kidney beans

Health Benefits
- Good source of iron, phosphorus, potassium, fibre and protein.
- Good for the heart, blood sugar and weight management.

Storage
Store dry kidney beans at room temperature. Once cooked store in an air tight container in the refrigerator for up to 3 days. You can also freeze and store 1-2 months.

Preparation (dried beans)
Soak overnight - Add 3 cups (750 mL) cold water for every 1 cup (250 mL) dry beans making sure beans are covered completely. Soak for 8-24 hours. Drain and rinse beans with cool water. To cook soaked beans, use 3 cups (750 mL) water for every 1 cup (250 mL) of soaked beans. In a large saucepan, combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until tender, about 45 to 60 minutes.

Preparation (canned beans)
Rinse well with cold water and drain.This removes excess salt and makes them easier to digest and less gas producing. Because they are already cooked, just add them to your favorite hot or cold dish.

Salad with kidney beans

Ingredients:

1 1/2 cups brown or white rice
3 cups of water
2 fresh tomatoes
1 can corn, drained and rinsed
1 onion, finely diced
1 can of kidney beans, drained and rinsed
1 green pepper
Dressing of choice
Herbs and spices of your choice
pepper/salt to taste

Directions

1. Heat 3 cups water in a saucepan for 1 1/2 cups of rice. Bring water to a boil. Once its boiling add rice and a pinch of salt. Maintain a simmer. Cook without stirring, until water is absorbed. Turn off the heat and let the rice sit for about 10 min. Fluff the rice with a fork.
2. Meanwhile, cut the tomatoes into bite sized chunks. Drain and rinse the corn. Dice the green peppers. Finely dice the onion. Drain the kidney beans and rinse them.
3. When the rice is done, place it in a large bowl with the tomatoes, corn, green pepper, onion, and beans. Then add dressing of choice, herbs and spices of choice, and pepper and salt to taste. Mix and serve!

Servings:4

*Recipe adapted from acouplecooks.