



Black Beans

Protein - Legumes

Food Facts

Serving Size ≈ 1/2 cup cooked

- **COST** - These plant-based foods are a good source of protein and are much more affordable than animal-based options.
- **STORAGE** - Store dry beans in an airtight container in a cool, dry place for up to a year.
- **BEANS ARE GOOD**- These little beans pack a punch! They're loaded with protein, fiber, and folate.



How to Use

- **Dip** - Cook, then blend black beans into a dip for our favorite veggies, pita bread, etc.
- **Tacos** - Instead of meat in a taco, try black beans for a more affordable option and to decrease the amount of saturated fat in your meal.
- **Brownies**- Add these beans to brownies to increase the fiber content while also cutting down on the sugar in the traditional dessert.



Avocado, Rice, and Beans

Serves: 2

Ingredients

1 Can 14 ounces Black Beans
canned, low sodium

1/2 cup Brown Rice uncooked

1 Avocado

Spices (optional) black pepper,
garlic powder, ground cumin



Instructions

1. Bring 1 cup of water to a boil with $\frac{1}{2}$ tsp. salt (optional). Stir in rice. Cover and cook over low heat until water is absorbed, about 45 minutes, or cook rice in a rice cooker.
2. Meanwhile, rinse and drain beans. Add desired spices. Cook over low heat in a saucepan, or in a microwavable dish in the microwave.
3. Cut avocado into slices or dice into small pieces. Serve rice with beans on top, and garnish with avocado pieces.

Nutrition Facts

Serving Size 2.00 cup

Serving Per Container 2

Amount Per Serving

Calories 504

% Daily Value*

Total Fat 17 g 22%

Saturated Fat 3 g 15%

Sodium 258 mg 11%

Total Carbohydrate 76 g 28%

Dietary Fiber 20 g 71%

Protein 17 g

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

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