

Caribbean Pink Beans

Dried beans cost just pennies per pound, so they are an affordable and versatile food to keep on hand in your pantry.



INGREDIENTS

- 1 pound pink, pinto, or light red kidney beans, sorted for stones and shriveled beans, rinsed, and drained
- 8 cups water
- 1 28-ounce can no-salt-added crushed tomatoes, drained
- 1 medium red bell pepper, finely chopped
- 1 small white onion, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh parsley **OR** 2 teaspoons dried parsley, crumbled
- 3 teaspoons jarred minced garlic **OR** 6 medium garlic cloves, minced



SERVINGS: 16

COST PER SERVING: \$0.51

CALORIES

117 Per Serving

PROTEIN

7g Per Serving

FIBER

4g Per Serving



STEP 1: Soak the beans overnight using the package directions. Drain well in a colander.



STEP 2: Transfer the beans to a large stockpot. Pour in the water. Bring to a boil over medium heat. Cook for 1 hour and 30 minutes, or until the beans are soft, stirring occasionally.



STEP 3: Stir in the remaining ingredients. Cook for 20 minutes, still over medium heat, stirring occasionally.

QUICK TIPS

Tip: Dried beans are one of the most inexpensive proteins you can buy. They are only pennies per pound, so be sure to stock up on them. They'll last for a year in an airtight container.

Tip: Serve as a side dish or as an entrée to serve 8.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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