



Give Them More
— of the —
Good Stuff!

Bean Basics

Shop and Save

- ☼ Dried and canned beans are great food to keep on hand. You may want to stock up when they are on sale.
- ☼ Dried beans are usually cheaper than canned beans but take longer to cook. Canned beans are fully cooked and ready to use cold or heated.
- ☼ Bulk bins are a great place to find different kinds of dried beans. Buy just the amount you need.

Bean Math

1 pound of dried beans =
2 cups dried beans =
4 to 6 cups cooked beans

1 can (15 to 16 ounces) =
1½ to 1¾ cups
cooked beans

Beans are filled with protein,
fiber and vitamins and minerals
like folate and iron.



Using Beans

- ☼ Although each type of bean is slightly different, you can swap one type for another in most recipes. Use what you have or buy what is cheapest or on sale.
- ☼ You can replace 1 pound of meat with 2 cups of cooked beans in many recipes.
- ☼ Drain and rinse canned beans to reduce the sodium by 35% or more.
- ☼ Beans have a high nutrient content and can be used either as a protein food or a vegetable.

Store Well Waste Less

- Store dry beans in an airtight container in a cool, dark, dry place. Label with the date they were purchased and try to use within 1 year for best quality.

- Store cans of beans in a cool dry place. Look for a “BEST if used by” date on the can to help know how long to store them.
 - If the can is leaking, bulging on the ends or spurts when opened, throw it away.
- Refrigerate cooked or opened canned beans in a covered container that is not made of metal. Use within 5 days.



- Freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

2019 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:

