

# MICHIGAN BEANS DIETITIAN TOOLKIT

DELICIOUS, PLANT-POWERED RECIPES AND  
RESOURCES FEATURING THE NATURAL  
NUTRITIONAL GOODNESS OF MICHIGAN BEANS.



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# SECTION 1

## Overview of the Michigan Bean Industry

### Michigan is no stranger to legumes!

Michigan is in fact known throughout the world as a top producer of dry edible beans. There are more than 1,100 bean growers in the state and they are dedicated to bringing consumers a delicious variety of high-quality dry beans. Michigan beans are ready for harvest from late August through October and are available throughout the year, either canned or in dry packaging.

### Michigan Bean Facts:

- Michigan producers grow a variety of dry edible beans including: azuki beans, black beans, cranberry beans, great northern beans, red kidney beans, navy beans, pinto beans, small red beans and yellow eye beans.
- Michigan produces more than 400 million pounds of edible beans and is the second largest producer of total dry beans in the nation.
- Michigan is first in the nation in the production of black beans, cranberry beans and small red beans, and second in the nation in the production of navy beans.
- Rich farmland in Michigan's "thumb" counties produce more beans than any other place in the state and Michigan's Huron County is one of the top dry bean-producing counties in the nation.
- The Michigan Bean Commission is headquartered in Frankenmuth, Michigan. Frankenmuth is in the heart of the bean growing area, near Michigan State University and the University of Michigan which both provide research and product innovation resources.
- Michigan's Bean growers have a long history of production and are recognized worldwide as industry leaders.

## Types and Tastes of Michigan Beans:

Michigan grows a variety of beans with a lot to boast about! Here is some information about the taste and usage for all types of Michigan grown beans:



**ADZUKI BEANS** or red beans, are small and oval shaped.

**Taste:** Has a sweet flavor with a smooth inside and tougher skins.

**Best Uses:** Delicious in rice dishes, jambalaya, and even desserts.



**BLACK BEANS** are medium to small, oval shaped beans with a shiny black skin and a small white eye or spot (called a "keel").

**Taste:** Has a pleasant mushroom-like flavor which some cooks have described as "earthy". They have a very creamy white interior.

**Best Uses:** Black beans are a staple in South American, Mexican, and Caribbean cuisines and are popular in salads, dips, and stews, and in Mexican dishes such as tacos and burritos.



**CRANBERRY BEANS** are medium-sized, oval and creamy white with red speckles and streaks – a beautiful bean!

**Taste:** Has a delicious earthy flavor.

**Best Uses:** Often used in Italian dishes



**DARK RED & LIGHT RED KIDNEY BEANS** are very popular and whether you choose dark or light red beans, the color makes them a great addition to many dishes.

**Taste:** Their flavor is full with a soft texture and a tough skin.

**Best Uses:** They can maintain their shape even when cooked for a long time which makes them perfect for soups and chilis.



**WHITE KIDNEY BEANS**, also known as Cannellini beans are the largest of the “white bean” varieties.

**Taste:** They have a nutty, earthy flavor and tender flesh.

**Best Uses:** Often used in Italian dishes like Minestrone. They retain their shape and texture well, so they’re perfect to use in salads, soups, stews, and chili.



**NAVY BEANS** are small and get their name because of how often they were served to sailors at sea.

**Taste:** Navy beans have a mild, delicate flavor.

**Best Uses:** The Navy Bean is flexible and often used in commercial baked beans. They are also delicious in soups, salads, casseroles, or ethnic dishes.



**PINTO BEANS** get their name from their mottled beige and brown skin as pinto means “painted” in Spanish. This medium-sized bean is a staple in the diets of Mexico and the American Southwest.

**Taste:** Their flavor is often described as earthy, nutty, rich, and creamy.

**Best Uses:** Pintos can be found in chili, refried beans, and many dips.

# SECTION 2

## The Health Benefits of Michigan Beans



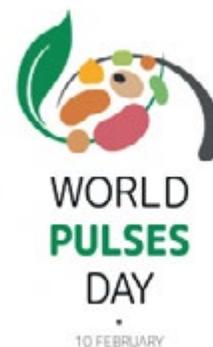
Michigan dry edible beans are a simply delicious, naturally nutritious food that can add important nutrients to meals and recipes. According to the [2020-2025 Dietary Guidelines for Americans](#), current low intakes of nutrient-rich foods and beverages has resulted in underconsumption of some nutrients and dietary components. These include calcium, potassium, dietary fiber, and vitamin D which are considered dietary components of public health concern for the general U.S. population. The good news is, all Michigan bean varieties are excellent sources of fiber and most are also a good source of potassium. In addition, they provide an affordable source of plant-based protein and are naturally fat-free and sodium-free.

Experts agree that more legumes, including beans, should be emphasized in dietary patterns. Legumes are highlighted by the U.S. Dietary Guidelines (about 3 cups a week) and the [DASH Eating Plan](#) of the National Heart, Lung, and Blood Institute (4-5 half-cup servings a week). In 2016, The Food and Agriculture Organization (FAO) of the United Nations declared the [International Year of Pulses](#), focusing on the contribution of pulses in food production and nutritional diversity to help eradicate hunger and malnutrition.

### **Legumes, Pulses and Beans Defined:**

Although these terms are often used interchangeably, “legumes,” “pulses,” and “beans” have distinct meanings. A *legume* refers to any plant from the Fabaceae family that would include its leaves, stems, and pods. A *pulse* is the edible seed from a legume plant. Pulses include beans, lentils, and peas. For example, a bean pod is a legume, but the bean inside the pod is the pulse. The entire legume plant is often used in agricultural applications (as cover crops or in livestock feed or fertilizers), while the seeds or pulses are what typically end up on our dinner plates. Michigan Beans (red, black, cranberry, kidney, navy and pinto) are all a type of pulse.

Because of the rich nutritional value of pulses and their important role in both a healthy diet and for improving the sustainability of agricultural production systems, February 10<sup>th</sup> is designated as World Pulse Day each year.



## Michigan Bean Nutrition Facts:

[USDA MyPlate](#) guidelines count beans as both a vegetable and a plant-based protein source, and so it is easy to encourage consumers to add more beans to their meals! Below are the nutrition facts on Michigan Bean varieties:

*Note: Data based on ½ cup servings of beans that have been cooked from the dry form and drained of cooking liquid. Canned beans will contain more sodium. Source: [The Bean Institute](#)*

TYPE OF MICHIGAN BEAN	CALORIES	PROTEIN (G)	FAT (G)	CARBS (G)	FIBER (MG)	SODIUM (MG)	POTASSIUM (MG)
Black	114	8	0.5	20	8	1	305
Cranberry	120	8	0.4	22	9	1	342
Great Northern	104	7	0.4	19	6	2	346
Navy	127	8	0.6	24	10	0	354
Pinto	122	8	0.6	22	8	1	373
Light Red Kidney	112	8	0.4	20	7	2	357
Dark Red Kidney	109	8	0.2	19	8	4	335
White Kidney	124	9	0.3	22	6	5	502
Small Red	110	6	0.5	19	6	1	371

## Michigan Dry Beans – Spotlight on nutrients and health benefits:

### Beans provide complex carbohydrates

- Complex carbohydrates are made up of sugar molecules that are strung together in long chains. They may also be referred to as dietary starch and typically provide vitamins, minerals and fiber that are important for health.
- Most of the calories in dry beans come from carbohydrates in the form of starch, resistant starch (digested by beneficial bacteria in the gut), and small amounts of non-starch polysaccharides (also digested by beneficial gut bacteria).

### Health Benefits:

*Diabetes:* Since they supply complex carbohydrates, and are a good source of protein, beans have a low glycemic index. This makes them an ideal food for the management of insulin resistance, diabetes and hyperlipidemia.<sup>1,2</sup>

*Gut Health:* Beans contain complex sugars called oligosaccharides which are non-digestible, fermentable fibers. They are broken down by beneficial bacteria in the colon, which can result in gas production and flatulence. Assure consumers that this gas, while unpleasant, is no reason to give up on beans. Increasing research shows that certain foods, like beans may be an important food for supporting a healthy gut.<sup>3</sup> Also, once an individual's system gets used to consuming beans on a regular basis, gas tends to be less of an issue.

