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Did you Know...

Research shows that slowly adding additional beans to your diet will reduce the incidence of flatulence over time.

Rinsing canned beans reduces the sodium by 41%!

EAT WELL, AGE WELL. January- Bean and Soup Month

Beans and Soup go together perfectly and can provide warmth, comfort, and nutrition during our chilly WI winter months. According to the USDA Food Patterns, beans are considered both a protein and a vegetable! As we age, we need protein at each meal to help keep our muscles strong and we all need more vegetables in our diets, so beans are a win-win!

- Beans are an excellent source of fiber and are an affordable form of protein. In addition, they contain many nutrients that are important for a healthy diet include iron, potassium, calcium, and magnesium.
- Many varieties are gluten-free, dairy-free, and some are vegetarian. Be sure to read labels!
- Beans' high fiber content and low-glycemic index means they are great for people with diabetes. In fact, the *American Diabetes Association refers to them as Superstar Foods!*
- Canned beans make it easy to add more plant-based foods to your diet and reduce meat intake, lowering daily caloric and cholesterol intake and saving you money.
- Canned beans are affordable, always in season and always ready to use.

"Knock, knock. Who's there? Bean. Bean who? It's bean awhile since I've seen you."

If it's been a while since you visited your local Senior Dining location stop by and say hi!

Chili For Two

Thick and hearty stove top chili recipe that is the perfect amount for two people.

Ingredients

- 1/2-pound ground beef
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 16 ounces chili beans, undrained
- 14.5 oz. diced tomatoes, undrained
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin



Instructions

1. In a large saucepan, add the ground beef and onion and cook over medium heat until the meat is cooked through and no longer pink. Add the minced garlic and cook just until fragrant, approximately 1 minute. Drain and return the mixture to the pan.
2. Add the chili beans, diced tomatoes, chili powder and cumin to the pot. Reduce the heat to medium low to bring the mixture to a simmer. Cover and let the chili simmer for 15 minutes, stirring occasionally.
3. Serve warm with desired toppings. Suggested toppings: diced onion, diced jalapeno, sour cream, cheese, diced cilantro.

Notes

- If you like spicy chili, be sure to use spicy chili beans and add in 1/4 teaspoon or more of ground cayenne pepper.
- Add more variety by adding in other types of beans, like black, kidney, butter, pinto, etc.
- Make this recipe a day or two ahead to get the most flavor. Then reheat on the stove or in the microwave until warmed through.
- If you have extra beans, you can freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.
- Recipe provided by iCookfortwo.com visit the site for more recipes.

Check out more Recipes at: <https://foodhero.org/beans> and <https://cannedbeans.org/>