

How to Use Kidney Beans

Minestrone

Combine drained kidney beans, tomatoes, and pasta into a hearty soup, perfect for any time of the year.

Meat extender

Mix beans with ground beef to extend the hearty, meaty flavor of your dish without compromising taste.

Baked potato

Top baked potato with drained kidney beans, cottage cheese, and spinach.

Side salad

Toss drained kidney beans with diced onion, chopped cilantro, and lemon juice.



Taco Soup

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Ingredients

- 1 lb. ground beef
- 1 large onion, chopped
- 1 (16 oz.) can kidney beans
- 1 (16 oz.) can chili beans
- 1 (16 oz.) can corn
- 1 (16 oz.) can black beans
- 1 (16 oz.) can Mexican-style tomatoes
- 1 (8 oz.) can Mexican tomato sauce (or regular)
- 1 package or 1 Tablespoon Taco seasoning mix
- 1 package or 1 Tablespoon ranch dressing mix

Directions

Brown meat and onions in pan, drain off any fat, and put in slow cooker. Dump in the rest of the ingredients- do not drain. Cook on low for 3-4 hours or on high for 2-3 hours. You can add water if you don't like it as thick. Top with shredded cheese, sour cream, tortilla chips, and green onions as desired.

Extension

UtahStateUniversity.



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