### Beans Provide Valuable Dietary Fiber

- Michigan dry edible beans are a rich source of both soluble and insoluble fibers.<sup>4</sup>

### Health Benefits:

*Heart Disease:* The soluble fiber in beans binds dietary cholesterol inside the digestive tract. The cholesterol is then excreted versus being absorbed, which helps to lower blood levels of LDL cholesterol. Elevated LDL cholesterol is linked to an increased risk for heart disease and stroke.

*Digestive System:* Dry beans also provide substantial amounts of insoluble fiber, which helps attract water to the stool which increases stool bulk and promotes the movement of material through the digestive system. This may help to combat constipation, colon cancer, and other digestive health conditions.<sup>5</sup>

### Beans are a Good Source of Plant-based Protein

- Dry beans are a good source of plant-based protein and have been identified as a meat alternative by the [USDA My Plate](#) food guidance system. The 2020-2025 Dietary Guidelines for Americans also recommend individuals vary their protein routine and suggest including meatless meals such as a bean-based chili or bean tacos into weekly menu plans.

- Beans contain between 21 to 25% protein by weight, which is much higher than other sources of vegetable protein. (U.S.D.A. Nutrient Database)

### **Health Benefit:**

*Food Insecurity:* Adding more beans to recipes and menus is an easy and very affordable way to add needed nutrients and protein to meals as beans are one of the lowest cost-per-serving protein foods. In addition, beans are very versatile and can be used in a variety of family-friendly meals.

### **Beans Contain Important Vitamins and Minerals**

- Most types of Michigan beans are good sources of potassium, a mineral that is necessary for heart function, muscle contractions and water balance.
- Beans are excellent sources of copper, phosphorus, manganese and magnesium – key nutrients of need.
- Some types of dry beans also provide iron which is important for vegetarians and vegans who do not get an animal source of iron. The iron in beans, however, is not as easily absorbed due to the fact that beans also contain phytates which reduce iron absorption. Combining beans with a vitamin C source can help increase the absorption of iron. Consider peppers stuffed with a bean and rice mixture or baked beans in a tomato sauce for example.
- Dry beans are an excellent source of the water-soluble vitamins, thiamin and folic acid and a good source of riboflavin and vitamin B6.

### **Promoting Michigan Beans as part of a nourishing, plant-forward diet:**

Many of your clients or patients may have heard about a plant-forward eating pattern but are not sure what it truly means, or how to get started. Provide answers to their questions and offer tips to help them take small steps toward including more plants on their plate.

**Consumer Question:** *Is a plant-forward dietary pattern the same as being a vegetarian or vegan?*

**Answer:** Actually, it's not. *Plant-forward* eating habits celebrate plants and emphasize them in meals and snacks. Think about adding beautiful fruits and vegetables, hearty beans, whole grains, and crunchy nuts to daily eating habits. It doesn't mean giving up meat, poultry and fish, just shifting the balance to enjoy more plant-based foods. Vegetarian eating habits, on the other hand, don't include any meat, fish or poultry; some vegetarians do consume eggs and dairy. Vegans avoid all animal products.

**Consumer Question:** *Does plant-forward eating mean I need to start drinking almond milk and eating plant-based yogurt?*

**Answer:** You can if you like, but there are many natural plant foods that are delicious and

add important nutrients to your eating habits. Beans, for example, are easy and convenient to add to meals and they help you get the fiber and protein you need to feel your best every day. Cooking a batch of dried beans or keeping your pantry stocked with canned beans is easy and affordable. Beans can be added to salads, chili, soup, pasta dishes or your favorite Mexican meal as an easy way to add more plants to meals. It's important to note that when trying some of the newer plant-based products in the grocery store, you should ensure they are nutritionally equivalent to products they replace. Milk, for example, is an important source of calcium and vitamin D so you should ensure the plant-based alternatives have calcium as well as vitamin D added to them. Encourage individuals to fill their plate plant with produce, good fats from foods like canola oil and avocados, whole grains, beans, nuts and seeds as natural plant-based foods.

**Consumer Question:** *Can I get enough protein from plant foods?*

**Answer:** Yes, plant-based proteins are a unique group of foods that contain nutrients similar to vegetables but have enough protein per serving to make them comparable to animal-based foods. Plant-based proteins include beans, peas, chickpeas, lentils, nuts and seeds. Look for opportunities to include more plant-based proteins in your meals and remember you don't have to eliminate meat and poultry. For example, if you're making hamburgers or taco meat, substitute half the ground beef with mashed pinto beans. If you're making chili, reduce the meat and increase the beans. Enjoying a sandwich? Try hummus and use half the deli meat. There are countless ways to enjoy more plant-based proteins.

**Consumer Question:** *Is eating plant-forward healthier?*

**Answer:** Plant-forward eating habits tend to be lower in saturated fat and cholesterol and higher in vitamins, minerals and antioxidants, and can positively impact risk of heart disease, high blood pressure, diabetes, certain cancers, and weight management. But it's important to consider the type of plant foods and their sources. When adding plants, choose those that have the best nutrition like whole fruits and vegetables, whole grain breads, cereals, crackers and pasta, beans and other legumes, nuts and seeds.

**Consumer Question:** *How do I start eating a more plant-forward diet?*

**Answer:** Think of yourself as a flexitarian – flexing your recipes and snack choices to include more plants. For example, add veggies to scrambled eggs at breakfast or beans to your salad for lunch. Keep your desk stocked with nuts as an afternoon snack. Choose fruit for dessert.

An easy place to start is by focusing on fruits and vegetables. Recommend individuals experiment with all the different varieties in this category. Put a new type of produce item in your shopping cart each week, stock your freezer with frozen fruits and veggies, cook dried beans in batches and freeze them for recipes, fill your pantry with canned tomatoes, beans and other vegetables for easy meal starters. With all the variety in produce, and seeking out different forms (fresh, canned, frozen, dried) it's easy to fill half your plate with plants!

Share the *10 Tips for Eating a Plant-Forward Diet* with your clients and patients.

## 10 Tips for Eating a Plant-Forward Diet

Consuming a plant-forward dietary pattern is good for our health and that of the planet. Plant foods include vegetables, fruits, whole grains, beans, nuts and seeds. Health experts tell us to eat more plants and the following tips provide some simple steps to get started.

### 1. Make half your plate fruits and veggies.

It's easy to incorporate more plants into your diet if you fill half your plate with fruits and veggies at every meal or snack. Add fruit to your morning cereal, fill your sandwich with extra veggies, have fruit for a snack and serve a side of seasoned Michigan Beans and a salad with your dinner. Also, remember that beans do double duty! They have a unique combination of nutrients so they count as both a vegetable and a protein food.

### 2. Build nourishing meals with beans and grains.

Michigan Beans plus whole grains make a perfect plant-based combination as they both supply amino acids (building blocks for protein) that complement each other. When you eat the two together, they make a complete protein. Consider adding black beans or pinto beans to brown rice, or serving a minestrone soup with kidney beans and pasta for example.

### 3. Add in plant-based proteins.

Plant-based proteins such as beans, peas, lentils, nuts and seeds are not only affordable, but their combination of protein, and other important nutrients make them a nourishing meal starter. And plant-based proteins are versatile! Add beans to your taco or burrito filling, add 2 to 3 kinds of beans to your favorite chili, spread hummus on your sandwich instead of mayonnaise, or add walnuts to your morning oatmeal.

### 4. Stock up on easy options.

Make plant-forward eating simple by keeping easy options on hand. Remember to stock your pantry with canned fruits and vegetables. Look for low sugar fruit products and vegetables that have reduced sodium. Canned beans, tomatoes and corn can easily be added to salads, pasta dishes or soups. Your freezer should also have plenty of frozen fruit and veggie choices. Frozen fruit is perfect for smoothies, and frozen veggies make a quick and easy side dish. Both canned and frozen options also help you cut down on fresh produce waste.

