



## ***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

SCFCL website: <http://www.scfcl.c>

### **Leader Training Guide**

#### **Beans on the Menu**

Objectives: The learner will:

- 1) Identify ways to increase use of dry beans in their meals.
- 2) Understand the health benefits of dry beans / peas.

#### **Lesson Overview/Introduction:**

This lesson informs participants of the health and economic benefits of eating dried beans and peas. A recipe may be prepared ahead of time or demonstrated to the group before the lesson begins. Provide samples at the end of the lesson. A small group activity is used to get participants thinking about ways to use beans. A paper / pencil matching activity is used to engage all learners. Discussing "Five Reasons to Love Beans" will provide information relating to nutrition, versatility and economy.

#### **Lesson:**

**Note:** Select a recipe to prepare for sampling from page 2. Prepare ahead of lesson or demonstrate recipe at beginning of the lesson. Provide samples to group after completing the discussion.

1. Divide participants into 2-4 groups. Provide groups with one of the blank half sheets of paper. Have groups select a speaker and a recorder. Instruct groups that they will have 1 minute to give names of dishes / recipes made with beans to their recorder. Have designated speakers share group lists with the large group. The group with the most dishes wins. Provide small prizes to winning group.
2. Pass out "Beans on the Menu" worksheet. Have group complete the worksheet. Discuss answers while sharing "Five Reasons to Love Beans".

#### **Five Reasons To Love Beans**

##### **➤ Beans Are Naturally Nutritious**

- All beans are a good source of protein, excellent source of fiber and naturally low in fat, sodium and cholesterol free.
- A ½ cup serving averages 115 calories, 8g protein, 21g carbohydrates and 7g fiber
- According to the US Dietary Guidelines for Americans, beans are a "unique food". They are considered a vegetable and a protein food when building a healthy plate.

➤ **Beans Provide Multiple Health Benefits**

Eating beans may:

- reduce risk of heart disease, diabetes and certain types of cancer.
- Help you maintain a healthy weight.
- Support a healthy gut.
- 3 cups per week (about ½ cup daily) meets the Dietary Guidelines recommendation

➤ **Beans Provide Endless Culinary Options**

- Serve them at breakfast, lunch, dinner or a snack. Pinto Bean Hummus, anyone?
- Add to soups, smoothies and salads for a boost of plant-based protein.
- The satisfying texture and mellow flavor make them the perfect blank canvas to start any meal.

➤ **Beans Are Budget Friendly**

- One serving of dry beans (½ cup) costs approximately 7¢ - 10¢
- Compared to these other 1 serving examples of commonly eaten protein foods:
  - 1 large egg - 18¢; ½ cup canned pinto beans - 19¢
  - 3 oz. chicken breast - 65¢; 3 oz. pork chop - 85¢
  - 3 oz. roast beef - \$1.06; 3 oz. ground beef (90% lean) - \$1.14

➤ **Beans Are A Sustainable Food**

- What is sustainable? Producing food using techniques that protect the environment, public health, human communities, and animal welfare. It ensures abundance so that future generations will be able to do the same.
- A diet higher in plant-based foods and lower in animal-based foods is both healthier and more sustainable.
- Use meat in smaller amounts and let beans and other legumes, whole grains, and produce play a starring role in your meals.

3. Choose one of these recipes:

**Black Bean Soup** - Makes 4 servings

1. *Ingredients* - 1 cup onion (chopped), ¾ cup celery (chopped), 2 teaspoons garlic (chopped), 1 ½ cups beef broth (fat removed), 2 cans black beans (15 ounce each, drained and rinsed ), ½ cup salsa (thick and chunky), 1 ½ teaspoons cumin, ½ teaspoon onion powder, and ¼ teaspoon oregano (dried).
2. *Directions* - Combine all ingredients in a saucepan. Cover and simmer for 20-25 minutes or until vegetables are tender.

