



black beans

TASTY TIDBITS



Nutrition Nuggets

- Beans are high in fiber for healthy digestion and heart health, carbohydrates for energy, and a low-fat source of protein for building strong muscles and bones.



How to Store

- Store canned beans in a cabinet or pantry, or dry beans in a container.
- The shelf life of dry beans extends 1 year after the code date provided on the package.
- Unopened, the shelf life of canned beans extends 3 years after the code date provided on the package.



How to Prepare

- Canned beans can be drained, rinsed, and used immediately; heated in a microwave or on the stove; or added to soups or stews.
- Dry beans are best prepared by soaking them overnight before cooking. After soaking, place the beans in fresh water and boil until tender.



How to Enjoy

- Beans are great additions to salads, dips, soups, curries, quesadillas, and tacos.
- They can be served on corn tortillas or over rice or quinoa.

#DYK

- Black beans originated in South America and are a staple ingredient in Latin American and Caribbean cuisine.

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RECIPES

Black Beans

INGREDIENTS

- 2 cups of dry black beans
- 8 cups of water, plus some for soaking
- 1 teaspoon olive oil
- Optional: pepper, cumin, chili powder, oregano or Mexican oregano, garlic, onion, peppers, lime juice, cilantro

DIRECTIONS

1. Soak the beans overnight for best results. Strain the soaked beans. Place them in a pot and cover with water.
2. Bring the water to a boil and reduce heat to a simmer.
3. Simmer until beans are tender, about 45 to 60 minutes, stirring occasionally and adding more boiling water if needed.
4. Once tender, drain the beans and season as desired.

Black Bean Tortilla Wraps

INGREDIENTS

- 1 1/2 cups black beans, cooked (or canned, drained and rinsed)
- 1 teaspoon oil
- 2 tablespoons onion, chopped
- 1/2 cup tomatoes, chopped
- 4 corn tortillas
- 1/2 cup fresh tomato salsa
- Optional: chopped cilantro and nonfat plain yogurt

DIRECTIONS

1. Mash beans with oil and mix with onions and tomatoes.
2. Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds.
3. Portion out beans between the tortillas. Wrap each tortilla to encase the filling.
4. Spoon salsa over each wrap. Serve with yogurt and cilantro if desired.

Easy Black Beans and Rice

INGREDIENTS

- 1 cup rice
- 2 cups water
- 1 tablespoon olive oil
- 1 small onion
- 28-ounce can of black beans, reduced sodium, drained and rinsed
- 1 teaspoon cumin
- 1 cup water
- 1 lime, juiced
- Optional: fresh cilantro, chili powder, cayenne pepper, smoked paprika, garlic, jalapeno peppers

DIRECTIONS

1. Bring the 2 cups of water and rice to a boil. Cover and simmer on low for 10 minutes or until all the water is absorbed.
2. Fluff with a fork and stir in juice from half of the lime.
3. In a medium pot, sauté the diced onion in the oil over medium heat until softened and beginning to brown.
4. Add the cumin and stir to coat. Add the beans and 1 cup of water and stir.
5. Bring to a boil and simmer uncovered for about 10 minutes.
6. Turn off the heat and use a fork to mash a few of the beans to thicken the mixture.
7. Stir in juice from the other half of the lime.
8. Serve beans over the rice and add cilantro as desired.