



The Geneva School

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## BEANS

Today students in grades 1–6 had a chance to taste pinto beans and black bean chili. Beans are



in the legume family, along with peas and lentils, and are packed with multiple health benefits. High in both soluble and insoluble fiber, beans help lower “bad” LDL

cholesterol levels, lowering the risk of heart disease. The fiber also helps bowels to move easily and regularly reducing the risk of colon cancer, constipation, hemorrhoids, and diverticulitis. Beans also have a low glycemic index, meaning they have complex carbohydrates, which provide a stable source of energy released slowly, regulating blood sugar and curbing hunger longer. They are one of a few plants that provide a complete protein, containing 15 grams per cup, making beans a great choice for those who want to decrease animal proteins from their diet. Beans are also a great source of antioxidants, and contain many other minerals like calcium and potassium. Naturally low in fat, beans can be served as a main dish in soup, stew, or chili, added to salads, served over rice, or served as a side dish. Beans are easy to prepare and an economical choice, whether starting with dry beans, canned, or frozen, although dry beans do require a little forethought to soak them overnight before cooking the next day. From pintos, to kidney beans, to black-eyed peas, there are many colors and flavors to experiment with. Here’s what your student tried at school today:

### Mrs. Jones’ Pinto Beans

1 pound dry pinto beans

Water

Salt pork

2 tsp. salt

- Rinse beans in a colander, removing any discolored ones. Place in a medium saucepan and cover with water 1” above beans, as beans will expand in size. Soak overnight, or at least 6 hours.
- When ready to cook, drain soak water and again cover beans with water. Add ½” of salt pork to the beans. Add 2 tsp. salt.
- Bring beans to a boil, and then reduce heat to medium low and cook covered until beans are tender and water has thickened, about 2 hours. Keep an eye on the water level, and if the water drops below the beans, add some more to keep beans covered.
- Taste and add additional salt, if desired.

Serves 6

### Mrs. Cloke’s Black Bean Chili

1 pound dry black beans

2 Tbsp. olive oil

1 large onion, chopped

1 clove garlic, minced

2 peppers, any color, chopped

2 zucchini , diced

4 large tomatoes or 8 plum tomatoes, chopped

2 Tbsp. chili powder (or to taste)

2 tsp. salt, 1 tsp. pepper (or to taste)

2 cups frozen corn

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse’s Clinic to make today’s event a success.

- Prepare beans for cooking as in previous recipe: Rinse beans, soak overnight, drain in the morning, then cover beans with additional water and cook over medium heat for 1 1/2-2 hours, until soft (Beans can also be cooked in a pressure cooker for 30 min. to save time.)
- In a large pot, sauté onions in olive oil for 10 min. over medium heat.
- Add garlic and sauté an additional 1-2 min.
- Add cooked black beans, peppers, zucchini, tomatoes, and seasonings to pot, along with a cup of water, and stir.
- Add frozen corn and simmer gently for 10 min.

Serves 6

This is a good recipe to get your children involved in the kitchen, chopping the vegetables and stirring the pot!