

# HOW TO USE CANNED AND DRIED BEANS

## How to Store

Keep canned and dried beans in a cool, dark place. Store dried beans in hard, closed containers to protect from pests. Refrigerate leftover beans within 2 hours and use or freeze within 4 days.

## Five Tips for How to Use

- Blended – Blend beans into smoothies, soups, or sauces to help thicken and boost nutrition. Add blended, refried, or whole cooked beans to burritos, quesadillas or wraps.
- Burgers – Make your own bean burgers, adding your favorite spices and herbs.
- Dip – Make layered bean dip or hummus. For a quick and easy option, make a simple bean dip by blending beans and green olives. Look online for more creative bean dip ideas.
- Roasted – Roast chickpeas in your favorite spices for a crispy salad topping or snack.
- Salads – Add beans to salads for a more filling option rich in plant-based protein and fiber. Or make an easy salad of beans, corn, and chopped peppers tossed in vinaigrette.

*Hints: Lentils do not need to be soaked and are a good option if preparing dried beans in a rush. To save time, consider preparing extra dry beans and freezing half for later.*



# Peanut Butter Chocolate Chip Chickpea “Cookie Dough” Dip

**Serves:** 12-24 cookies

## **Ingredients:**

- 1 can chickpeas (15-oz.)
- ½ cup peanut butter
- 2 teaspoons vanilla extract (optional)
- 1-4 tablespoons milk, as needed
- Salt, to taste
- 1/3 cup chocolate chips
- Graham crackers or sliced apples, to serve

## **Instructions:**

1. Rinse and drain the chickpeas.
2. Blend chickpeas, peanut butter, and vanilla extract in a food processor or blender until smooth. Add milk as necessary to help blend.
3. Taste for flavor; add salt and blend again if necessary.
4. Mix in chocolate chips. Serve as a dip.

## **Tips:**

- Try different nut butters in place of peanut butter.
- If not sweet enough, add your sweetener of choice, such as honey, maple syrup, or sugar.