

# Quick Bites



Healthy Fun Facts: Beans are actually seeds that are eaten by humans and animals. They are an excellent source of protein, fiber and iron. Research shows regular bean consumption can reduce one's cancer risk (<https://beaninstitute.com>) Did you know that there are over 40,000 varieties of beans?

## Veggie Totchos

Makes 4 servings



- 1 (1-pound) bag frozen tater tots
- 1/2 a packet of taco seasoning
- 1 (14.25-ounce) can no-salt-added diced tomatoes
- 1 (15-ounce) can no-salt-added black beans, drained
- 1 cup shredded cheese

1. Bake tater tots according to package directions.
2. In a bowl, combine taco seasoning, diced tomatoes and beans.
3. Toss tater tots and tomato-bean mixture together on baking sheet. Top with cheese and hot in oven until cheese is melted.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/4 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 201mg	15%
Iron 2mg	10%
Potassium 788mg	15%

Find more recipes at:  
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# Tips That Make Sense

## Recipe

Dried beans are very affordable

One pound of dried beans = three and a half (15-ounce) cans of beans

Some beans can be purchased in bulk bin sections

Freeze portions of prepared dried beans for later use. When ready to use, thaw in the refrigerator over night.

## 2 Steps to Cooking Dried Beans

### Step 1—Soak:

#### Method 1 - Overnight

Rinse beans.

Place beans in a large pot and cover with 1 to 2 inches of water.

Soak 8 hours at room temperature, longer in refrigerator.

Some beans/peas/legumes/purses do not need to be soaked: black-eyed peas, lentils, split peas, adzuki beans.

Drain beans, return to pot and cook.

#### Method 2 - Quick Soak

Rinse beans.

Place beans in a large pot and cover by at least 1 inch of water.

Bring to a hard boil and boil for 2 to 5 minutes.

Cover pot and let stand 1 hour.

Drain beans, return to pot and cook.

### Step 2—Cook:

In a large pot. Cover drained and rinsed pre-soaked beans with several inches of water (7 to 9 cups for 1-pound).

Bring to boil, turn down to simmer, cover and cook about 1 to 3 hours until tender.

And herbs and spices to flavor beans.



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