### 5. Plan plant-based snacks

Snack time is a great opportunity to provide your body with nourishing plant foods. Try white bean hummus with whole grain crackers and veggies, a trail mix with nuts, seeds and dried fruit or your favorite nut butter paired with apple slices. It's also fun to check out the aisles of your favorite grocery store. You'll find snack chips made with beans and other vegetables, a variety of hummus flavors, dairy alternatives and more!

### 6. Make plant foods convenient.

When you get home from the supermarket or when your groceries are delivered, take a few

minutes to cut up your fresh fruits and vegetables. These healthy options will then be ready for snacks or mealtime. You might also want to take advantage of pre-cut, or grab-n-go plant-based products at the store. Choose items such as grape tomatoes, baby carrots, cut pineapple, clementines, fresh apples and bananas.

### **7. Embrace seasonal selections.**

Savor the goodness of seasonal produce selections. Eating foods that are in season ensures you are getting products with amazing flavor at affordable prices. Michigan Beans are always in season! They are allowed to dry in the pod before harvesting and can be stored safely for years without losing quality or nutrition. Beans can enhance your seasonal meals year-round with added nutrients, texture and taste.

### **8. Just add in more.**

Eating more plant-based foods doesn't have to be difficult! Toss a handful of spinach into your smoothie, top your salad with beans, add more veggies to your pizza, or have fruit for dessert. Look for small, easy ways to add in more plant foods.

### **9. Follow a Mediterranean-style diet.**

If there's one so-called diet that is widely acclaimed for its health benefits, it's the Mediterranean diet. More of an eating pattern than a calorie-restricted diet, the Mediterranean regimen emphasizes eating lots of vegetables, fruits, nuts, legumes, seeds, fish and olive oil, with a moderate amount of dairy foods, and a low amount of red meat. This dietary pattern is a common way of eating in Mediterranean countries such as Spain, Italy, and Greece and multiple studies have shown the diet to promote longevity and may reduce the risk of chronic diseases such as heart disease.

### **10. Focus on naturally nourishing plant-based foods.**

While you might consider some foods like pretzels and chips to be plant-based foods, these choices do not supply the nutritional value of naturally nourishing plant foods like whole fruits and vegetables, whole grains, beans and other legumes, nuts and seeds. Read labels before selecting any new plant-based food products at the supermarket to make sure that they are nutritionally equivalent to products they replace.



# SECTION 3

## Michigan Beans – A Sustainable Food Choice

“Is it sustainable?” It’s an increasingly important question consumers ask when it talking about what foods to choose and how they were produced. And while consumers say they are seeking sustainable food options to include in their daily meals, many are confused as to what that actually means. Let’s first take a look at what sustainable agriculture means. According to the definition from the 1990 “Farm Bill” (Food, Agriculture, Conservation, and Trade Act of 1990), sustainable agriculture is an integrated system of plant and animal production practices having a site-specific application that will, over the long term:

- Satisfy human food and fiber needs
- Enhance environmental quality and the natural resource base upon which the agricultural economy depends
- Make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls
- Sustain the economic viability of farm operations
- Enhance the quality of life for farmers and society as a whole.

In agriculture, we think about sustainability in terms of the farming techniques used in the production of plant and animal products and whether these practices help to conserve natural resources and protect the environment. The goal of sustainable agriculture is to produce nourishing food while ensuring future generations can do the same.

Sustainable eating is about selecting foods that are healthful for people and the planet and as dietitians, we must consider the definition of sustainable nutrition for the consumers, clients and patients we serve. This is not only about specific food and beverage choices, but includes the factors of cultural background, socioeconomic status, nutrition knowledge and cooking skills. Someone who has little money or few culinary skills cannot make the same food decisions as the person who has adequate money and meal preparation knowledge. The good news is, there are many ways to create a healthful, sustainable meal pattern. Research points to selecting more plant-based foods to create a healthy and sustainable diet. This plant-forward eating pattern includes more legumes (beans, peas, lentils, peanuts), whole grains, vegetables, fruits and nuts.

The consumer focus on sustainability is expected to take on a greater role in the future. Encouraging your clients and shoppers to consume more beans is a simple, affordable way to encourage a diet that is more nutritionally and agriculturally sustainable. Here are 5 reasons Michigan Beans are a sustainable food choice:

**1. Bean's sustainability starts at the root.**

Beans have an amazing ability to enrich the soil they are planted in. They do this by obtaining nitrogen directly from the air and converting it into nutrients. This capacity to fix nitrogen in the soil means that growers need to add little or no nitrogen fertilizer to grow beans. Since greenhouse gas emissions from agriculture, in part, come from nitrogen fertilizers, pulse crops have a lower carbon footprint than most foods ([Food and Agriculture Organization of the United Nations](#)). Beans are also drought-tolerant and resistant to harsh weather. They adapt to varying climates and use less water than some other crops.



**2. Beans benefit biodiversity.**

The fertile soil that is obtained from growing Beans is great for other crops and helps to create a more diverse landscape for animals and insects. This high soil biodiversity helps to improve the ability of ecosystems to control diseases.

**3. Michigan Bean growers use environmentally-friendly growing practices.**

By engaging with MAEAP (Michigan Agriculture Environmental Assurance Program) growers adhere to guidelines and undergo inspections that ensure they are and will continue to be agricultural stewards and protect the environment. The Farmstead system looks at activities performed on the entire farm with a focus on protecting surface and groundwater. The Cropping system focuses on field-based activities such as water use, soil conservation, and nutrient management.

**4. Michigan Beans are a convenient, healthy plant-based protein.**

Beans are a vital source of plant-based proteins and can be consumed as part of a healthy diet to prevent and help manage many chronic diseases. The high nutrient content of Michigan Beans also makes them ideal for vegetarians and vegans to ensure adequate intakes of protein, fiber, minerals and vitamins. In addition, Michigan Dried Edible Beans can be stored for long periods of time without losing their nutritional value. Therefore, food waste from bean spoilage is minimal. Many Michigan Beans are processed into canned beans that are placed in 100% recyclable cans. Using products with recyclable packaging, and then recycling them, can play a significant role in reducing the amount of waste that finds its way into landfills and bodies of water.

**5. Michigan Beans are versatile and affordable for all.**

Beans extremely versatile and add texture and nutrition to meals. Their neutral taste can be included in many dishes as their flavor is enhanced with different seasonings, herbs and spices. Think about a tasty bean chili, spicy tacos, sweet baked beans or a savory bean soup.

Beans are also incredibly affordable! Anyone can cook up a healthy batch of dried beans, or open a can of beans and by adding a few ingredients, create a meal that is rich in protein, fiber, potassium and other important nutrients.

## 5 Tips for Consuming a Balanced Sustainable Eating Pattern

As the connection between healthful eating patterns and environmental sustainability continues to grow, consumers are looking for easy strategies for making sustainable, nourishing food choices in their daily lives. Share these 5 simple tips with consumers to help them build a sustainable, balanced diet:

- **Follow a Plant-Forward Eating Pattern**

Plant-forward eating habits celebrate plant foods and emphasizes them in meals and snacks. Think about adding beautiful fruits and vegetables, hearty beans, whole grains, and crunchy nuts to daily eating habits. It doesn't mean giving up meat, poultry and fish, just shifting the balance to enjoy more plant-based foods. Think of yourself as a flexitarian – flexing your recipes and snack choices to include more plants. For example, add Michigan Beans to a salad for lunch or burritos for dinner. Keep your desk stocked with nuts as an afternoon snack. Choose fruit for dessert.

- **Add More Beans to Meals**

Beans are a plant-based food that pack a powerful nutrition punch! They are rich source of protein, fiber and antioxidants, and they have a very positive environmental story to tell. Bean plants promote soil health. Their roots can convert nitrogen (a greenhouse gas) in the air into a form plants can use. Even after the beans are harvested, some of the nitrogen in the bean's roots stays in the soil. This means growers may be able to use less fertilizer for next year's crops. For your personal health and the health of the planet, we should all eat more beans!

