

## Souper Season of Comfort, Winter 2001

### Power Pantry

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#### Power Pantry: Beans

*Hello. Here's more fruit and vegetable news you can really enjoy. This Power Pantry idea will help build your supply of instant meals-especially when you need inspiration in the kitchen. I've been shopping in the bean section of the market, and I've picked up quite a fantastic selection. Try Great Northern beans for soups and other dishes, black turtle beans for Caribbean and South American dishes, pinto beans for Mexican and Tex-Mex foods, and vegetarian baked beans for a side dish that's low in saturated fat. Look for cans that are low sodium and keep it simple. These will save you hours in the kitchen and provide the foundation for a healthy meal in minutes. By the way, only ½ cup is a serving, and beans are a great source of protein and fiber. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### **Bean Recipe Tips:**

1. Add Great Northern beans to soups.
2. Add garbanzo beans (also called chick peas) to salads.
3. Add black or red beans to rice dishes.
4. Eat ½ cup beans for one vegetable serving.