

Title: Don't Know Beans About Beans?

Target Audience: Adult clients and caregivers of infants and children greater than 6 months of age.

Objectives: The client will:

1. Identify at least two types of beans by their appearance in the dry state.
2. Choose at least two ways to use beans in their family's meals

Teaching Materials Needed, Including Handouts:

1. Materials for interactive nutrition display including the components for the interactive activities chosen from the list below.
2. Handout materials on using beans in cooking
3. A variety of dried beans, peas and lentils

Advance Preparation Needed:

1. Set up interactive nutrition center in an area easily accessible with sufficient space for all the chosen activities.
2. Copy all handout materials for the clients attending the session
3. Make the bean variety wheel for the display. Cut a circle out of cardboard and mark pie shaped wedges on the circle. Glue different types of beans on each wedge. You may wish to make small signs to place next to each wedge identifying each bean type.
4. Make arrangements for any of the additional activities chosen from the list below. This may include preparing food items or soaking beans in advance.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, "What is one thing you will try to do, based upon what you learned today?" For example, "How could you use beans in your family's meals?"
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If the LA chooses, the client's goal can also be entered into KWIC.

Concepts and Key Points:

1. Beans are a good source of protein and fiber for family meals. They are low in fat and cholesterol and packed with vitamins and minerals.
2. Soaking beans can be accomplished two different ways, which can speed up their use at mealtime.
3. Beans can be mashed and fed to older infants and toddlers who may not eat meat because of its texture.
4. Beans are a low cost form of protein that can help stretch food dollars.
5. Beans will be tough if salt, sugar or acid ingredients such as tomatoes, lemon juice, vinegar or catsup are added before the beans are cooked tender.

Interactive Component: Choose one or more of the following to incorporate with the display:

1. Have several varieties of dried beans and peas available for clients to see. Have each sample marked with a number or letter. Provide the client with a sheet of paper and see how many they can identify. Offer a sample of a bean soup mix to each family who participates.
2. Provide a demonstration of the two methods to soak and cook dried beans. Provide a copy of the instructions for each method to clients.
3. Provide a large blank sheet of paper or a dry eraser board with the heading: "Ways to Use Beans". Have clients write down at least one way beans can be used in family meals.
4. Provide samples of some of the more unusual ways to use beans, such as snacking cake or side dishes. Have copies of the recipes available for clients to take home.
5. Provide a display of different types of protein. Have the clients guess which is the most economical source of protein for their families. Provide a card face down in front of each example showing the cost per serving.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Food demonstrations associated with the interactive center may be done with the assistance of your County Extension Office or through volunteers who would like to assist with nutrition education.

Lesson Plan Written By: Pat Dunavan, MS, RD, LD, 1997

Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2013, 2014

Lesson Plan Approved By:

Date:

Two Easy Ways to Soak Dry Beans

1. Clean the dry beans by sorting out unwanted material. Then rinse the beans with water.
2. **Method 1:** Soak the dry beans in a pan. Use 3 cups of water for every 1 cup of dry beans. A pound of beans is about 2 cups, so you would need 6 cups of water to soak them. Let the soaking beans stand overnight in the refrigerator.
3. **Even Faster:** You can quick soak dry beans by placing the water and beans in a pan. Bring this to a boil and then cook 2 minutes more. Remove the pan from the heat and let it stand for 1 hour.
4. Drain and rinse the beans. Cook the soaked beans in about 1 cup of water per cup of soaked beans. Bring them to a boil. Cover and reduce the heat. Simmer the beans 1 hour or until tender. Make sure to add more water to the pot as needed.



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Try These Tasty Recipes

No Work Meatloaf

1 14-16 ounce can Navy or Great Northern beans, drained , rinsed and mashed **OR** 2/3 cups dry Navy or Great Northern beans, cooked, drained, rinsed and mashed

1 pound lean ground beef

1 cup catsup

½ cup saltine cracker or bread crumbs

Mix all ingredients together, making sure to mix well. Put the mixture in a loaf pan. Bake at 350 degrees for 45 minutes. Leftover meatloaf makes great sandwiches, cold or hot.

