

BLACK BEANS

Excellent source of fiber and protein!



How much fiber do I need?
20-25 grams of fiber **per day!**

Black beans have 15 grams protein and fiber per cup.

One portion of black beans has more than half of fiber need per day. Black beans are a good source of Folic Acid and other essential minerals.



Black bean chili (serving size:4)

Ingredients: ■ 12 oz can Low-sodium black beans, drained liquid reserved ■ 1 cup Low-sodium salsa ■ 1 cup Frozen corn ■ Freshly squeezed lime juice (optional) ■ Fresh cilantro (optional) ■ Hot sauce to taste

Directions: 1. Mix beans, corn, and salsa in a 5-quart pot. 2. Add the reserved liquid to reach desired consistency. The more liquid, the “soupier” the chili will become. 3. Cook over medium heat for 20 minutes. 4. Add additional toppings just before serving.

The black beans are high in fiber which helps you feel fuller with less calories. This recipe may help improve glucose levels, metabolism, cholesterol levels, & digestion.

GWAAR Nutrition Team in Collaboration with UW Stout
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