A New, Old Way of Cooking

Keeping it Nutritious, While Saving Time & Money

Why use a slow cooker?
1. It's delicious. Slow-cooked food retains flavor.
2. It's low-cost, costing only the same as burning an incandescent light bulb.
3. It's easy. You can leave it alone while you're out or asleep.
4. It's a good way to cook lower-cost tough cuts of meat.
5. It's good for you. Low-temperature cooking retains more vitamins in the foods.

Louisiana Crockpot Beans & Rice

Ingredients:
1 pound dry red beans
5 cups water
1 can (14 1/2 ounces) diced tomatoes, undrained
1 tablespoon Cajun seasoning
1 1/2 teaspoons hot pepper sauce
1 cup chopped celery
1 1/2 cups chopped onion
1 finely chopped green bell pepper
2 cloves chopped garlic
1/2 pound spicy smoked turkey sausage
4 cups cooked rice

Directions:
1. Soak beans.
2. Drain soaking water.
4. Cook on low for 8 hours.
5. Serve with cooked rice. Enjoy!

Makes 10 servings. Nutrition Facts: 200 calories, 3g fat, 1g saturated fat, 12mg cholesterol, 624mg sodium, 34g carbohydrate, 5g fiber, 10g protein, good source of vitamin C and iron.

For more information, contact your local county Cooperative Extension office or visit: www.uaex.edu

Arkansas Department of Human Services

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Printed by University of Arkansas Cooperative Extension Service Printing Services.

United States Department of Agriculture, University of Arkansas, and County Governments Cooperating – The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
Dry Beans, peas and lentils are low-cost substitutes for more expensive meat, poultry and fish. They are an excellent source of protein, fiber and many vitamins. Beans are a part of 2 food groups: the Vegetable group and the Lean Meat/Beans group. Health experts recommend eating several cups of dry beans, peas and other legumes each week.

The cost of a 15-ounce can ranges from about $0.80 to $1.20 per can. The cost is even less if you buy 1- or 2-pound bags of dry beans and cook them yourself.

Dry Beans & Peas Tips

To Store:
- Dry beans keep for years if stored in a tight container in a cool, dry place.
- Cooked beans – Store covered in a non-metallic container in the refrigerator for 2-3 days or frozen up to 6 months.

To Prepare:
- Rinse dried beans in a strainer. Throw away broken or shriveled beans.
- Soak beans (Note: Lentils and split peas do not need to be presoaked before cooking.)

Quick Soak: Bring 8 cups of water to boil. Add 1 pound of washed, sorted beans. Boil for 2 minutes. Remove from heat, cover and let stand 1 hour.

Overnight Soak: In a large bowl place 1 pound of washed, sorted beans in 6 cups of cold water and let them soak in the refrigerator overnight.

To Cook:
1. Drain soaked beans.
2. Place beans in a large pot with 6 cups of fresh water.
3. Bring beans to a boil. Reduce heat, cover and simmer beans until tender (1-2 hours).

How Many Beans?
1 cup of dry beans = 3 cups cooked
1 pound (2 cups) dry beans = 5 to 6 cups cooked
1 pound cooked beans will serve 6-8 people

Beans, peas and other legumes are mild-flavored and take on the flavor of seasonings and other foods in the recipe. This makes them a handy ingredient for appetizers, soups, stews, casserole, salads, sandwiches and even desserts.

- Try making a salsa or dip with black beans seasoned with garlic, cilantro, tomatoes and peppers as an appetizer.
- Make a three bean chili with black, kidney and pinto beans flavored with onions, peppers, tomatoes and chili powder.
- Stretch ground beef or turkey in tacos, spaghetti or other main dishes with black or red beans.