



February is Beans

Nutrition & Health Benefits

- Beans or legumes are a rich source of minerals, like manganese and iron, vitamins K, B, and C, dietary fibers, carbohydrates, proteins, and more.
- Beans are high in fiber and low in cholesterol, making them a heart healthy food.
- Beans are also high in folic acid and folate, which helps to prevent birth defects.

Preparation & Cooking Tips

- Beans can be bought in many different ways including fresh, frozen, canned, or dried.
- Beans can be eaten by themselves or added to another dish.
- Some beans can be eaten fresh, while others need to be cooked.

Did you know?

- About 40,000 varieties of beans can be found around the world, however, those that we eat only make up a small portion of them.
- Some of the most commonly eaten beans include green beans, fava beans, red beans, kidney beans, lima beans, mung beans, pinto beans, chickpeas, and soybeans.

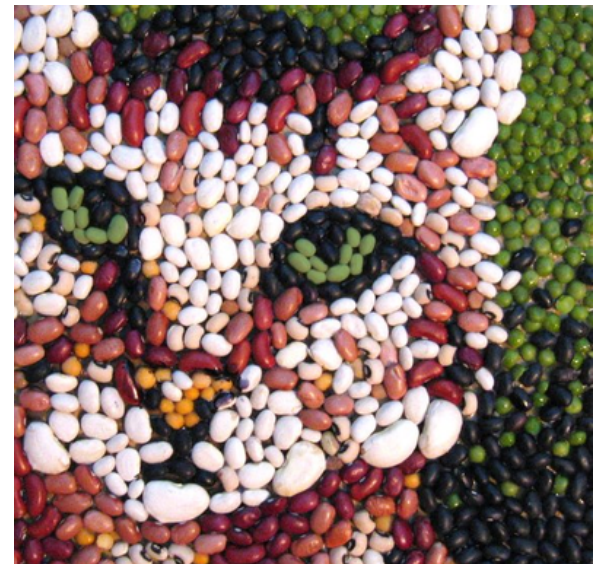
Fun Facts

- The pinto bean is one of the most popular bean in America.
- The tallest bean plant stood 46.2 feet high.
- Mung beans are considered one of the smallest beans in the world.
- Many people use "bean" as an endearing nickname.

Activity - Bean Art

This activity will help kids to practice patience and creativity. Start with a trip to the local bulk food store or section of a grocery store, there you will find a section dedicated to colorful dried legumes. Have kids pick out a pretty selection. Then start by trying to recreate or cover existing artwork with beans of a similar color. Or have kids make their own masterpiece!

Source: <https://tinybeans.com/love-your-legumes-games-to-play-with-beans/>



fit families

Eat healthy • Be active • Your kids are watching

The Best Classic Chili

Ingredients:

- 1 tablespoon olive oil
- 1 medium yellow onion - diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper - optional
- 1 1/2 cups beef broth
- 1 (15 oz) can petite diced tomatoes
- 1 (16 oz) can red kidney beans, drained and rinsed
- 1 (8 oz) can tomato sauce

Preparation:

1. Add olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and cayenne. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let chili rest for 5-10 minutes before serving.

Note:

Consider skipping the cayenne if you are preparing for kids. You can add in hot sauce for adults that want more spice in their chili.



Source: <https://www.thewholesomedish.com/the-best-classic-chili/>

Information adapted from Wisconsin Harvest of the Month
Find out more at <https://www.wiharvestofthemonth.org>