seven ways to eat beans

1 bean burritos

Make your own refried beans. Smash pinto beans and add cajun seasoning. Heat refried beans in a saucepan until warm. Top warm tortillas with beans, shredded cheddar cheese and salsa. Roll up and eat.

2 chicken and bean enchiladas

- Spread refried beans or black beans on tortillas. Top with cooked chicken and shredded cheddar cheese.
- Roll up and place in a baking dish. Cover with enchilada sauce.
- Bake in a 350° oven for 15 minutes. Serve with shredded lettuce and salsa.

3 chicken chili

2 chicken breasts
1 tablespoon oil
½ cup chopped onion
1 can (28 ounces) chopped tomatoes
2 cans (15 ounces) red or navy beans
drained and rinsed
3 cups water
2 chicken bouillon cubes
1 cup uncooked macaroni
½-1 teaspoon chili powder
¼ teaspoon black pepper

- Cut chicken into cubes. Heat oil in skillet. Add chicken and onion and cook for 5 minutes.
- Mix all of the ingredients in a large kettle.
- Simmer for 30 to 40 minutes.

4 add beans

- Add drained and rinsed pinto or red beans to Spanish Rice. Heat and eat.
- Add drained and rinsed garbanzo beans or black beans to your lettuce salad.
- Add northern beans to soups.
- Add red or northern beans to a can of baked beans.

Always **drain and rinse** canned beans before using in a recipe.

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5 easy bean dip

1 can refried beans
1 can (15 ounces) pinto beans
drained and rinsed
½ cup salsa
eddar cheese
s, salsa and
baking dish.
0° oven until
kle with cheese.

with
vheat crackers
es of carrots,
i and cauliflower.

6 alsa

ces)
11 ounces)
) diced
peppers.

e juice and
lsa if desired.
with Enchiladas,
a side dish.

asserole

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onion
and beans
pinto beans
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bine
king dish.
-60 minutes.

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heat.

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o make delicious
and your family!

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health care provider WIC110