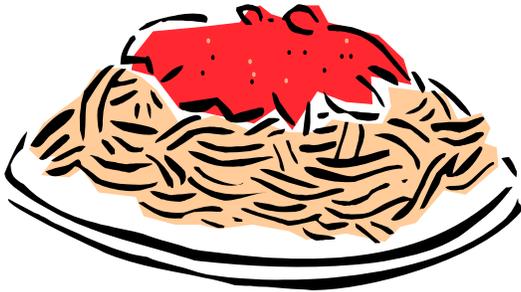


Meatless Meals

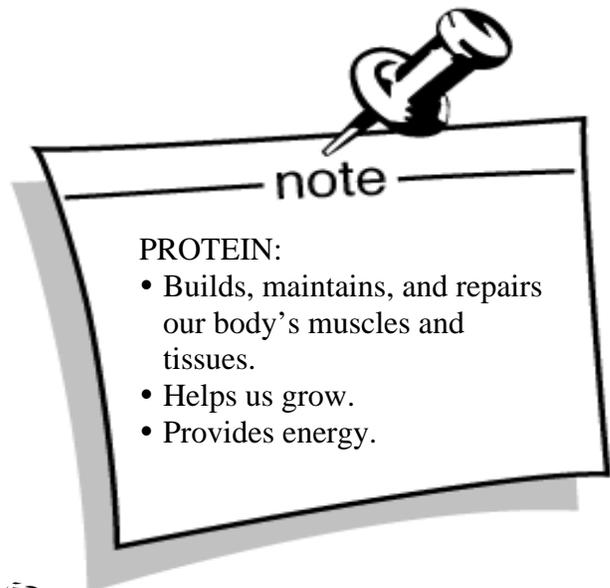


The protein foods group includes foods from both animal and plant sources. Examples of foods from animal sources include beef, pork, chicken, turkey, all seafood, wild game meat, and eggs. Examples of foods from plant sources include dried peas and beans, all soy products, peanut butter, nuts, and seeds. All of these foods are good sources of protein.

Meatless Meals Cost Less

Meat is usually the most expensive food item you buy. A way to save money is to prepare a meatless meal once or twice a week. It can be as simple as eating a peanut butter and jelly sandwich. You could also serve macaroni and cheese, red beans and rice, green bell peppers stuffed with rice and lentils, or chili soup. How about serving a veggie omelet for breakfast or supper, or a fruit flavored tofu smoothie for a snack?

The iron found in meatless meals is harder for our bodies to absorb. Our bodies absorb iron better when foods high in iron, such as lean meat, chicken, dried beans and peas, and iron-fortified cereals are eaten with foods high in vitamin C. The following foods are high in vitamin C: oranges, kiwi, dark green vegetables, potatoes, tomatoes, and peppers.



Advantages to Eating Meatless Meals

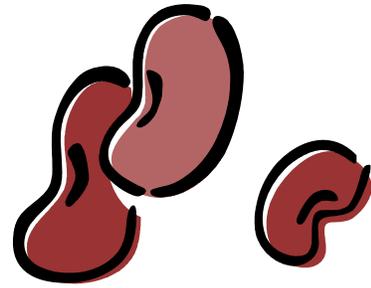
- Costs less than meals made with meat.
- May be lower in fat and calories.
- Navy, great northern, and black beans add calcium to your diet.
- May increase the amount of fiber you eat.

Know how. Know now.

Cooking with Dried Beans

1. **SORT AND RINSE BEANS.** Throw away any that are discolored or shriveled. Rinse beans in cold water.
2. **SOAK BEANS.** Use one of the following methods:
Quick Soak: Place 1 pound of dry beans in a large pan with 6 cups of water. Bring to a boil. Boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain beans.
Overnight Soak: Place 1 pound of dry beans in a large pan with 6 cups of water. Place in the refrigerator and let soak overnight. In the morning, drain beans.
3. **COOK DRY BEANS.** Place soaked beans in a large pan. Cover beans with water and bring to a boil. Reduce heat to low and simmer until tender, stirring occasionally. Beans are done when fork tender. Drain excess liquid.

**Beans usually take 30 minutes to 2 hours to cook depending on the variety. Check the package for specific cooking times.



Bean Tips

- 1 cup dry beans makes 2 to 3 cups cooked beans.
- ¼ cup cooked dried beans, peas or lentils equals 1 ounce of food from the protein foods group.

Cook more beans than you need. Refrigerate. Use within 2-3 days or freeze cooked beans in an air tight container. Use frozen beans within one year.

Refried Beans

Makes 6 servings

3 tablespoons cooking oil
½ cup onion, chopped
2 cups cooked or canned pinto beans
1 teaspoon garlic salt
Grated cheese (optional)

1. In a large skillet, heat oil. Add onions, and cook until tender.
2. Add beans and garlic salt. Mash.
3. Cook over low heat for 10 minutes, stirring frequently.
4. Serve plain or topped with grated cheese, use as a filling for tacos or use in making bean dip.

Nutrition Information per Serving: 140 calories, 7 g fat, 0.5 g saturated fat, 0 mg cholesterol, 300 mg sodium, 16 g carbohydrates, 5 g fiber, 2 g sugar, 5 g protein, vitamin A 0%, vitamin C 4%, calcium 4%, iron 8%.