**Black Bean Brownies** – Makes 16

1. *Ingredients* - 1 can (15 to 16 oz.) black beans, drained, rinsed, 3 eggs, 1 pinch salt, 3 Tbsp. vegetable oil, ¼ c. cocoa powder, 1 tsp. vanilla extract, ¾ c. white sugar, 1 tsp. instant coffee (optional), ½ c. semi-sweet chocolate chips
2. *Directions* - Preheat oven to 350° F. Lightly grease an 8 x 8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

## Broccoli and Black Bean Quesadilla – Makes 8

1. *Ingredients* - 1 cup cooked black beans, rinsed ( $\frac{1}{2}$  can),  $\frac{1}{4}$  cup salsa, 1 cup cooked broccoli, 1 cup grated low fat cheese (4 ounces), cooking spray, 4 8-inch whole wheat tortillas
2. *Directions* - Mash beans in a large mixing bowl. Add salsa, cheese and broccoli to beans. Mix until combined. Coat electric skillet (or griddle) with cooking spray. Lay tortilla flat on a plate, fill half tortilla with  $\frac{1}{4}$  bean mixture. Fold other half over mixture. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side. Remove from pan and cut in half. Repeat with remaining tortillas.

## Beans on the Menu

Directions: Write the letter of the correct choice from the Word List on the blank following the statement.

1. This bean shares its name with a body organ \_\_\_\_\_
2. A nutrient in beans that may help lower cholesterol \_\_\_\_\_
3. Beans belong to this plant family \_\_\_\_\_
4. What part of the legume plant is the bean? \_\_\_\_\_
5. A nutrient used by the body for growth and repair that is found in beans \_\_\_\_\_
6. What diet would benefit from adding beans by providing a non-meat source of protein, iron and B vitamins? \_\_\_\_\_
7. What food group(s) do beans belong to in MyPlate? \_\_\_\_\_
8. The only bean that provides a complete source of protein \_\_\_\_\_
9. This bean is commonly known as the chickpea \_\_\_\_\_
10. Beans are a good choice for people with this disease by helping control blood sugar. \_\_\_\_\_
11. Beans are a great option for people trying to manage or lose weight because they contain little to no .....? \_\_\_\_\_
12. What forms can beans be found in at the grocery store? \_\_\_\_\_
13. What can be substituted for all or part of the fat in baked goods such as brownies?  
\_\_\_\_\_
14. Spotted bean that shares its name with a horse \_\_\_\_\_

## Word List

- |                           |                   |
|---------------------------|-------------------|
| A. Garbanzo               | I. Seed           |
| B. Diabetes               | J. Canned and Dry |
| C. Protein and Vegetables | K. Protein        |
| D. Beans                  | L. Fiber          |
| E. Vegetarian             | M. Fat            |
| F. Pinto                  | N. Legume         |
| G. Kidney                 |                   |
| H. Soy                    |                   |

**Lesson Summary:** Beans are rich in protein, fiber, iron, magnesium, folate, vitamins and minerals, and low in fat and calories. Beans have many health benefits. Diets high in beans may reduce risks for chronic diseases such as heart disease, diabetes, cancer and obesity. Beans can fit into most types of diets. Dried (and canned) beans and peas are simple to prepare and naturally nutritious. They are convenient, economical, versatile and a delicious choice for any meal.

**Suggested Activities:**

1. Prepare a bean recipe for sampling after the lesson. Provide samples of recipe to participants. Discuss shortcuts, ingredient substitutions, storage methods for the recipe.
2. Have participants name as many bean dishes as they can. Ask group for examples of any that represent foreign countries.
3. “Discuss Five Reasons to Love Beans”.
4. Complete Beans on the Menu Matching Activity. Be prepared to answer, discuss and answer questions. Answer Key: **1 - G, 2 – L, 3 - N, 4 - I, 5 - K, 6 - E, 7 - C, 8 - H, 9 - A, 10 – B, 11 - M, 12 - J, 13 - D, 14 – F**
5. Challenge participants to set a goal to use beans in a new way before the next meeting.

**Suggested Materials:**

Beans on the Menu Handout  
Pencils / pens  
Small Prizes  
Equipment / Supplies needed to prepare and serve recipe  
2 sheets of paper cut in half  
MyPlate poster (Ask your agent)

**Sources/References:**

All About Beans (FN1643), J. Garden-Robinson, North Dakota State University Extension Service, Fargo North Dakota  
Simply Nutritious, Naturally Nutritious Beans – <https://Beaninstitute.com>; *Jun 2020*  
Cornell Cooperative Extension of Onondaga County, Good Food Cookbook: A Special Collection of Quick and Healthy Bean Recipes.

**Lesson Prepared by:**

Gayle Williford, BS, Clemson Extension Service, Food Systems and Safety / 4-H Youth Development, Berkeley County

**Lesson Reviewed by:**

**Kimberly A. Baker**, PhD, RD, LD, Food Systems and Safety Program Team Director, Clemson Extension, Clemson University