



# Canned Beans

OPEN THE POSSIBILITIES



## Versatility

Versatile and convenient, canned beans are easy to prepare and perfect for any meal occasion throughout the day. They add taste, texture and nutrition to breakfast, lunch, dinner, snacks and even desserts! And it's not just the beans themselves that are versatile, but also the liquid that comes in the can. There is no end to the ways that canned beans can be used provide solutions to some of today's kitchen quandaries! Canned Beans. Open the Possibilities.

### VISUAL VARIATION

With their full spectrum of colors, shapes and textures, canned beans can dress up the look of any meal or dish! From the muted-colored northern and cannellini beans, to the striking skin of black beans, and the robust red of kidney beans, canned beans help enhance the look of your favorite culinary creation.

### CANNED BEANS YOUR WAY

Canned beans can be prepared in so many ways, they are perfect for either the culinary novice or the accomplished chef. Baked, roasted, toasted or grilled, sauteed, microwaved, boiled or chilled, they can be prepared alone or as an ingredient in little to no time!

### SNACK ATTACK? CANNED BEANS TO THE RESCUE!

Canned beans are the solution for convenient, healthy snacking! Tasty, textured, and satisfying, canned beans provide the foundation for a delicious snack. Black beans can be easily added to salsa or guacamole, and garbanzo beans provide the base for a delicious hummus. As a stand-alone snack, Garbanzo beans can be rinsed, dried, seasoned and baked for naturally delicious, crunchy chickpea poppers!



Snacking is easy and tasty when canned beans are in the pantry!

## CANNED BEANS...IN LIEU OF



Want to make a recipe that requires eggs or egg whites but trying to avoid eggs? Canned beans to the rescue!

Actually, it's the liquid in the can which is magical and has an equally magical name. It's called aquafaba.

Aquafaba is the protein-rich liquid leftover after chickpeas, also known as garbanzo beans, are cooked, e.g., the liquid left in the can. You can use it as a vegan substitute to make lots of things in which you would use eggs or egg whites, for example, like meringue. Simply drain canned chickpeas, reserving the liquid. Then whip the liquid with a hand mixer for about for 3-6 minutes or until the liquid transforms into stiff peaks. Voila!



Looking to reduce the amount of meat in your diet? When using ground beef replace half with canned beans, namely kidney beans and black beans. They add great texture, delicious flavor and reduce the cost of the dish!



Tired of the same old tuna salad?

No problem!! Mash up a can of chickpeas, add two hard boiled eggs, mayonnaise to taste, a dash of Dijon mustard and some relish. Sprinkle with cumin, garlic powder, salt and pepper and you'll have a sandwich-worthy salad you can enjoy for days.



Looking to freshen up your toast topper?

In lieu of avocado or nut butters, mash some canned black beans on your morning toast to reduce your total fat and cholesterol intake and power up your breakfast with fiber, protein, and other essential nutrients!



Looking for a satisfying chili that doesn't have the acidity of the traditional version?

In lieu of ground beef and tomatoes use shredded cooked chicken, cannellini beans and great northern beans. Add chicken broth, sprinkle with cumin, garlic powder salt and white pepper, simmer over low heat and enjoy!

## CANNED BEANS LET YOU DO YOU!

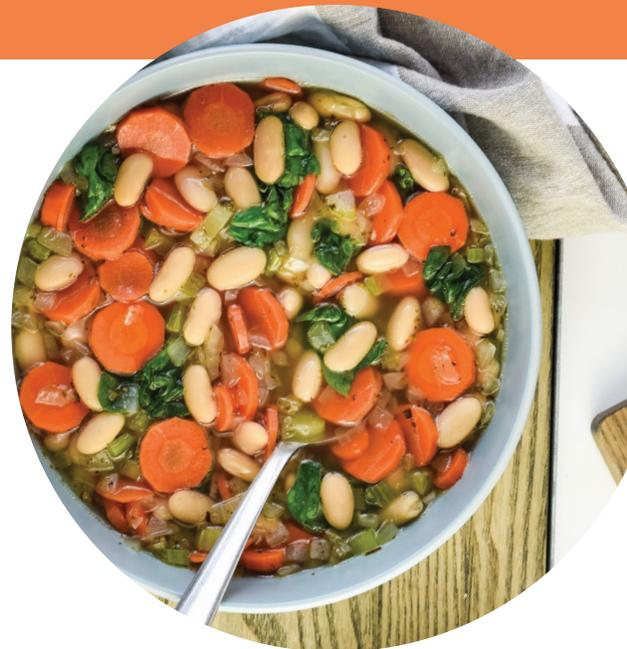
Whether you are looking to increase vegetable intake, add more fiber, increase consumption of potassium<sup>1</sup> and other nutrients, or manage risk of cardiovascular disease, diabetes or other adverse health conditions<sup>2,3,4</sup> canned beans can do.

They are a staple within today's most popular diets included (among others) the Mediterranean, Dash, Flexitarian, Weight Watchers, Mayo Clinic Diet, MIND diet, and frequently recommended by Registered Dietitian Nutritionists for those looking for reducing meat intake, maintaining gluten free options and eating a clean diet.

**CANNED BEANS. OPEN THE POSSIBILITIES.**

From main dishes to sides, appetizers to desserts, cooked to straight-from-the can, the versatility and convenience of canned beans can't be beat.

 [cannedbeans.org](http://cannedbeans.org)



1. Anderson JW, Baird P, Davis RH, Ferreri S, Knudtson M, Koraym A, et al. Health benefits of dietary fiber. *Nutr Rev.* 2009;67(4):188-205

2. Brown L, Rosner B, Willett WW, Sacks FM. Cholesterol-lowering effects of dietary fiber: a meta-analysis. *Am J Clin Nutr.* 1999;69:30-42

3. Leathwood P, Pollet P. Effects of slow release carbohydrates in the form of bean flakes on the evolution of hunger and satiety in man. *Appetite.* 1988;10(1):1-11.

4. Hosseinpour-Niazi S, Mirmiran P, Sohrab G, Hosseini-Esfahani F, Azizi F. Inverse association between fruit, legume, and cereal fiber and the risk of metabolic syndrome: Tehran lipid and glucose study. *Diabetes Res Clin Prac.* 2011;94:276-283.