



BEANS, VEGETARIAN, LOW-SODIUM, CANNED

Date: June 2010

Code: A090

PRODUCT DESCRIPTION

- Canned vegetarian beans are pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
- Canned vegetarian beans are a low-sodium food.

PACK/YIELD

- Vegetarian beans are packed in 15 ½ ounce cans, which is about 2 cups or 4 servings (½ cup each).

STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve vegetarian beans heated, without adding salt, or use in casseroles or in baked bean dishes.
- Serve vegetarian beans with pork or chicken.

NUTRITION INFORMATION

- ½ cup of vegetarian beans counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- Vegetarian beans are low in fat, cholesterol-free, and provide 20% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (127g) vegetarian beans, low-sodium, canned

Amount Per Serving

Calories	120	Calories from Fat	5
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% Daily Value*

Total Fat 0g		0%
Saturated Fat 0.5g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 140mg		6%
Total Carbohydrate 27g		9%
Dietary Fiber 5g		20%
Sugars 10g		
Protein 6g		

Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.

NOT YOUR BASIC BAKED BEANS

MAKES 3 SERVINGS

Ingredients

- 1 can (about 15 ½ ounces) low-sodium vegetarian beans, undrained
- 2 teaspoons vegetable oil
- ½ onion, chopped
- ½ green pepper, chopped
- 2 teaspoons spicy mustard or plain yellow mustard
- 2 teaspoons ketchup
- ¼ cup brown sugar add (or regular sugar)

Directions

1. In skillet, heat oil and cook onions, and green peppers until tender.
2. Add vegetarian beans.
3. Add mustard, ketchup, and brown sugar; stir.
4. Heat for 2 to 3 minutes on medium heat.

Nutrition Information for 1 serving (about ½ cup) Not Your Basic Baked Beans							
Calories	180	Cholesterol	0 mg	Sugar	23 g	Vitamin C	1 mg
Calories from Fat	20	Sodium	180 mg	Protein	5 g	Calcium	51 mg
Total Fat	3 g	Total Carbohydrate	38 g	Vitamin A	6 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Cooks.com.

BEAN NACHO DIP

MAKES ABOUT 12 SERVINGS

Ingredients

- ½ package (about 8 ounces) low-fat cream cheese
- ½ can (about 8 ounces) low-sodium vegetarian beans, undrained
- ½ can (about 8 ounces) tomatoes, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ pound (about 2 cups) shredded reduced-fat cheddar cheese

Directions

1. Preheat oven to 350 degrees F.
2. Spread cream cheese on the bottom of an 8x8-inch baking or casserole dish.
3. Spread beans on top of cream cheese.
4. Combine tomatoes, garlic powder, and onion powder, and spoon on top of beans. Sprinkle with cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Tip

Serve with fresh vegetable sticks or low-fat tortilla chips.

Nutrition Information for 1 serving (about ½ cup) Bean Nacho Dip							
Calories	100	Cholesterol	15 mg	Sugar	2 g	Vitamin C	1 mg
Calories from Fat	50	Sodium	190 mg	Protein	7 g	Calcium	192 mg
Total Fat	5 g	Total Carbohydrate	6 g	Vitamin A	47 RAE	Iron	1 mg
Saturated Fat	3 g	Dietary Fiber	1 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.