Stove Top Baked Beans

½ -1 can Kidney beans, drained **OR** ½ cup dry Kidney beans, cooked and drained

1-15 ounce can pork and beans

1 large onion, chopped

4 tablespoons brown sugar

1 can Navy beans, drained and rinsed **OR** 2/3 cup dry Navy beans, cooked and drained

1 tablespoon oil

½ cup catsup

3 tablespoons prepared mustard

In a saucepan, cook chopped onion in the oil for 10 minutes or until tender. Add catsup, brown sugar, mustard and all the beans to the pan. Heat the mixture, stirring occasionally.

White Bean Salad

1 can Navy beans, drained and rinsed **OR** 2/3 cup dry Navy beans, cooked and drained

1 teaspoon sugar

½ cup chopped vegetables, such as green pepper, onion or tomatoes

1 tablespoon vinegar

1 teaspoon oil

Mix vinegar, sugar and oil together. Pour this mixture over the beans and vegetables. Mix and chill for a cool salad.

Bean Lasagna

2 medium onions, chopped	1 can (16 ounces) mushrooms
2 teaspoons oregano leaves	¼ cup chopped fresh parsley
2 cups cooked kidney beans	8 ounces uncooked lasagna noodles
4 ounces mozzarella cheese, grated	1 tablespoon minced garlic
2 teaspoons oil	1 teaspoon basil leaves
½ teaspoon salt	1 can (16 ounces) tomatoes
2 cups low fat cottage cheese	2 tablespoons Parmesan cheese

Saute' onions, garlic, and mushrooms in oil with oregano, basil, parsley and salt, stirring constantly. When onions look clear, stir in beans and tomatoes. Cover pan and simmer sauce for about ½ hour, until slightly thickened. Break up the tomatoes with a fork and stir sauce occasionally while simmering. Cook lasagna noodles in large pot of boiling water until tender. Rinse in cold water to prevent sticking together. Drain well. Preheat oven to 375 degrees. Assemble lasagna in a 9 x 13 inch baking dish using a third of each ingredient to layer (noodles, sauce, cheese). Continue layers, ending with cheese. Bake for 30-40 minutes or until heated through. Makes 12 servings.

Pinto Bean Muffins

2 eggs	¼ cup vegetable oil
1 cup mashed cooked pinto beans	2 teaspoons brown sugar
1 cup milk	1 teaspoon salt
2 cups flour	2 teaspoons baking powder

Mix dry ingredients. Beat eggs, mix with milk, oil, and mashed beans. Combine all ingredients mixing just enough to moisten dry ingredients. Fill muffin tins ½ full and bake at 400 degrees for 20 minutes or until golden brown. Serve hot. Makes 12 muffins.

Pinto Bean Pie

½ cup sugar	½ cup butter or margarine
1 heaping cup mashed cooked pinto beans	1 cup brown sugar
2 eggs, beaten	1 unbaked 9 inch pie shell

Optional: vanilla, nutmeg and cinnamon to taste

Blend sugar, eggs and butter until creamy. Add pinto beans and blend well. Add spices if desired. Pour into unbaked pie shell. Bake in 375 degree oven for 20 minutes, then at 350 degrees for an additional 25 minutes or until knife inserted comes out clean.

Moist Cocoa Lentil Cake

2 cups boiling water	2/3 cup washed lentils
¼ teaspoon salt	1 cup vegetable oil
1 teaspoon vanilla	4 tablespoons cocoa
½ teaspoon salt	1 ½ cups white sugar
4 large eggs	2 cups sifted flour
1 ½ teaspoons baking soda	

Add lentils and ¼ teaspoon salt to boiling water. Cover and simmer for 40 minutes. Drain, reserving liquid. Add ¼ cup of liquid back to lentils. Make puree in blender of lentils and water. Grease and flour a 9 x 13 inch baking pan. Mix sugar, oil, eggs and beat well for 2 minutes. Add vanilla and lentils to creamed mixture. Sift and add remaining ingredients. Beat for an additional 2 minutes. Pour into cake pan. Bake for 30 to 35 minutes at 350 degrees. Cool before frosting. Makes 12 servings.

