PRODUCT DESCRIPTION

- US Grade A canned vegetarian beans are pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.

PACK/YIELD

- Vegetarian beans are packed in 15 ½ ounce cans, which is about 1 ½ cups or 3 ½ servings (½ cup each).

STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve vegetarian beans heated, without adding salt, or use in casseroles or in baked bean dishes.
- Serve vegetarian beans with pork or chicken.

NUTRITION INFORMATION

- ½ cup of cooked dry beans count as 2 ounce in the MyPlate.gov Protein Foods Group or as ½ cup in the Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Vegetarian beans are low in fat, cholesterol-free, and provide 20% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor or liquid spurts out when the can is opened, throw it away.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (127g) vegetarian beans, low-sodium, canned

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<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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<td>119</td>
<td>5</td>
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<tr>
<td>Total Fat</td>
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<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
NOT YOUR BASIC BAKED BEANS

MAKES 3 SERVINGS

Ingredients

- 1 can (15.5 oz.) low-sodium vegetarian beans, undrained
- 2 tsp. vegetable oil
- ½ onion, chopped
- ½ green pepper, chopped
- 2 tsp. spicy mustard or plain yellow mustard
- 2 tsp. ketchup
- ¼ c. brown sugar add (or regular sugar)

Directions

1. In skillet, heat oil and cook onions, and green peppers until tender.
2. Add vegetarian beans.
3. Add mustard, ketchup, and brown sugar; stir.
4. Heat for 2 to 3 minutes on medium heat.

Nutrition Information for 1 serving (about ½ cup) Not Your Basic Baked Beans

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Recipe adapted from Cooks.com.

BEAN Nacho Dip

MAKES ABOUT 12 SERVINGS

Ingredients

- ½ package (8 oz.) low-fat cream cheese
- ½ can (8 oz.) low-sodium vegetarian beans, undrained
- ½ can (8 oz.) tomatoes, chopped
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ pound (about 2 cups) shredded reduced-fat cheddar cheese

Directions

1. Preheat oven to 350 degrees F.
2. Spread cream cheese on the bottom of an 8x8-inch baking or casserole dish.
3. Spread beans on top of cream cheese.
4. Combine tomatoes, garlic powder, and onion powder, and spoon on top of beans. Sprinkle with cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Tip

Serve with fresh vegetable sticks or low-fat tortilla chips.

Nutrition Information for 1 serving (about ½ cup) Bean Nacho Dip

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Recipe adapted from Commodity Supplemental Food Program Cookbook

These recipes, presented to you by USDA, have not been tested or standardized. USDA is an equal opportunity provider and employer.