soaking.*

Nutrient Values in the Nutrition Facts Label are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific

### USES AND TIPS:

- Cooked great northern beans can be used in salads, soups, stews, casseroles, and chili, or as a side dish.

### NUTRITION INFORMATION

- ¼ cup of beans counts as 1 ounce in the MyPlate.gov Protein Foods Group or as 1 ounce in the Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Great northern beans are low in fat, cholesterol free and provide more than 20% of the daily recommended amount of fiber.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (89g) great northern beans without salt, cooked

#### Amount Per Serving

**Calories** 104 **Calories from Fat** 0

#### % Daily Value\*

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 19 g	<b>6%</b>
Dietary Fiber 6 g	<b>24%</b>
Sugars 0 g	
<b>Protein</b> 7 g	

Vitamin A	0%	Vitamin C	2%
Calcium	6%	Iron	11%

\*Percent Daily Values are based on a 2,000 calorie diet.

## OVERNIGHT SOAK METHOD

Note: Make sure you use a pot large enough, since beans expand to double or triple their size when soaked and cooked.

### 1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

- Place beans in a pot and cover with water at least 3 inches above the beans.
- Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
- Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook slowly until tender –about 2 hours.
- You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

**Note:** For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

*Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council*

## FULL OF BEANS HOT DISH

### MAKES ABOUT 8 SERVINGS

#### Ingredients

- 2 cups great northern beans, cooked
- 1 pound ground beef
- 1 large onion, chopped
- ¼ cup brown sugar (or regular sugar)
- ½ cup ketchup
- 2 tablespoons vinegar
- ½ teaspoon black pepper
- 2 cups kidney beans, cooked, or 1 can (about 15 ounces) of kidney beans
- 1 can (about 15 ounces) vegetarian beans

#### Directions

- Preheat oven to 350 degrees F.
- In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
- Drain off and throw away any fat from the skillet.
- Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
- Place in casserole dish.
- Bake in oven for 1 hour.

#### Nutritional Information for 1 serving of Full of Beans Hot Dish

<b>Calories</b>	300	<b>Cholesterol</b>	50 mg	<b>Sugar</b>	16 g	<b>Vitamin c</b>	5 mg
<b>Calories from Fat</b>	70	<b>Sodium</b>	400 mg	<b>Protein</b>	25 g	<b>Calcium</b>	87 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	43 g	<b>Vitamin A</b>	10 RAE	<b>Iron</b>	4 mg
<b>Saturated Fat</b>	3 g	<b>Dietary Fiber</b>	9 g				

*Recipe provided by SNAP-ED Connection Recipe Finder*

## GARLIC BEAN SOUP

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 3 cups great northern beans, cooked
- 2 cups onion, chopped
- ½ cup celery, chopped
- 2 teaspoons garlic powder
- 2 tablespoons vegetable oil
- 2 cans (about 14 ounces each) low sodium chicken broth
- 1 can (about 15 ounces) carrots, sliced and undrained
- ½ teaspoon pepper

### Directions

1. In a large skillet, cook the onion, celery, and garlic in vegetable oil for 3 to 4 minutes on medium heat.
2. Add chicken broth and beans; heat to boiling.
3. Reduce heat and simmer until celery is tender, about 6 minutes.
4. Add canned carrots and pepper and heat another 2 minutes.

Nutritional Information for 1 serving (about 1 cup) of Garlic Bean Soup							
<b>Calories</b>	210	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	9 mg
<b>Calories from Fat</b>	50	<b>Sodium</b>	200 mg	<b>Protein</b>	11 g	<b>Calcium</b>	105 mg
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	31 g	<b>Vitamin A</b>	396 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	8 g				

*Recipe adapted from Dry Bean Council*