

# NAVY BEANS



## NUTRITION

- Navy beans are packed with protein (almost 10 grams in just a half cup of cooked beans) to support healthy muscles and many other body functions.
- A half cup of cooked navy beans also contains almost 7 grams of fiber, more than a quarter of your daily requirement to support health and digestion.
- Navy beans are also a great source of:
  - Potassium (important for muscle and heart function, and promotes healthy blood pressure)
  - Magnesium (needed by nervous system, heart, and immune system)
  - Calcium, iron, phosphorus, manganese, selenium, and thiamin (all of which are essential nutrients!)

## PREPARATION

- *Canned navy beans* are fully cooked and are safe to eat without further cooking. They can also be heated in the microwave, or on the stovetop.
- *Dry navy beans* need more time to prepare, but result in a delicious flavor. There are a variety of cooking methods—here's one to try if you don't already have a favorite:
  - Place dried navy beans in a large pot, and add water up to about two inches above the beans. Bring to a boil, remove from heat, and let rest one hour. Stir in a dash of salt and return to a boil. Reduce heat and simmer until beans are tender (about 1 to 1.5 hours), checking beans from time to time and adding water as needed to keep beans covered.

## STORAGE

- Dry navy beans can be stored indefinitely in the pantry, but may become tough after a long time.
- Cooked beans can be stored in the refrigerator for up to 5 days, or in the freezer for up to a year.



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# TRY IT AT HOME

## Italian Veggie Soup

Serves: 6  
 Prep: 15 minutes | Cook: 45 minutes

### Ingredients

- 1 tablespoon olive oil (or other cooking oil)
- 1/2 cup diced onion
- 1/2 cup chopped celery
- 1 cup chopped carrots
- 1/2 cup chopped cabbage
- 1 can navy beans, drained and rinsed
- 1 can diced tomatoes, with liquid
- 1 can tomato sauce
- 1 can cut green beans, drained and rinsed
- 1 cup corn kernels (canned, frozen, or fresh)
- 1 cup water
- Garlic powder, dried parsley, dried oregano, dried basil, and/or black pepper, to taste

### Directions

1. In a saucepan or pot, heat oil over medium heat. Add onion, celery, and carrots and sauté until softened but not brown.
2. Add all remaining ingredients to the soup pan, including seasonings as desired. Bring to a boil, then lower heat, cover, and simmer about 30 minutes.
3. Serve hot. Refrigerate all leftovers within two hours for food safety.

Recipe and image adapted from Food Hero



| Nutrition Information            |               |
|----------------------------------|---------------|
| <i>Serving Size: about 1 cup</i> |               |
| <i>Servings per recipe: 6</i>    |               |
| <b>Calories</b>                  | <b>215</b>    |
| <b>Total fat</b>                 | <b>4 g</b>    |
| Saturated Fat                    | 1 g           |
| Trans fat                        | 0 g           |
| <b>Cholesterol</b>               | <b>1 mg</b>   |
| <b>Sodium</b>                    | <b>573 mg</b> |
| <b>Carbohydrates</b>             | <b>37 g</b>   |
| Fiber                            | 10 g          |
| Sugars                           | 9 g           |
| <b>Protein</b>                   | <b>10 g</b>   |

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# TRY IT AT HOME

## Healthy Baked Beans

Serves: 6  
Prep: 10 minutes | Cook: 50 minutes



### Ingredients

- 1/2 pound navy beans, soaked overnight in water
- 1 can tomato sauce (low sodium if possible)
- 2 1/2 tablespoons soy sauce
- 1 3/4 cup water
- 1 tablespoon vinegar
- 2 teaspoons minced garlic, or 1/2 teaspoon garlic powder
- 1/4 cup brown sugar (unpacked)
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder

### Directions

1. Preheat oven to 325 degrees.
2. Drain and rinse the soaked beans.
3. Add all ingredients to a casserole pan or baking dish and stir to combine.
4. Bake beans for 30-45 minutes, until thickened. Remove from oven and let sit for about 10 minutes before serving.

Nutrition note: this recipe is high in protein, fiber, and vitamins and minerals, but somewhat high in sodium. If needed, sodium can be reduced by decreasing the amount of soy sauce.

Recipe adapted from Chocolate Covered Katie  
Image source: The Spruce

| Nutrition Information              |               |
|------------------------------------|---------------|
| <i>Serving Size: about 1/2 cup</i> |               |
| <i>Servings per recipe: 6</i>      |               |
| <b>Calories</b>                    | <b>185</b>    |
| <b>Total fat</b>                   | <b>1 g</b>    |
| Saturated Fat                      | 0 g           |
| Trans fat                          | 0g            |
| <b>Cholesterol</b>                 | <b>1 mg</b>   |
| <b>Sodium</b>                      | <b>600 mg</b> |
| <b>Carbohydrates</b>               | <b>34 g</b>   |
| Fiber                              | 7 g           |
| Sugars                             | 10 g          |
| <b>Protein</b>                     | <b>10 g</b>   |



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