

More Bean Facts

- Go to www.google.com and search: bean recipes
- This search turns up a wealth of delicious, healthful and free recipes and information about beans.

Beans are eaten around the world

- yes you have heard of white beans, pinto beans and black beans, but have you heard of Flageolet or Chick-peas?
- Try a google search for adzuki beans, or cannellini beans. Have you heard of Cranberry beans, lentils or fava beans? Did you know that lentils make delicious soup and come in either brown or red?
- Did you know that chili is made from red kidney beans or pink beans? or that the white bean soup recipe included on the previous page works well with white kidney beans as well as with great Northern beans?
- There is a whole world of healthy, inexpensive and delicious bean dishes out there, just a google click away and just waiting for you to try them, so don't delay! Add beans to your menu today!

Storing your beans

- Dried beans make a great food storage item as they can last 30 years or more.
- Go to www.providentliving.org an official site of The Church of Jesus Christ of Latter Day Saints for details on suggested storage methods and quantities for beans as well as other food items.
- Beans tend to keep on losing moisture as they are stored, so very old beans will need to be soaked longer than fresher beans, but will still result in a very tasty dish!

So if you have been wanting to try something new without spending a lot of money, try adding some delicious bean dishes to your dinner menu today!