

NEWS You Can Use

February 2015

NUTRITION EDUCATION WITH SENIORS



Beans and legumes, part of the MyPlate protein group, are sources of both fiber and protein. Fiber is important for digestive health and feeling full for longer while protein is necessary for building and maintaining muscle and brain health. Check out these nutritional powerhouses:

½ cup black beans



Fiber: 7.5 g
Protein: 7.6 g

½ cup kidney beans



Fiber: 6.5 g
Protein: 7.7 g

½ cup lentils



Fiber: 7.8 g
Protein: 8.9 g

½ cup baby lima beans



Fiber: 7.3 g
Protein: 7g

FILL UP ON FIBER!

Dry baby lima beans are packaged in two-pound bags and provide about 24, ½-cup servings.

Storage:

- ◆ Store dry baby lima beans in a cool, dry place such as a kitchen cabinet or pantry. Once opened, place the beans in a re-sealable plastic bag or airtight container for up to one year.
- ◆ After cooking (see below), place in an airtight container and store in the refrigerator up to four days or freeze in heavy-duty freezer bags or an airtight container for up to six months.
- ◆ If you want to cook the whole bag of lima beans at once: (1) once cooked, divide into 1 to 1½-cup amounts, (2) place in quart-size freezer bags or freezer-safe containers and (3) freeze up to six months.

Cooking:

Stove Top Cooking:

1. Spread lima beans on a baking sheet and remove any small stones, odd-shaped beans or other undesirable objects. Rinse and drain.
2. Place beans in a large pot. For each cup of beans, cover with three cups water. Boil beans for 2-3 minutes, remove from heat and let sit (covered) for 1-4 hours. Rinse and drain.
3. Stove-top: Cover with fresh, cold water and bring to a boil. Reduce heat and let simmer until tender (about 1½ hours).
4. Slow cooker: Put one pound of dried beans (two cups) and eight cups water in slow cooker. Cook on low for 6-8 hours until beans are soft.

Nutrition: ½ cup dry baby lima beans:

- ◆ Counts as a one-ounce equivalent from the MyPlate protein group
- ◆ Is fat and cholesterol-free and provides 20% of the Daily Value for fiber



• Slow Cooker Food Safety 101 •

Not only are slow cookers time-saving and convenient for preparing your favorite winter meals, but they are a safe method for all-day cooking. Follow these simple tips to ensure that food placed in a slow cooker is safe to eat:



- Wash your slow cooker with hot water and soap before using.
- Choose recipes with a high moisture content such as soup or chili.
- Always thaw meat, poultry or seafood safely before placing in the slow cooker.
- Place vegetables and large cuts of meat or poultry in the slow cooker first, as they take a longer amount of time to cook.
- While most slow cookers have two or more settings, check the recipe to find out what setting is called for.
- Be sure to keep the slow cooker plugged in and turned on during the entire cooking process. Do not remove the lid during cooking, as heat will escape.
- Store leftovers in airtight containers and refrigerate or freeze within two hours following cooking.

Source: USDA Food Safety and Inspection Service

Slow Cooker Vegetable Soup

Serving Size: 1¼ cups

Serves: 8

Ingredients:

1 lb. ground beef, 80% lean
¼ onion, medium, diced
15 ounces mixed vegetables, canned
1 cup **lima beans**, prepared (see front page for cooking directions)
1 cup corn, frozen or canned
1 cup carrots, frozen or canned
30 ounces (2, 15-ounce cans) diced tomatoes, no salt added
7½ ounces (about ½ can) tomatoes and okra, canned
1 cup water



Instructions:

1. Cook ground beef and onions until browned.
2. In a slow cooker, add beef and onions to mixed vegetables, lima beans, corn, carrots, tomatoes, tomatoes and okra, and water.
3. Cook for four hours on low.

Nutritional analysis (1¼ cups): 249 calories, 12 g fat, 5 g saturated, 1 g trans, 195 mg sodium, 22 g carbohydrates, 5 g fiber, 5 g sugar, 14 g protein

Source: <http://www.yummly.com/recipe/Slow-Cooker-Vegetable-Soup-964215?servings=6&unitType=imperial>

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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Prepared for Polk County Congregate Meal Sites and Supplemental Foods Program.