



PantryPress



Easy Italian Soup

Makes # Servings

- 1 tablespoon olive oil
- 1 tablespoon onion powder
- 1 ½ teaspoons garlic salt
- 1 can mixed veggies
- 1 cup chicken broth
- ¾ cup water
- 1 can kidney beans, rinsed and drained (15 oz)
- 1 can spinach
- 1 can diced tomatoes (optional)
- ¼ teaspoon crushed red pepper
- 1 bay leaf
- 1 teaspoon oregano

DIRECTIONS

1. Heat oil in a 4-quart pot. Add onion powder, garlic salt and red pepper; cook for 5 minutes, stirring occasionally.
2. Add all other ingredients.
3. Bring to boil, reduce heat. Cover and simmer for 15 minutes.

Nutritional Information per serving:

- 172 calories
- 22.7 g carbohydrates
- 4 g fat
- 8 g protein
- 743 mg sodium
- 7.3 g fiber

RELATED RESOURCES:

https://www.latimes.com/subscriptions/digital.html?int_source=marketing_content&int_medium=TS&int_campaign=BFCM21

<https://www.foodsafetynews.com/2021/05/how-to-avoid-poisoning-from-red-beans/>

BEANS

Beans are a very versatile protein that are easy to add to your daily diet. Rich in fiber and magnesium, they are inexpensive to prepare, have many health benefits and can complement any meal. You can buy canned, frozen, or dried beans. Many people avoid cooking dried beans because they seem complicated, but they are really very easy to prepare. Below are some basic directions to get you started cooking beans. Did you know January 6th is national bean day? Celebrate by cooking a pot of beans and enjoy!

How to Cook Dried Beans

Step 1: Sort the Beans

Start by arranging dried beans on a sheet pan or clean kitchen towel. Remove and discard any shriveled or broken beans, and any debris.

Step 2: Wash the Beans

Place beans in a colander or strainer and rinse them under cold running water to wash away any dirt or dust.

Step 3: Soak the Beans

Overnight Soak: Put the beans in a pot and cover with water by about two inches. Add 2 tablespoons of salt per pound of beans and allow them to soak for 4 to 12 hours, or overnight. Drain and rinse the beans before cooking.

Short Soak: Put the beans in a pot on the stove and cover with water by two inches. Add salt and bring to a boil. Turn off the heat and let the beans soak for an hour. Drain and rinse the beans before cooking.

No Soak: Place the picked and washed beans into hot water and start cooking. Beans will take slightly longer to cook but will save the soak time and speed up your meal prep. Don't skip soaking red beans, especially kidney beans. Undercooked red beans can cause food poisoning.

Step 4: Cook the Beans

Place the beans in a pot. Cover them with at least two inches of water. Add salt if desired. Turn the heat to low and cover, stirring the beans occasionally. Never let the beans reach a rolling boil. A slow simmer brings out the best flavor. **Cooking time depends on the type of bean.** Most pre-soaked beans will take between 45 minutes and 2 hours to cook. Periodically taste the beans or mash them against the side of the pot to test for doneness.

How to Freeze and Reheat Cooked Beans

Step 1: Once the beans are cooked, allow them to cool and drain them completely.

Step 2: Transfer the beans to a freezer safe container or freezer bag. Remove all the air from the bag and write the date they were stored. The frozen beans should last in the freezer for up to 6 months.

Step 3: When ready to use, remove the beans from the freezer and thaw using a warm water bath or place them in the fridge a day before. Frozen beans can be added directly to recipes such as chili or rice and beans.

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