

# LET'S MAKE BEAN SOUP!

## What You'll Need to Get Started

- A variety of dried beans and peas such as black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, mature lima beans, navy beans, pinto beans, soy beans, split peas, white beans, etc. (Each participant should take home 3 cups of dried beans which is equivalent to one 20 ounce bag.)
- Powdered chicken and/or beef broth
- Chili powder
- Powdered garlic
- 1 gallon zip lock bags (one for each participant)
- Snack or sandwich sized zip lock bags (one for each participant)
- 4-6 serving scoops (use a different scoop for each variety of dried bean and not cross contaminate)
- Teaspoon and tablespoon for powdered broth
- Sticker/labels for zip lock bags
- Bean recipe for each participant



## Vegetable Bean Soup Recipe

- 3 cups mixed beans
- 2 TBSP powdered chicken or beef broth mixed with powdered chili and garlic.
- 1 medium sized onion, chopped
- 1 15 oz can stewed to diced tomatoes
- 1 bag frozen mixed vegetables

## Instructions

1. Soaking: Place 3 cups beans in a large pot, cover with 2 quarts water. Allow beans to soak overnight or at least 8 hours.
2. After soaking, drain water, and add 2 quarts of water.
3. Bring beans to boil, reduce heat and simmer uncovered for 2½ hours.
4. When beans are soft, add onions, tomatoes, and 2 TBSP powdered chicken or beef broth. Simmer for 10- 15 more minutes.
5. Add bag of Frozen Mix Vegetables, simmer for 5 more minutes and serve.
6. Makes about 12 one cup servings of Bean Soup.

## QuickCook Method

1. Place 3 cups rinsed beans in a pot with 3 quarts water.
2. Bring to a rapid boil. Reduce heat, cover and continue boiling for 60-70 minutes. Stir occasionally to prevent the food from sticking to the pan.
3. When the beans are soft, add onions, tomatoes, and 2 TBSP powdered chicken or beef broth. Simmer for 10- 15 more minutes.
4. Add bag of frozen mixed vegetables, simmer for 5 more minutes and serve. Makes about 12 one cup servings of Bean Soup.

## "Mom, there's a legume in my soup."

Discuss the nutritional benefits of dried beans. Beans are rich in nutrients, high in fiber, inexpensive, versatile, and a great source of protein. Dried beans are also offered as a choice in many of the WIC food packages. Beans provide a great low fat, high fiber, delicious nutritious meal when made into soups, salads, casseroles, or when served as a side dish.

Dry beans and peas fall into both the MyPyramid Vegetables food group and the Meat and Beans food groups. Generally, individuals who regularly eat meat, poultry, and fish would consider dry beans and peas as a vegetable. Individuals who seldom eat meat, poultry, or fish (vegetarians) would count some of the dry beans and peas they eat as a meat.

Have each participant make their own bean soup to take home by:

- Filling the large zip lock bag with a scoop of each variety of bean (for a total of 3 cups)
- Filling a small zip lock with 2 tablespoons of powdered chicken or beef broth, 1 tsp chili powder, and 1-2 teaspoons garlic powder.
- Taking a Vegetable Bean Soup recipe