



Your guide to Beans

**Bonus:
5 easy
recipes**



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When it comes to good-for-you foods, it doesn't get much better than beans. Beans provide fibre, folate, potassium, iron and other valuable nutrients. They're also versatile, tasty and low-cost.



Big bean benefits

While nutrition profiles vary from bean to bean, all beans are a great source of plant-based protein. Eating beans and other legumes like lentils may help reduce your risk of heart disease. Because they're a good source of fibre, they can also help keep blood sugar balanced.



Go away, gas

Some people find that they have trouble digesting beans. There are ways, however, to limit these side effects. For starters, make sure you add beans to your diet gradually. Adding a large amount of any high-fibre food can be hard on your gut! If you're hydrating dried beans, using a "hot soak" method (below) may also help remove some of the gas-producing compounds.

Canned beans can be high in sodium. Be sure to buy low-sodium canned beans. Drain and rinse well before using to cut the salt content.

Dried beans 101

Canned beans are a budget-friendly pantry staple. An even more cost-conscious option? Dried beans. They're easier than you think, and you may find you prefer the flavour and texture of dried beans over canned. Here's how to do it (adapted from The Bean Institute):



1. Sort your beans, picking out any small pieces of debris.
2. In a colander, rinse beans with cold water.
3. Place beans in a large pot. Add 10 cups of water for every 2 cups of beans.
4. Heat water to boiling; cook for 2 to 3 minutes.
5. Remove from heat. Cover, and let stand for 4 hours.
6. Drain beans and discard water. Rinse with cool water.
7. Place beans back in the pot. Cover with fresh, cold water. Place over medium heat and bring to a simmer. Cook for 30 minutes to 2 hours, stirring regularly and adding water as needed.

5 Quick, healthy bean recipes

While our recipes use canned beans, feel free to substitute with cooked dried beans. Each can contains around 1½ cups of beans.



Breakfast

Kidney bean breakfast tacos

This morning meal looks elaborate but is easy to make. Use our suggested toppings or get creative with your own!

Ingredients

- 1 Tbsp olive oil (divided)
- 4 eggs, whisked
- ½ cup diced onions
- ½ jalapeño, finely diced
- 1 clove garlic, peeled and minced
- 2 15-oz cans low-sodium kidney beans, rinsed and drained
- 8 small corn tortillas
- 1 avocado, chopped
- ¼ cup chopped cilantro
- 1 tsp cumin

Preparation

Makes: 4 servings

Preparation time: 5 minutes

Cook time: 10 minutes

Heat half of the oil in a medium saucepan over medium heat. Add the whisked eggs and cook, gently turning until scrambled.

Remove eggs from the pan. Add more olive oil to pan. Heat over medium flame and add the onion and jalapeño. Sauté until onion is soft, around 4 minutes. Stir in garlic and sauté for another minute. Add beans and sauté for 2 minutes.

Fill each tortilla with a scoop of scrambled eggs and a scoop of kidney beans. Top each with chopped avocado, cilantro and a sprinkle of cumin.

Nutrition per serving (2 tacos)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
347	19 g	4 g	94 mg	164 mg	35 g	11 g	2 g	13 g	599 mg



Lunch

Lemony lentil soup

Red lentils cook up fast, going from pantry to table quicker than any other bean you can buy. Enjoy this quick and satisfying soup any time!

Ingredients

- 2 Tbsp olive oil
- 1 large onion, chopped
- 1 large carrot, diced
- 1 medium celery stalk, diced
- 3 garlic cloves, chopped
- 2 Tbsp tomato paste
- 1 cup dried red lentils
- 2 cups water
- 2 cups low-sodium vegetable broth
- Juice of 1 lemon
- Salt and pepper, to taste

Preparation

Makes: 4 servings

Preparation time: 5 minutes

Cook time: 30 minutes

In a large stockpot, heat the oil over medium heat. Add onions, carrot and celery, and sauté until soft, around 4 minutes. Add garlic and sauté for another minute. Add tomato paste and cook for another 2 minutes.

Add the lentils, water and broth, and bring to a boil. Reduce heat to low, then cover and simmer for around 25 minutes, until lentils are fully cooked. Remove from heat. Add lemon juice, season with salt and pepper to taste, and serve.

Nutrition per serving (1 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
274	8 g	1 g	72 mg	0 mg	38 g	17 g	6 g	15 g	704 mg



Snack

Chickpea hummus

Store-bought hummus is delicious, but homemade is even better! Enjoy a scoop of this chickpea (garbanzo bean) hummus with sliced bell pepper, carrot sticks or whole wheat pita.

Ingredients

1 15-oz can low-sodium chickpeas, drained and rinsed
1/4 cup tahini
1 clove garlic, chopped
2 Tbsp olive oil
Juice of 1 large lemon
2-4 Tbsp ice water

Preparation

Makes: 10 servings
Preparation time: 8 minutes
Cook time: 0 minutes

In the bowl of a food processor, add chickpeas, tahini, garlic, olive oil and lemon juice. Process until well blended, stopping periodically to scrape down sides. Process again, adding 1 tablespoon of ice water at a time, until hummus reaches preferred consistency. Serve immediately or refrigerate for up to a week.

Nutrition per serving (Around 2 Tbsp)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
216	9 g	1 g	17 mg	0 mg	28 g	8 g	5 g	9 g	404 mg



Dinner

White cannellini beans & greens

Hearty yet light, this stew is perfect any time of year. Top with a sprinkle of Parmesan cheese or a squeeze of fresh lemon.

Ingredients

- 2 Tbsp olive oil
- 3 cloves garlic, crushed
- ¼ tsp crushed red pepper
- 1 large bunch greens (kale, escarole, spinach, chard), cleaned and trimmed
- 2 15-oz cans low-sodium white beans (like cannellini or navy), drained and rinsed
- 1 cup low-sodium vegetable broth

Preparation

Makes: 4 servings

Preparation time: 5 minutes

Cook time: 12 minutes

Heat olive oil in a skillet over medium heat. Add garlic and red pepper flakes. Sauté until fragrant. Add greens, and sauté until wilted, around 3 minutes. Add beans and broth, and simmer for 5 minutes. Serve hot, or refrigerate and enjoy the leftovers for up to three days.

Nutrition per serving (Around 1 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
234	7 g	2 g	224 mg	0 mg	33 g	10 g	1 g	11 g	654 mg



Dessert

Black bean brownie bites

Beans for dessert? Why not, when they come in the form of these delicious brownie bites!

Ingredients

1 15-oz can black beans, drained and rinsed well

2 Tbsp cocoa powder

½ cup rolled oats

½ cup maple syrup

¼ cup olive oil

2 tsp vanilla extract

½ tsp baking powder

½ cup chocolate chips

Preparation

Makes: 12 servings

Preparation time: 10 minutes

Cook time: 20 minutes

Preheat oven to 350°F. In a high-speed blender or food processor, combine beans, cocoa powder, oats, maple syrup, oil, vanilla and baking powder. Blend until very smooth. Pour into a greased 8 x 8 pan. Sprinkle chocolate chips over the top and mix in with a spoon. Cook for about 20 minutes. Cool completely before cutting into 12 squares.

Nutrition per serving (One square, 1/12 of tray)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
246	7 g	2 g	9 mg	2 mg	38 g	6 g	12 g	9 g	636 mg