

Organic Black Beans

Country of Origin: China

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 62 g	21 %
Fibre / Fibres 15 g	61 %
Sugars / Sucres 2 g	
Protein / Protéines 22 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	35 %

Ingredients:

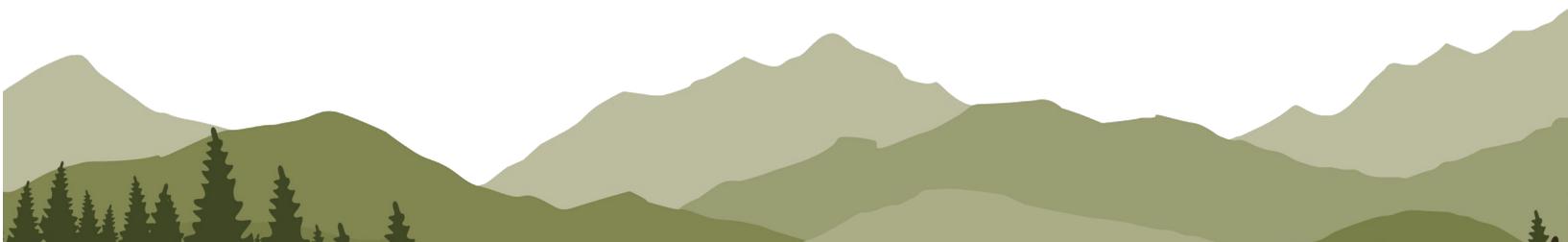
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Factoid:

The black bean—not to be confused with the fermented black soybean used in East Asian cooking—is also known as the black Spanish bean, Mexican bean, Tampico bean, Venezuelan bean, or the black turtle bean. Concerning gastrointestinal health, the bean appears to be the perfect combination of substances that allow bacteria in the colon to produce butyric acid. The cells of the colon wall use butyric acid as fuel, allowing the lower digestive tract to function properly.

Allergen Information:

This product may contain peanuts, tree nuts sesame and soy.



Recipe:

Black Bean Taco Salad with Lime Vinaigrette

Ingredients:

1/4 C tomato, chopped and seeded

1/4 C fresh cilantro, chopped

2 Tbl olive oil

1 Tbl cider vinegar

1 tsp lime rind, lightly grated

1 Tbl fresh lime juice

1/4 tsp salt

1/4 tsp ground cumin

1/4 tsp chili powder

1/4 tsp black pepper

1 garlic clove, peeled

8 C iceberg lettuce, thinly sliced

1 1/2 C ready-to-eat chicken breast, roasted, skinned, boned, and chopped

1 C tomato, chopped

1 C green bell pepper, chopped

1 C finely diced red onion

1/2 C reduced fat sharp cheddar cheese, shredded

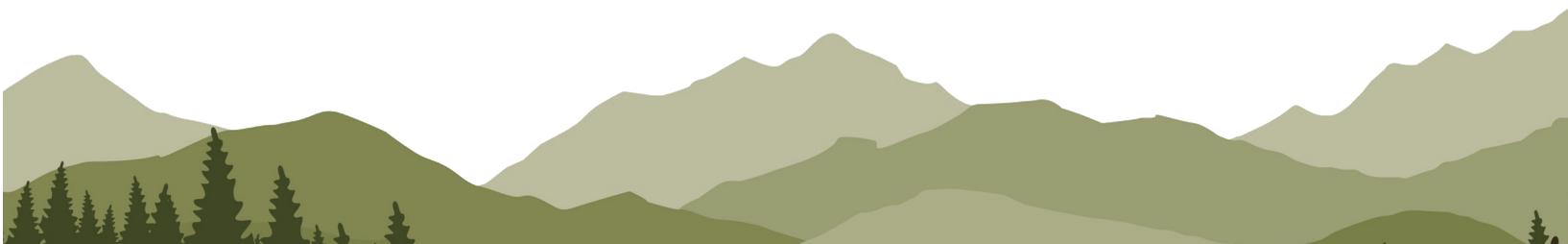
1 1/2 C black beans, rinsed and drained

4 C fat-free baked tortilla chips

Instructions:

1. To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.

2. To prepare salad, combine lettuce and remaining ingredients (except chips) in a large bowl. Add vinaigrette; toss well to coat. Serve with chips.



Cooking Note:

1. Pick through dried beans and remove any debris or damaged beans.
2. Depending on the age of dried black beans, they could take 2 hours or longer to cook. Fresher dried beans will contain more moisture and take less time to cook. Presoaking black beans overnight will significantly reduce cooking time.
3. To presoak, place beans in a container with enough space for the beans to expand. Cover with water, with 2 inches of water above the top of the beans. Refrigerate overnight to avoid fermentation. Drain and rinse well.
4. Put the beans in a pot. Cover with water, with 2 inches of water above the top of the beans. Bring to a boil. Reduce heat to a simmer (medium-low heat), then simmer for 1-1 1/2 hours, or until tender.

