

# Recipe for

## COOKED DRIED WHITE BEANS

EQUIPMENT NEEDED large stockpot with lid, strainer

SERVES 4 ESTIMATED COST \$0.80 COST PER SERVING \$0.20

### INGREDIENTS

- 1 cup dry white beans (sorted, rinsed, and soaked overnight)
- 2 cups fresh water

### METHOD OF PREPARATION

1. Rinse soaked beans under running water.
2. Add beans and water to a large pot and bring to a boil.
3. Cover pot, reduce heat to low, and cook for 1 hour or until it reaches your desired tenderness. Occasionally check beans and add more water if needed.
4. Drain beans and use in salads, side dishes, or however you desire.  
Enjoy!

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### NUTRITION INFORMATION

#### White Bean Salad

### Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	152.7 kcal	8 %
<b>Total Fat</b>	4 g	6 %
Saturated Fat	0.5 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	537 mg	22 %
<b>Total Carbohydrate</b>	23.4 g	8 %
Dietary Fiber	6 g	24 %
Sugars	2.9 g	
<b>Protein</b>	5.8 g	12 %
<b>Vitamin A</b>	2 % • <b>Vitamin C</b>	81 %
<b>Calcium</b>	6 % • <b>Iron</b>	13 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### HEALTH BENEFITS

**Soaking Beans** – this method can help lower the amount of phytic acid which can reduce the body's absorption of various minerals. Also, soaking improves the digestion of beans reducing bloating and gas.

### HEALTH BENEFITS

**White Beans** – rich source of fiber and protein both of which will help you feel full longer. Also a great source of folate which helps produce red blood cells and is vital to the growth of a fetus during pregnancy.



#### References:

1. Recipe provided by Reanetta Perkins

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