- **Build Simple Meals with Beans + Grains + Veggies**

By assembling the right ingredients together, you can easily create simple, nutritious plant-forward meals. Beans, whole grains and vegetables, for example, can be combined to create tasty dishes full of essential nutrients for good health. Beans and grains are plant-based sources of complementary proteins. When combined they make a complete protein that contains all 9 essential amino acids (protein building blocks). There are many delicious ways to combine beans and grains to allow you to get the complete protein you need. These two foods when combined with additional veggies also provide additional benefits in the form of vitamins and minerals. Here are two delicious Michigan Bean recipes that contain whole grains and veggies: [Michigan Black Bean & Bulgur Salad](#) and [Michigan White Bean & Farro Salad](#)

- **Eat Local, Seasonal Foods**

Eating seasonal fruits and vegetables is a great way to enjoy products when they are at their most delicious peak of flavor. They are often more affordable as well. What's great about beans is that they're always in season. Michigan Beans are allowed to dry in their pods before being harvested, so they can safely be stored for years. When you're shopping, be on the lookout for in season produce and look for easy recipes that combine these fresh foods with always-in-season beans.

- **Work on Reducing Waste**

The average American family wastes over \$2,000 worth of food each year. That statistic is not good for our budget or the environment. Plan your meals and shop from a list to avoid over buying. Stock your kitchen with staples that have a long shelf life such as dried beans, canned fruits, veggies and beans, whole grain pasta and frozen fruits and vegetables. Plan to use or freeze leftovers, and store food properly to avoid spoilage. The USDA [FoodKeeper app](#) is a great tool for assistance with smart food storage.



# SECTION 4

## It's Easy to Prepare Michigan Beans

With a pot full of cooked beans in the refrigerator, or batches of frozen cooked beans in the freezer, a quick and nourishing meal is always on hand. Help consumers discover how easy it is to prepare Michigan Dry Edible Beans with these simple cooking methods.

### SOAK AND SIMMER COOKING METHOD:

1. **Rinse and sort through your beans** – Place beans in a small sieve colander. Rinse them with water while looking for any debris like small rocks or shriveled beans that might have made their way into the package.
2. **Soak beans** – Soaking your beans is typically recommended for 2 reasons. First of all, soaking softens the outer skin of the bean and shortens the overall cooking time. The other reason is that soaking beans overnight, and then discarding the soaking water leaches out some of the oligosaccharides which are non-digestible, fermentable fibers that cause gas. The soaking process is simple and ensures great taste and beautiful beans! There are two methods for soaking beans:



Photo: The Bean Institute

**The Traditional Method of Soaking:** In a large pot, add 3 cups of cold water to each cup of beans (or 6 cups for each pound.) Soak 8 hours or overnight in the refrigerator. Drain and rinse the beans.

**The Quick Method of Soaking:** In a large pot, add 3 cups of hot water to each cup of beans (or 6 cups for each pound.) Bring to a boil and cook the beans at medium heat for 2 minutes. Cover the pot and let the beans stand for 1 hour. Drain and rinse the beans.

### 3. Basic Bean Preparation:

- Place 16 ounces of any type of Michigan dried edible beans in a large pot; cover with water by 3 inches. Add 1 quartered onion, 1 halved carrot, 4 garlic cloves, 1 bay leaf, and 1 tablespoon salt.
- Bring to a simmer over medium-high heat, and cook, partially covered, until beans are tender, 1 to 2 hours. The total time will depend on what type of beans you are using.
- To reduce foam or froth while cooking, add 1 tablespoon of vegetable oil to simmering water.
- Start checking beans after 45 minutes, and add water if needed so the level is maintained a couple inches over the beans.
- When beans are tender, remove from heat. Let the beans cool completely in the cooking liquid, approximately 1 hour.
- Drain beans and discard the carrot and bay leaf.
- Drained cooked beans can be portioned into containers or vacuum-sealed into bags and frozen for up to 6 months.

## Preparing Beans in a Pressure Cooker

Using an Instant Pot, or other type of pressure cooker, is a fast and fail-proof method to cook Michigan Dry Edible Beans. Here are the simple steps to follow:

- 1. Combine the following ingredients in a 6 to 8-quart pressure cooker:**
  - 1-pound Michigan Dry Edible Beans (see cooking times below for specific beans)
  - 8 cups water
  - 1 tablespoon olive oil
  - 1 teaspoon salt
  - 1–2 teaspoons chopped garlic, optional
  - 1 bay leaf, optional (Note: do not fill pressure cooker over half full)
- 2. Secure the lid per the instructions:** Make sure the pressure regulator valve is closed or set to the “sealing” position.
- 3. Cook the unsoaked beans:** Cook beans at high pressure for the recommended time below if using an Instant Pot. (If using a different type of pressure cooker, check your manual for exact cooking times). Note that the pressure cooker will take 15 to 20 minutes to come to full pressure before cooking begins.
  - Adzuki or red beans: 25 to 30 minutes
  - Black beans: 20 to 25 minutes
  - Cranberry beans: 25 to 30 minutes
  - Kidney beans: 40 to 45 minutes
  - Navy beans: 25 to 30 minutes
  - Pinto beans: 25 to 30 minutes
- 4. Let the pressure release:** Once cooking is complete, you can let the pressure release naturally on its own, which takes about 20 to 30 minutes. This helps the beans retain their shape.
- 5. If your beans are not done:** Put the lid back on the pressure cooker and make sure the release valve is set back to “sealing.” Cook at high pressure for another 5 to 10 minutes. Check your beans after the extra cooking time and continue cooking for longer if needed.
- 6. Using and storing your beans:** The beans can be strained and used right away, or cooled and stored in their cooking liquid. They will keep for up to a week refrigerated or up to 3 months in the freezer.

Click [here](#) for a video showing how to cook beans in an instant pot along with 2 recipes: [White Chicken Chili](#) and [Greek Pasta with Tomatoes and Beans](#)



## Answering consumer questions about buying and cooking Michigan Beans:

**Question:** *Can I substitute canned beans for dried?*

Yes! As a rule of thumb, substitute two (15-ounce) cans of beans for every cup of dried beans required in your recipe.

**Question:** *Should I rinse canned beans?*

Many recipes may tell you to rinse and drain your beans but it's also fine to add the bean liquid to recipes such as soups or stews. However, if you want to reduce the amount of sodium, it's best to drain and rinse canned beans.

A [study](#) conducted at the University of Tennessee, Knoxville, showed that draining and rinsing canned beans removes, on average, 41% of the sodium. If you are worried about sodium, you can also look for low or no sodium varieties at the supermarket or prepare dried edible beans that do not contain any sodium.

**Question:** *How do I store dried beans and how long will they keep?* Dried beans are considered non-perishable and have a minimum shelf life of one to two years (USDA). After two to three years, the nutritional value can start to diminish. It's best to keep dried beans in a cool, dry, dark place. A tightly-sealed container will help the beans keep longer.

**Question:** *Can I use the liquid from canned beans?*

The liquid in all canned beans is a mixture of water, salt, and the starch released from the beans themselves. Recipes often call for rinsing and draining the liquid from canned beans but if you're cooking something that requires extra liquid go ahead and use it. Since canned bean liquid has starch from the beans it can actually help to thicken soups or to make hummus smooth.

