



Black Beans, Canned, Low-Sodium

MyPlate Food Group: Protein or veggie

Nutrition Information

- ½ cup of black beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Black beans are low in fat, calories, and sodium and do not contain cholesterol.
- Black beans are a good source of plant protein.
- For specific information about canned black beans, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses & Tips

- Canned black beans are precooked and do not require any soaking. They do not need to be heated before eating.

MyPlate Facts

- Black beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

Storing Foods at Home

- Store dry black beans in a cool, clean, dry place.
- After opening, store unused black beans out of the can in a tightly closed bag or container.



GOLDEN
HARVEST FOOD BANK



Black Bean Soup

Makes 4 servings

Directions: Wash hands with soap and water.

Ingredients:

- 1 cup onion, chopped
- $\frac{3}{4}$ cup celery, chopped
- 2 teaspoons garlic, chopped
- $1\frac{1}{2}$ cups chicken or vegetable broth
- 2 cans (15 ounce each) low-sodium black beans, rinsed and drained
- $\frac{1}{2}$ cup salsa $1\frac{1}{2}$ teaspoons cumin
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon oregano, dried

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Recipe adapted from Perdue Extension FoodLink

Recipe adapted from the California Dry Bean Advisory Board

These recipes have not been tested or standardized. Source: USDA Foods