



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 (14½ ounces) diced tomatoes, undrained
- 1 tablespoon Cajun seasoning
- 1½ teaspoons hot pepper sauce
- 1 cup chopped celery
- 1½ cups chopped onion
- 1 finely chopped green bell pepper
- 2 cloves chopped garlic
- ½ pound spicy smoked turkey sausage
- 4 cups cooked rice

Directions:

1. Soak beans.
2. Drain soaking water.
3. Put beans and water in slow cooker. Add seasonings, vegetables and meat.
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

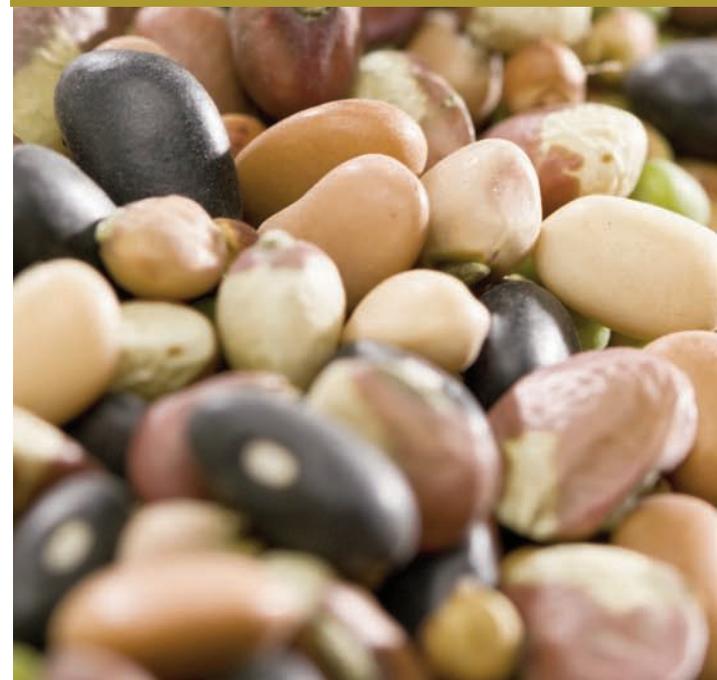


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Stretch your food dollars with

Beans & Peas



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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.