**Question:** *Can you provide the yield for canned and dried beans?*

Use the chart below for the yields on dry and canned beans (source: The Bean Institute)

One pound bag of dry beans	=	2 cups dry beans
One pound bag of dry beans	=	6 cups cooked beans, drained
One cup of dry beans	=	3 cups cooked beans, drained
1/2 cup cooked beans, drained	=	1 serving of beans
One 15-ounce can of beans	=	1-3/4 cups cooked beans, drained
One 15-ounce can of beans	=	3-1/2 servings of beans

**Question:** *I avoid eating beans because they cause gas. Is there anything I can do to avoid this?*

Consuming nutrient-rich beans could reduce your risk for many chronic diseases but some individuals are hesitant to add more to their meals for fear of intestinal discomfort from gas. This is caused by undigestible carbohydrates called oligosaccharides. The following tips can help reduce the gas so everyone can enjoy the delicious and nutritious benefits of beans on a regular basis:

- Introduce beans into your diet slowly. Start with just a few tablespoons per day and gradually increase the amount.
- Make sure to drink plenty of water when you consume beans, or other high fiber foods.
- Soak dry beans before cooking and change the water frequently. Many of the gas-causing carbohydrates will be released into the water.
- Rinse canned beans, without sauce, before using in recipes.
- Consider using a gas-reducing enzyme tablet which can be found in most pharmacy departments.

## Cooking Class Outline: Batch Cooking Dried Beans for 2 Easy Family Meals

### Cooking Class Lesson Plan: 1 hour class (excludes shopping, prep & cleanup)

- 5 Minutes – Introduction; Key Messages on the Nourishing benefits of Michigan Beans
- 10 Minutes – Types of Michigan Beans and Overview of Cooking Methods for Dry Beans
- 10 Minutes – Tips for Cooking and Consuming Michigan Beans
- 20 Minutes – Demo Recipes
- 15 Minutes – Questions and Sharing of Resources

### Key Messages – Nourishing Benefits of Michigan Beans:

- ☑ Beans are a great source of fiber. That's important because most Americans don't get the recommended 25 to 38 grams each day. Fiber helps keep you regular and seems to protect against heart disease, high cholesterol, high blood pressure, and digestive illness.
- ☑ Beans provide plenty of protein. Beans are a great way to get plant-based, low-fat, low-calorie protein with fiber and carbs mixed in. A single cup has around 15 grams of protein. That's two to three times more than rice or wheat. Beans also contain lysine, an important protein building block that those following a vegetarian diet may not consume enough of.
- ☑ Beans can help you manage your weight. Studies show that if you make it a habit to eat more beans, you're more likely to have a lower body weight, slimmer waist, and a lower body mass index (BMI).
- ☑ Beans may boost heart health. Do your heart a favor and make beans a regular part of your diet. Studies show the soluble fiber in bean can help lower your LDL "bad" cholesterol.
- ☑ Beans are a good food for diabetes control. Since they supply complex carbohydrates, and are a good source of protein, beans have a low glycemic index. This makes them an ideal food for the management of insulin resistance and diabetes.
- ☑ Beans provide magnesium. Magnesium helps make protein and bone, and stabilizes blood sugar. Black beans are a particularly good source with 120 milligrams in a single cup. That's about a third of the recommended daily amount. Try the tried-and-true combination of black beans and rice.
- ☑ Beans help you consume more potassium. Your body needs potassium for almost everything, including your heart, kidneys, muscles, and nerves and Michigan Beans have quite a bit.
- ☑ Beans supply folate. This B vitamin is especially important for women who are pregnant or trying to have a baby because it helps prevent certain birth defects. It's also good for heart health, cell division, and your nervous system. You'll get about 300 micrograms -- three-quarters of the recommended daily amount -- in just one cup of pinto beans.

### **Tips for Cooking and Consuming Michigan Beans:**

*While you discuss the cooking methods for preparing dried beans, explain the method you used for preparing your “batch” of black beans for the upcoming recipe demos.*

### **Dry Beans**

**Quick Soak.** This is the fastest method. In a large pot, add 6 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover and soak for at least 1 hour.

**Traditional Overnight Soak.** This is the easiest method. Place dry beans in a large container; for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight.

Drain and rinse beans soaked by either method with fresh, cool water.

### **Cooking Beans - Stovetop Instructions**

1. Place beans in a large pot; cover with fresh water and bring to a boil.
2. Reduce heat, cover and simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours depending on the variety. Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water. Here are some approximate cooking times for beans:
  - Black beans: 60-90 minutes
  - Great Northern beans: 45-60 minutes
  - Kidney beans: 90-120 minutes
  - Navy beans: 90-120 minutes
  - Pinto beans: 90-120 minutes

### **Cooking Beans - Instant Pot**

Using an Instant Pot, or other type of pressure cooker, is a fast and fail-proof method to cook Michigan Dry Edible Beans. Refer to Instant Pot Cooking directions in Section 4 of this guide and click [here](#) for a video and instructions for how to cook dry beans in a pressure cooker.

If viewers are using canned beans for their recipes, instruct them on rinsing and draining the beans. Discuss how 40% of the sodium is reduced by rinsing or how you can look for low or no sodium varieties if needed.

### **Avoiding Gas**

Issues with flatulence is a major reason why people avoid adding beans to their diet. Refer to the consumer questions and answers in Section 4 of this guide to provide information on why this may be an issue for some and provide tips for reducing gas from bean consumption.

### **Recipes to Demo:**

## Recipe #1: Michigan Black Bean & Bulgur Salad

This delicious, nutrient-rich salad is perfect for a light warm weather meal and the beans and bulgur provide a healthy dose of fiber. *Makes 4 servings*

### INGREDIENTS:

1/2 cup dry bulgur (look for bulgur by the rice or in the ethnic aisle of the store)  
1 (15 oz.) can reduced sodium Michigan Black Beans, drained and rinsed, or 2 cups cooked, Michigan Dry Edible Black Beans  
1 small red pepper, chopped  
4 green onions, chopped  
1/2 cup fresh parsley, chopped

### Dressing:

1/3 cup orange juice  
3 tablespoons olive oil  
2 tablespoons balsamic vinegar  
2 teaspoons minced garlic  
1 teaspoon ground cumin  
1/2 teaspoon kosher salt

### DIRECTIONS:

1. Add bulgur and 1 cup water in a small covered saucepan. Bring to a boil and simmer for 10 to 12 minutes or until all water is absorbed. Set aside.
2. Combine black beans, chopped pepper, onions and parsley in a large mixing bowl. Add bulgur to bowl and mix.
3. In a small bowl whisk together all dressing ingredients – orange juice, olive oil, balsamic vinegar, garlic, cumin and salt.
4. Pour dressing over bulgur and vegetable mixture. Toss gently to combine.
5. Serve salad slightly warmed or chilled with whole grain naan bread.

Nutrition information per serving: 272 calories; 10.75 g fat; 36 g carbohydrate; 9.5 g protein; 11 g fiber; 169 mg sodium



### Shopping List:

- 1 package dry bulgur (look for bulgur by the rice or in the ethnic aisle of the store)
- 1 (15 oz.) can reduced sodium Michigan Black Beans, or 2 cups cooked dry Michigan Black Beans
- 1 small red pepper
- 4 green onions
- Fresh parsley
- Orange juice
- Olive oil
- Balsamic vinegar
- Minced garlic
- Ground cumin
- Kosher salt
- Whole grain naan bread for serving, if desired
- 

### Supplies:

- Measuring cups and spoons
- Small saucepan with lid
- Knife
- Cutting board
- Large mixing bowl
- Mixing spoon
- Small bowl
- Whisk

### Demo Pre-Prep Notes

1. Cook bulgur and drain
2. Drain and rinse black beans, if using canned
3. Chop pepper, onions and parsley; place measured amounts in small glass bowls.
4. Measure out dressing ingredients if desired.

### Suggested Talking Points

- Discuss substitutions for bulgur such as brown rice, quinoa or farro.
- This recipe can also be made using 2 cups of cooked dry black beans instead of canned.
- Keep a variety of canned beans in your pantry for convenient meal starters.
- Look for reduced or no sodium canned bean option and also remind participants that rinsing and draining canned beans removes approximately 40% of the sodium.
- Review the nutritional benefits of beans as an excellent source of plant-based protein, fiber and other nutrients.
- Can also make the dressing in a small mason jar or plastic container with lid. Simply shake to mix.