Chili Bean Dip

1 can pinto or black beans, drained and rinsed **OR** 1 cup dried pinto or black beans, rinsed well and soaked overnight

1 tablespoon vinegar	1 teaspoon chili powder
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2 teaspoons minced onion

Drain the beans you soaked overnight. In a saucepan, cover the drained beans with plenty of fresh water. Bring to a boil and boil rapidly for 10 minutes. Reduce heat and simmer, covered for 40 minutes or until soft. Drain any water on beans. Blend all ingredients until smooth in blender or food processor. Serve warm or cold. Store in refrigerator. Makes 2 ½ to 3 cups.

Bean Chicken Salad

2 cups cooked chicken, cut into cubes

1 can drained and rinsed kidney beans **OR** 1 2/3 cups drained cooked dry kidney beans

½ cup sliced celery	1 small bottle of vinegar and oil dressing
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Combine all ingredients and mix well. Cover and chill thoroughly. Makes 4 servings

Lentil Soup

4 cups water	1 cup lentils
1 tablespoon salt	4 large onions, chopped
4 carrots, chopped	1 can (14 ounces) tomatoes
1 cup diced ham (optional)	¼ cup grated cheese

Combine water and lentils in large pot. Add salt, bring to a boil, reduce heat and simmer, covered for 1 hour. Add onions, carrots, tomatoes, and ham. Simmer covered for 1 hour or until lentils are tender. Before serving, sprinkle with cheese. Makes 8 servings.

Vegetarian Chili

2 cans kidney beans, drained and rinsed **OR** 2 ½ cups dry kidney beans, soaked and cooked

1 cup tomato juice or sauce	2 teaspoons minced garlic
1 ½ cups chopped onion	1 cup chopped celery
1 cup chopped carrots	1 cup chopped green peppers
2 cups fresh tomatoes, chopped	2 teaspoons chili powder
1 tablespoon oil	

Soak and cook beans. Saute' onion and garlic in oil. Add carrots, celery, and spices. When vegetables are almost cooked, add peppers. Cook until tender. Combine all remaining ingredients and cook on low heat for 30 minutes. Serve topped with grated cheese. Makes 8 servings.



Can You Name Those Beans?

Write your answers below:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

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Client Feed Back Form

1. What is one way you could add more beans into your family's meals?

2. What keeps you from using more dried beans in your family's meals? _____

3. Would you like to talk to a Nutritionist about how to use more beans in cooking for your family? YES _____ No _____

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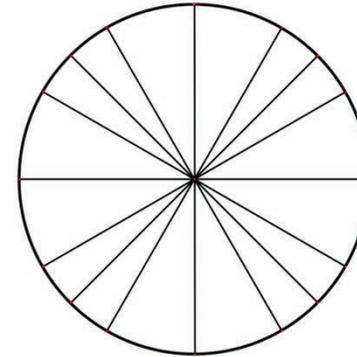
3. Would you like to talk to a Nutritionist about how to use more beans in cooking for your family? YES _____ No _____

Sample Layout—Use Your Own Graphics. Circle shown represents a circle on which beans, peas and lentils are displayed

Don't Know Beans about Beans???

Beans are Great!!

- ★ **Good Source of Protein**
- ★ **Great Source of Fiber**
- ★ **Low in Fat and Cholesterol**
- ★ **Packed with Vitamins and Minerals**
- ★ **Low Cost**



Try These Ideas!

- ★ **Use leftover chili as topping on baked potatoes**
- ★ **Add cooked, drained beans to any canned soup for extra protein, fiber, vitamins, and minerals and a terrific taste.**
- ★ **Add salt, sugar, or acid ingredients (like tomatoes, lemon juice, vinegar, catsup) after beans are cooked tender. If these ingredients are added too early, beans will get tough.**
- ★ **Fill a jar with your favorite dried beans. Use a ribbon to attach a recipe, note or pack of dry spices. This makes a quick gift for family or friends.**
- ★ **To save time, cook a full package of dried beans at one time. Cooked beans and bean dishes can be frozen in covered containers for up to 6 months.**

Use Your Bean

1 cup dry beans equals 3 cups cooked

1 pound dry beans (2 cups) equals 6 cups cooked

If your recipe calls for canned beans:

14 to 16 ounce can equals 1 $\frac{3}{4}$ cups cooked beans

16 to 17 ounce can equals 2 cups cooked beans