

How to Use Canned Beans

Soups

Add drained beans to your favorite soup for added protein and fiber.

Pasta salad

Add drained beans to a cold pasta salad with radishes, tomatoes, corn, and any other vegetables on hand.

Roasted

Layer drained beans with diced vegetables and potatoes. Roast in the oven at 425°F for a rich flavor.

Whole grain salad

Mix drained beans with a whole grain (i.e. brown rice, bulgur, wheat berries) and vegetables.



White Chili

Ingredients

- 2 chicken breasts (boneless, skinless preferred), cut into bite-size pieces
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 large red or green pepper, diced
- 1 can (4oz) green chilies, chopped, drained
- 1 can (14oz) chicken broth (low-sodium preferred)
- 2 cups milk
- 2 cans (15oz each) white beans, drained and rinsed
- 2-3 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 24-30 tortilla chips, crushed

Directions

In a large saucepan, sauté chicken in oil for 2-3 minutes, until lightly browned. Add garlic, onion, and pepper; sauté 3-5 minutes until vegetables are tender. Stir green chilies, broth, milk, and beans. Add seasonings and chips; mix well. Cover and simmer for 15-20 minutes until sauce has thickened; stir occasionally.

Serves 6-8.

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