## Recipe #2 – Michigan Black Bean and Avocado Wraps

These easy and delicious black bean and avocado wraps are great for a quick plant-forward dinner or portable lunch. *Makes 4 wraps*

### INGREDIENTS:

2 medium, ripe avocados  
2-4 tablespoons lime juice  
Salt  
4 - 10-inch soft whole grain wraps or tortillas  
1 (15-oz.) can reduced sodium Michigan Black Beans, drained and rinsed or 2 cups cooked dry black beans  
2 medium tomatoes, finely diced  
Baby spinach or other greens  
Salsa and/or hot sauce  
Fresh cilantro or parsley, if desired

### DIRECTIONS:

1. Peel, pit, and mash the avocado in a medium bowl. Add lime juice and salt to taste.
2. Divide the mashed avocado between the wraps, spreading it down the middle. Add the black beans, tomatoes, and spinach or greens over the avocado.
3. Add salsa, or other hot sauce and cilantro or parsley, if desired.
4. Fold one end over the ingredients, then fold two other sides over, leaving one end open.

Nutrition information per serving (using dry, cooked beans): 451 calories; 19 g fat; 58 g carbohydrate; 15.5 g protein; 19 g fiber; 340 mg sodium



### Shopping List:

- 2 medium, ripe avocados
- Lime
- Salt
- 4 - 10-inch soft whole grain wraps or tortillas
- 1 (15-oz.) can reduced sodium Michigan Black Beans, or 2 cups cooked dry Michigan Black Beans
- 2 medium tomatoes
- Baby spinach or other greens
- Salsa and/or hot sauce
- Fresh cilantro or parsley

### Supplies:

- Knife and small scoop for avocados
- Knife
- Cutting board
- Plates for making wraps
- Large spoon or spatula for spreading
- Small glass bowls for wrap ingredients – beans, tomatoes and spinach

### Demo Pre-Prep Notes

1. Drain and rinse black beans, if using canned
2. Chop tomatoes and place in small glass bowl
3. Add beans, spinach, salsa and cilantro or parsley to bowls

### Suggested Talking Points

- Make sure you choose wraps that are soft and pliable to avoid breaking.
- This recipe can also be made using 2 cups of cooked dry black beans instead of canned.
- Discuss the nutritional attributes of adding beans as a plant-based protein that also counts as a vegetable.

### Resources to Share:

- Handout – Add the Benefits of Michigan Beans to Meals – 30 Ways in 30 Days chart
- More recipes and bean information – [www.michiganbean.com](http://www.michiganbean.com)
- Consumer Guide to Cooking Michigan Beans – [COOKING WITH MICHIGAN BEANS...Adding the Nourishing Power of Plants to Your Plate](#)

# SECTION 5

## How to Enjoy More Michigan Beans

Add the Benefits of Michigan Beans to Meals - 30 Ways in 30 Days



		<p><b>Day 1:</b> Experiment with adding double-duty beans to more meals –they count as a protein &amp; vegetable!</p>	<p><b>Day 2:</b> Enjoy a tasty breakfast wrap with eggs, black beans, guacamole and salsa.</p>	<p><b>Day 3:</b> Blend kidney beans, Greek yogurt, onion, red wine vinegar, chili powder &amp; cumin for a creamy dip.</p>	<p><b>Day 4:</b> <a href="#">Combine cooked beans with your favorite meat</a> in recipes such as tacos, burgers, chilis &amp; casseroles.</p>	<p><b>Day 5:</b> Add cooked beans to your favorite vegetable soup to pump up the protein and fiber.</p>
<p><b>Day 6:</b> Substitute the flour in a <a href="#">brownie recipe</a> with a can of pureed black beans.</p>	<p><b>Day 7:</b> Add chopped veggies and white beans to your tuna or chicken salad.</p>	<p><b>Day 8:</b> Celebrate Taco Tuesday by filling shells with a blend of beans, chopped pepper, onions and cheese.</p>	<p><b>Day 9:</b> Mash pinto beans with some cumin and warm. Spread on wheat toast and top with scrambled eggs &amp; salsa.</p>	<p><b>Day 10:</b> <a href="#">Make a fiber-rich salad</a> with cooked beans, quinoa, corn, peppers, tomatoes &amp; onions.</p>	<p><b>Day 11:</b> Switch up your potato side dish – opt for some savory baked beans instead.</p>	<p><b>Day 12:</b> Enjoy roasted chickpeas as a healthy snack to eat by themselves or added to a trail mix.</p>
<p><b>Day 13:</b> Add onions, mushrooms and beans to your omelet.</p>	<p><b>Day 14:</b> Add beans to pasta or casseroles – try this easy <a href="#">Greek Pasta with Tomatoes &amp; Beans</a></p>	<p><b>Day 15:</b> Add cooked beans and corn to your salsa to kick up the texture and nutrition. Serve with whole grain tortilla chips.</p>	<p><b>Day 16:</b> Substitute <a href="#">white bean hummus</a> as a spread on your sandwich.</p>	<p><b>Day 17:</b> Enjoy a big, green side salad with dinner and add canned beans to pump up the fiber &amp; protein.</p>	<p><b>Day 18:</b> Easy Salad: Combine white kidney beans, garlic, sun-dried tomatoes, rosemary, red wine vinegar &amp; Greek olives.</p>	<p><b>Day 19:</b> Super Smoothie: Blend 2 frozen bananas, ¼ cup white beans, ½ cup strawberries, 2 dates &amp; 2 cups milk.</p>
<p><b>Day 20:</b> Mash cooked beans and avocado together &amp; spread on a whole grain wrap. Add veggies for crunch.</p>	<p><b>Day 21:</b> Stay stocked up canned fruits, veggies and beans for quick meal prep and side dishes.</p>	<p><b>Day 22:</b> Use veggies as vessels. Try whole onions stuffed with seasoned veggies, black beans and a little meat or poultry.</p>	<p><b>Day 23:</b> Avocado toast anyone? Add more nutrients by starting with mashed beans then adding avocado slices.</p>	<p><b>Day 24:</b> Whip up a tasty gift of health from your kitchen -make these <a href="#">Chocolate Black Bean Truffles</a>.</p>	<p><b>Day 25:</b> Toss cooked beans in hearty soups and <a href="#">chilis</a> to add key nutrients and fiber.</p>	<p><b>Day 26:</b> Mash pinto beans on a whole wheat pizza crust. Add sauce, sprinkle with your favorite cheese and bake.</p>
<p><b>Day 27:</b> Snack on hummus or <a href="#">bean dip</a> with veggies and whole grain crackers.</p>	<p><b>Day 28:</b> Build a better bean pantry. Keep canned beans on hand for quick meals and bean flours for baking to add a protein and fiber bonus!</p>	<p><b>Day 29:</b> Combine canned beans, peppers, onion &amp; parsley with a citrus vinaigrette. Marinate before serving.</p>	<p><b>Day 30:</b> Add the nutritional benefits of beans to meatballs and these <a href="#">Spicy Black Bean Burgers</a>.</p>			

# SECTION 6:

## Turnkey Tools for Communicating the Benefits of Michigan Beans

Use this seasonal communication calendar and educational idea starters to encourage patients and consumers to enjoy the many delicious and nutritious benefits of Michigan Beans all year long.

