



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Cooking Dry Beans

Ingredients

- 1 pound or 2 cups dry beans (pinto, kidney, black, butter, great northern, etc.)
- Water

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Rinse beans in cool water, then follow one of the methods below:

Quick Cook Method

3. Put the beans in a large pot and add 12 cups of water.
4. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
5. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.

Overnight Method

3. Put the beans in a large pot and add 6 cups of water.
4. Let soak for 6 or more hours in the refrigerator.
5. Discard soaking water and add fresh water to cover the bean. Bring to a boil then simmer for 1-3 hours, adding water if needed.

Makes 3 cups of beans



10-Minute Chili

Ingredients

- ½ pound lean, ground meat (bison, beef, game, turkey, etc.)
- 1 small onion, chopped
- 2 cups cooked or canned beans (kidney, pinto, black, etc.)
- 16-ounce can tomato sauce
- 1-2 cups canned or frozen corn (optional)
- 1-2 Tablespoons chili powder

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat and onion together in a saucepan. Drain off fat. Return to saucepan.
3. Add the beans, tomato sauce, corn (if using), and chili powder to the saucepan.
4. Cook over medium heat until heated through.
5. Serve hot.

Makes 4-5 servings

Fiber for Overall Good Health

Fiber is an important nutrient for good health. Dietary fiber is the part of plant foods your body can't digest and is often known as roughage or bulk. Fiber helps maintain bowel health, lower cholesterol, control blood sugar levels, and decrease appetite. It also helps reduce the risk of diabetes, heart disease, and some types of cancer. There are two types of fiber – soluble and insoluble. Soluble fiber dissolves in water and is found in oats, peas, beans, apples, citrus fruits, carrots, and barley. It helps lower blood sugar and cholesterol. Insoluble fiber doesn't dissolve in water. It increases the bulk in your bowels to allow the food to move through your intestines. Insoluble fiber is found in whole-wheat flour, wheat bran, nuts, beans, and vegetables.

Most Americans do not get enough fiber. Boost your fiber intake with these tips:

- Make half your grains whole grains – look for breads and cereals that list “whole grain” as the first ingredient.
- Make half your plate fruits and vegetables.
- Replace refined or processed foods with whole grains and fiber-rich foods, like brown rice rather than white rice.
- Use whole grain flour instead of white flour when baking.
- Lean on legumes – beans, peas, and lentils are high in fiber.
- Snack on fiber-rich foods like fruits and vegetables, popcorn, nuts, and whole grain crackers.

When enjoying fiber-rich foods, it is a good idea to drink plenty of water. Fiber acts as a sponge and works best with water for absorption.

Source: Mayo Clinic. *Dietary fiber: Essential for a healthy diet.* November 4, 2022. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

* CNP is free for those whose income qualifies. Visit uwyocnp.org/ for more information.

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This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.