

PANTRY PICK- EAT WELL, LIVE WELL

Great Northern Beans

A Budget Friendly Superfood



Food Facts

High in Protein
High in Fiber
Iron & Potassium
Low in Fat

Builds muscle and keeps you full
Supports digestion and heart health
Boosts energy and helps regulate blood pressure
Heart healthy and helps maintain cholesterol levels

Storage

Store **dry beans** in air- tight container in a cool, dry place.

Store **cooked beans** in sealed container for:

Refrigerator- 1 week

Freezer- 6 months

How To Prepare

Soaking beans helps reduce cooking time, improves texture, and aids digestion. Try one of these methods:

Quick Soak: Boil beans for 2 minutes, cover, and let sit 1 hour. Drain and rinse.

Overnight Soak: Soak beans in water overnight (8+ hours). Drain and rinse.

Cooking: After soaking, simmer beans in fresh water for 60-90 minutes until tender.

Quick & Easy

Quick & Easy Ways to Use Beans for Extra Nutrition:

Add cooked beans to **salads**, tacos, quesadillas, scrambled eggs, and **rice** dishes.

Blend cooked beans with water or broth and add into **sauces** like spaghetti sauce.

Cook and mash for **sandwiches**, wraps, or to make a **dip**.

Try these recipes using Great Northern Beans

Bean & Ham Soup Nutritious & Satisfying



Ingredients:

- 1 lb dried great northern beans, soaked & drained
- 1 smoked ham hock (or 1 lb smoked ham)
- 1 onion, diced
- 2 carrots, chopped
- 1 celery stalk, chopped
- 1 bay leaf
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 4 cups chicken broth + 4 cups water

Instructions

- Sauté onion in olive oil until softened (5 min).
- Combine all ingredients in a pot. Bring to a boil, then reduce heat and simmer 1½–2 hours until beans are tender.
- Remove bay leaf, season to taste, and serve!
- **Slow Cooker Option:** Reduce broth + water to 3 cups each and cook on low for 8 hours.
- Tip: Add salt after cooking to avoid tough beans.

Quesadillas

Protein Packed & Kid Friendly

Ingredients:



- 1 cup cooked beans- whole or mashed
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ cup shredded cheese
- 4 small whole wheat tortillas
- 1 tablespoon olive oil
- Optional toppings: salsa, sour cream, or avocado

Instructions:

- Mash the beans and mix with cumin and chili powder.
- Spread the mixture onto two tortillas, sprinkle with cheese, and top with another tortilla.
- Heat olive oil in a pan and cook each quesadilla for 2-3 minutes per side, until golden brown.
- Slice and serve with toppings.

Beans & Greens

Power Packed Side Dish

Ingredients:



- 2 cups cooked great northern beans
- 2 tbsp olive oil or butter
- 2 cloves garlic, minced
- ½ tsp dried rosemary or thyme
- ½ tsp salt
- 1 cup chopped greens (spinach, kale, or Swiss chard)
- ¼ tsp black pepper

Instructions:

- Mash beans with olive oil or butter.
- Sauté garlic in a pan for 1 minute, then add chopped greens. Cook until wilted (2-3 minutes).
- Stir greens into mashed beans, season with herbs, salt, and pepper.
- Serve warm as a side dish!