### Winter – December, January, February

**Educational Themes:** Healthy Holidays; Weight Management; Heart Health

#### Social posts:

Gather your family or friends for a fun holiday get together and serve this festive [Mexican Dip Christmas Wreath](#). Your guests will love the layers of flavors and nourishing goodness of beans! #EatMoreBeans #HealthyHolidays

This [Michigan 5 Bean Soup Mix](#) is an easy, and cost-effective way to spread some healthy holiday cheer to friends, neighbors, teachers or family. Choose your favorite Michigan Beans, create a seasoning packet, divide into glass jars and add some seasonal touches. And kids will love measuring the beans and filling the jars! #EatMoreBeans #HealthyHolidays

Beans are a healthful, plant-based protein that are naturally low in fat and high in fiber. Research shows that people who eat more fiber tend to weigh less, and protein has been shown to help people feel full longer, so adding more beans to meals may help with weight management. Click [here](#) to learn how to include more beans in nourishing, satisfying meals. #EatMoreBeans

If Santa dropped an Instant Pot under your tree in December, you might want to use it to cook up a nourishing batch of dry beans. Click [here](#) for a video with instructions and recipes. Freeze your cooked beans for healthful meals in the New Year. #EatMoreBeans

Did you know that heart disease is 80-90% preventable with a combo of healthy eating, exercise and staying at a healthy weight? Beans are a key part of heart-healthy eating and the soluble fiber they contain can help reduce LDL “bad” cholesterol. Visit [MichiganBean.com](#) for delicious recipes and cooking tips. #EatMoreBeans #HeartHealth

#### Links to blogs:

<https://michiganbean.com/healthy-holidays-with-michigan-beans/>

<https://michiganbean.com/5-reasons-to-add-more-beans-to-meals-this-year/>

<https://michiganbean.com/heart-healthy-habits-include-michigan-beans/>

### **Ideas for Consumer Education:**

- Conduct an in person or virtual cooking class highlighting tips and bean recipes for a healthier holiday.
- Create a New Year pantry stocking list of nourishing foods. Include convenient and affordable options like a variety of Michigan dry and canned beans.
- Start a social media regular feature that provides quick and nourishing meal ideas with pantry staples like Michigan Beans. Allow consumers to share their own plant-forward menu ideas.
- Families are often looking for budget-friendly meal options at the start of a New Year. Offer menu plans and recipe ideas featuring ingredients, like Michigan Beans, that are both nutritious and affordable.
- Add a [Michigan Bean recipe](#) demo to your cardiac rehab classes and discuss the benefits of a plant-forward dietary pattern.
- Provide Michigan Bean recipes to those patients you see for heart health consultations.
- Partner with the local office of the American Heart Association on walks and other fundraising events they host as a way to position your place of business as a key community partner committed to healthy living. Showcase heart-smart bean recipes featured in this toolkit. Search for a local AHA office [here](#).
- Partner with local cardiologists to conduct heart-healthy living talks and supermarket store tours. Jointly promote the events to your patients and consumers.

### **Spring – March, April, May**

**Educational Themes:** National Nutrition Month; Earth Day; Digestive Health Awareness Day (May 29)

#### **Social posts:**

Did you know that beans are a nutrition powerhouse? They contain plant-based protein, fiber, potassium, folate and other important nutrients! Make sure to stock your pantry with both canned and dry edible beans to add to meals and snacks. Find easy recipes at [MichiganBean.com](https://MichiganBean.com). #EatMoreBeans

Canned Beans are a versatile, convenient ingredient for more plant-forward meals. Add them to soups, stews, chili, Mexican dishes, salads, salsa and more. Bonus - they're packed with protein and fiber! #PlantForward #EatMoreBeans

Wonder where your beans came from? It may be Michigan! The Great Lake State grows world-class dry edible beans and is 1<sup>st</sup> in the nation for production of dry black beans, cranberry beans & small red beans. Learn about all the Michigan Bean varieties and find delicious recipes by visiting the Michigan Bean Commission [website](#). #EatMoreBeans

Adding more plants, like Michigan Beans to your meals can be healthier for you and the planet! Check out our month of easy tips for adding the benefits of beans to your meals. [30 Ways in 30 days chart](#) #EatMoreBeans

#### Links to blogs:

<https://michiganbean.com/benefits-of-beans-post/>

<https://michiganbean.com/eating-flexitarian-with-michigan-beans/>

<https://michiganbean.com/michigan-beans-a-sustainable-food-choice/>

#### Ideas for Consumer Education:

- During National Nutrition Month create a blog discussing the benefits of a plant-forward, flexitarian dietary pattern that celebrates plants, like Michigan Beans, on the plate.
- Provide patients and clients with a grocery shopping list that includes naturally nutrient-rich plant-based foods along with tips for adding more plant foods, like beans, to meals.
- During the week of Earth Day, create a series of social posts highlighting facts about sustainable agriculture and nutrition. Share the sustainable story about how beans are a simple and affordable way to go greener.
- Share some delicious plant-forward recipes in your work cafeteria or with clients. Visit [michiganbeans.com](http://michiganbeans.com) for ideas.
- To help consumers increase their fiber intake, offer a cooking class featuring ways to add more naturally high fiber foods to meals and snacks. Examples - [Greek Pasta with Tomatoes and Beans](#) and [Navy Bean Hummus with Veggies](#).

## Summer – June, July, August

**Educational Themes:** Men's Health; Healthy Summer Celebrations; Back to School

#### Social posts:

Give your dad the gift of health this Father's Day by serving him a delicious recipe featuring Michigan Beans! Beans are high in fiber and provide a healthy dose of low-fat, plant-based protein. Studies show these nutritional powerhouses can help with weight management and may reduce the risk of many chronic diseases, including heart disease. Celebrate dad on his special day with this tasty and satisfying [Salmon with Arugula and White Bean dish](#). #EatMoreBeans #FathersDay

Plant-forward eating habits emphasize more plant foods in meals and snacks and there are benefits for both personal and planet health. This summer, think about adding more beautiful fruits and vegetables, hearty beans, whole grains, and crunchy nuts to your daily eating habits, but rest assured, you can still enjoy meat, poultry and fish if you'd like - just shift the balance to include more plant-based foods. #EatMoreBeans #PlantForward #HaveAPlant

It's summertime and the cooking should be easy and nourishing! Keep a well-stocked kitchen including basics such as canned beans and vegetables, canned and dried fruits, pouch or canned fish and meat, whole grain pasta, and products that help you create easy balanced meals. For some healthy meal inspiration featuring canned beans click [here](#).  
#EatMoreBeans #CannedBeans

Packing school lunches is a great opportunity to teach children healthful eating habits. Add in a healthy dose of protein, fiber and other nutrients by including beans in the lunch bucket! Spread hummus on sandwiches or use as a dip, sprinkle beans in a tuna, chicken or pasta salad, add beans to a quesadilla or create a black bean and corn salsa for dipping.  
#EatMoreBeans #BackToSchool

#### Links to blogs:

<https://michiganbean.com/benefits-of-beans-post/>  
<https://michiganbean.com/leafy-greens-with-michigan-beans/>

#### Ideas for consumer education:

- Create a blog talking about foods that provide health benefits to men and include a Father's Day menu plan. Kids can help make these [Bean and Beef Sheet Pan Nachos](#) for dad.
- Use social media to share quick and easy ways to add Michigan Beans to summer meals like salads.
- Connect with your local TV station to do a Facebook Live segment highlighting healthier summer celebrations. Create 2 easy salad recipes featuring nutrient-rich ingredients like this – [Michigan Black Bean and Bulger Salad](#) and [Michigan White Bean and Farro Salad](#)
- Help consumers discover new "beanto" box lunch ideas that kids will love. Provide bean recipes that are nourishing, delicious and protein-rich. These kid-friendly dishes will help keep their energy levels up and increase their ability to concentrate – [Easy Turkey and Bean Chili](#); [Rockin Rainbow Pasta](#); [Navy Bean Hummus](#); [Chocolate Chip Bean Brownies with Berries](#)
- Hold a kid's cooking class in person or virtually to create some fun afterschool snacks with beans. Click [here](#) to find recipes such as Black Bean and Pineapple Salsa and Chocolate Fudge Cookies. Both recipes use convenient canned beans.

