

Serving more cooked



# dry peas & dry beans

## Menu planning and preparation

**Culinary Techniques for Healthy School Meals:** Preparing Dried Beans and Peas, NFSMI—online training for foodservice staff

**Fact Sheet: Serve More Dry Beans and Peas for Healthier School Meals,** USDA—Menu ideas for Dry Beans and Peas

**Menu Planning:** Beans, USDA

**NFSMI Cooking Channel** - training videos  
Overnight Soak Method  
Quick Soak Beans

Visit [KidsEatWell.org/beans.html](http://KidsEatWell.org/beans.html) to view all of these menu planning and preparation resources.

## Money-saving menu ideas

*Numbered recipe sources are provided where available.*

*Note that some recipes may require testing and standardization.*

- Baked beans (2,5)
- Bean and barley soup (3)
- Bean and macaroni soup (3)
- Bean and vegetable quesadilla (3)
- Bean burritos (1,2,5)
- Bean dip/whole grain pita wedges (3)
- Bean minestrone (3)
- Bean soup (3,5)
- Bean taco (3,5)
- Beef and bean enchilada (2)
- Beef and bean nachos (2,3,5)  
*use fat-free or lowfat cheese sauce and whole grain chips*
- Beef and bean tamale pie (3,5)
- Beef taco pie (5)
- Black bean burgers (3)
- Black bean enchiladas
- Black bean fiesta wraps (3)
- Black beans and whole grain rice
- Black bean salsa and whole grain corn chips
- Breakfast burrito with salsa (5)
- Chili with beans (2)
- Chili con carne with beans (5)
- Chili pasta
- Dal (Indian specialty with lentils served over rice)
- Fiesta chili beans (1)
- Fiesta Wrap (4)
- Hoppin' John
- Hummus served with whole grain crackers , pita bread, pita chips or veggies (1,5)
- Lentil pilaf



Illinois Nutrition Education and Training Program

**Illinois NET Program**

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- Lentils of the Southwest (4)
- Lima beans (mature)
- Main dish salad with garbanzo beans
- Marinated black bean salad (1,3,5)
- Multibean soup (3)
- Pasta and bean salad
- Pasta e Fagioli soup (pasta and bean soup)
- Refried beans (2,3,5)
- Salad bar (kidney beans, black beans, garbanzo beans, pinto beans or black-eyed peas)
- Southwest black bean soup
- Southwest salad with black beans
- Spanish Chick Pea Stew (4)
- Taco pie with beans (5)
- Taco salad with black beans
- Theme bars – taco, pasta, potato
- Turkey black bean chili (2,3)
- Tuscan Smoked Turkey and Bean Soup (4)
- Vegetable chili (5)
- Vegetarian rice bowl (2)



1. Healthy Cuisine for Kids, NFSMI – recipes
2. Iowa Gold Star Recipes, Iowa Department of Education
3. Recipes and Menu Planning, USDA – quantity bean recipes
4. Recipes for Healthy Kids – new, exciting recipes for school lunch submitted by school teams
5. USDA Recipes for Schools, NFSMI– alphabetical database of USDA recipes

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## Tips for success

- Use canned and dried beans available free through USDA Foods to save money and decrease sodium. USDA has reduced sodium in all canned beans and vegetables to 140 mg. per serving.
- Opt for canned beans when time is at a premium or plan ahead to prepare dried beans for cooking.
- Recipes and food products vary in the amount of beans or legumes they contain per serving. Check to be sure that you meet current USDA nutrition standards for child nutrition programs.
- Gradually reduce salt used in cooking, substituting more herbs and spices and/or citrus to enhance flavor. You can also gradually reduce the amount of regular canned products used in cooking like tomatoes or broth with reduced sodium versions.
- Teach students and parents to compare and choose foods with less sodium.



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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.