## Fall – September, October, November

**Educational Themes:** Family Meals Month; National Chili Month; Diabetes

### Social posts:

Celebrate Family Meals Month with some new family-friendly recipe inspiration! Make this easy [Plant Powered Beef and Black Bean Blend](#) then use this delicious and nutritious combo to create simple recipes like [Mexican Lasagna](#) and [Burrito Stuffed Peppers](#)!  
#EatMoreBeans #PlantForward #FamilyMealsMovement

October is National Chili Month! Celebrate by having a neighborhood chili cook off. Check [MichiganBeans.com](#) for a variety of chili recipe options that are delicious and perfect for a healthy fall get together... time to get cooking! #EatMoreBeans #NationalChiliMonth

It's tailgating time! Instead of the usual fare why not plan a nourishing menu featuring tasty Michigan Beans? Gather your friends, wear your team jerseys and enjoy this [White Chicken Chili](#) with a side of whole grain tortilla chips and a big green salad – so good!  
#EatMoreBeans #HealthyTailgating

Discover some delicious ways to deal with diabetes! The [American Diabetes Association \(ADA\)](#) created a list of diabetic superfoods, that are “rich in vitamins, minerals, antioxidants, and fiber” and may help prevent disease and beans are at the top of this list! The fiber in beans slows down the digestive process, which helps keep blood sugar levels stable for longer. Discover some tasty ways to add them to your meals [here](#).  
#EatMoreBeans #DiabetesFriendly

### Links to blogs:

<https://michiganbean.com/cooking-instant-pot-beans/>

### Ideas for Consumer Education:

- Create a blog discussing the [benefits of family meals](#). Share this recipe for a [Plant-Powered Black Bean and Beef Blend](#) that can be used to make 2 delicious family-friendly meals.
- Share this [infographic](#) on social media about the affordable versatility of canned beans for mealtime. Ask others to share their favorite recipe ideas with canned beans.
- Develop a pantry stocking list that contains easy, affordable meal starters for quick family dinners. Include canned tomatoes and other veggies, dried and canned beans, instant brown rice, pasta, pasta sauce, and canned or pouch tuna and chicken.
- Create a social media video with tips to get kids in the kitchen and demo these easy [Sheet Pan Nachos](#) that can easily be personalized for each family member.
- Celebrate chili month in October by sharing 3 nourishing chili recipes that consumers can make for easy family meals or fall tailgating parties. Examples – [White Chicken Chili](#); [Pumpkin Chili Mexicana](#); [Easy Turkey and Bean Chili](#)

- Beans are rich in complex carbohydrates, dietary fiber, and protein, which gives them a low glycemic index. This makes them an ideal food for the management of insulin resistance and diabetes. Dry bean consumption also has been shown to have beneficial effects on risk factors for diabetes. As you talk to patients and consumer with diabetes, share the importance of consuming low glycemic index foods like beans which may be beneficial in the prevention and management of Type 2 diabetes and include diabetes-friendly recipe ideas.
- Partner with your local American Diabetes Association to provide a cooking class for the community. A complete class outline is provided in section 4 of this kit (*Cooking Class Outline: Batch Cooking Dried Beans for 2 Easy Family Meals*)



# SECTION 7

## Resources

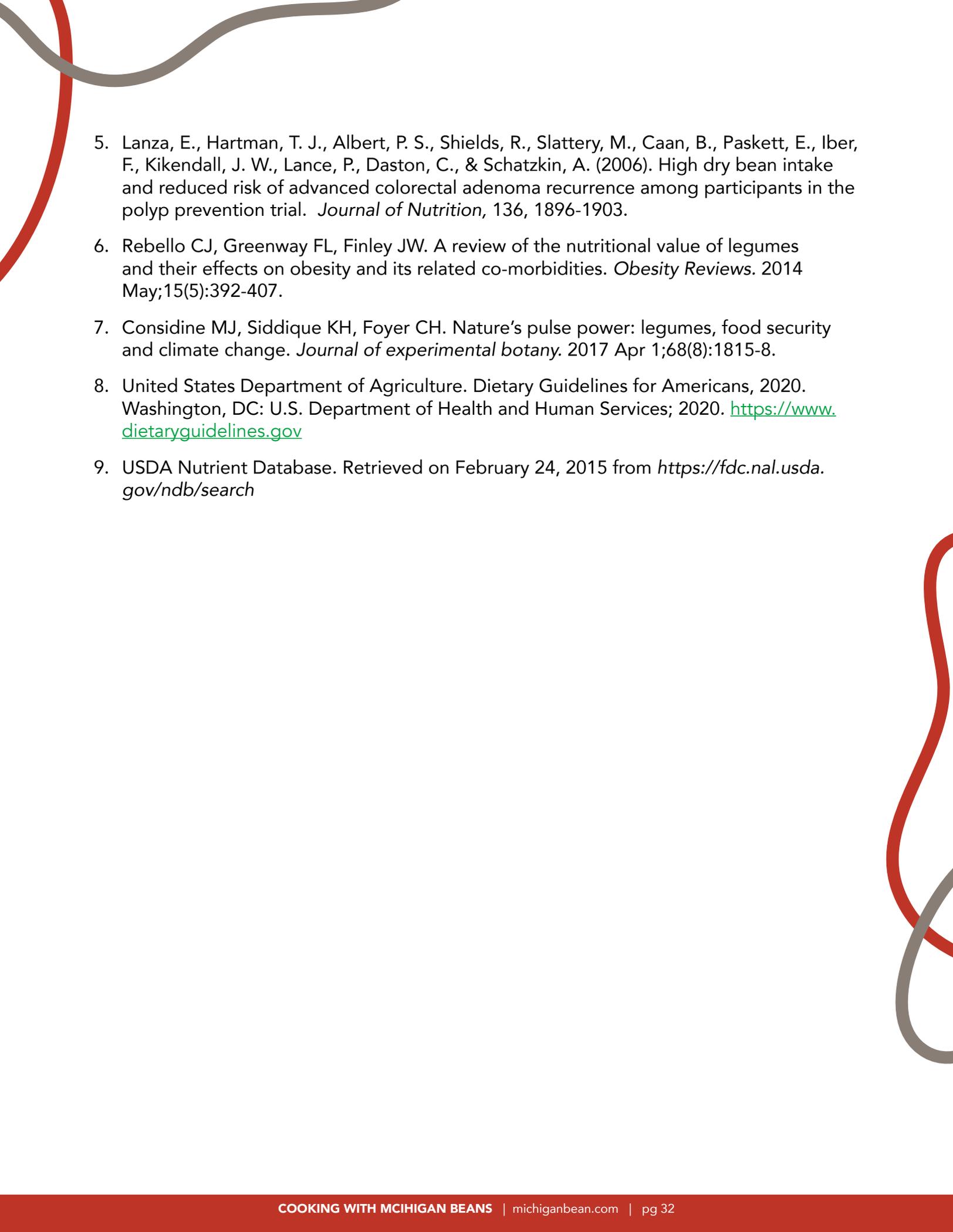
- **Bean Academy Health Professional Webinars:**

The Michigan Bean Commission (MBC) is pleased to offer a series of free accredited webinars, many with a plant forward eating focus, that cover a broad range of contemporary nutrition and food topics. Each webinar is a blend of research, science and practice to help nutrition professionals stay informed on new developments and the latest thinking on relevant topics.

- Click [here](#) for information on new and recorded webinars.
- Recipes, nutrition information, blogs, cooking tips and more - Michigan Bean Commission - [Michiganbean.com](http://Michiganbean.com)
- Canned Bean recipes, research, fun facts, infographics and fact sheets – [cannedbeans.org](http://cannedbeans.org)
- The Bean Institute - [Beaninstitute.com](http://Beaninstitute.com)
- USA Pulses - included information on all edible seeds of legumes including dry peas, beans, lentils and chickpeas - [USApulses.org](http://USApulses.org)
- Oldways - a nonprofit organization inspiring people to embrace the healthy, sustainable joys of the old ways of eating. Includes many delicious bean recipes - [Oldwayspt.org](http://Oldwayspt.org)
- Sources for buying Michigan Dry Edible Beans for institutions – [Cultivate Michigan Guide](http://Cultivate Michigan Guide) – [cultivatemichigan.org](http://cultivatemichigan.org)
- Sources for institutional Michigan Bean recipes - <https://www.cultivatemichigan.org/recipes>

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