

# Organic Red Kidney Beans

Country of Origin: USA

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

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

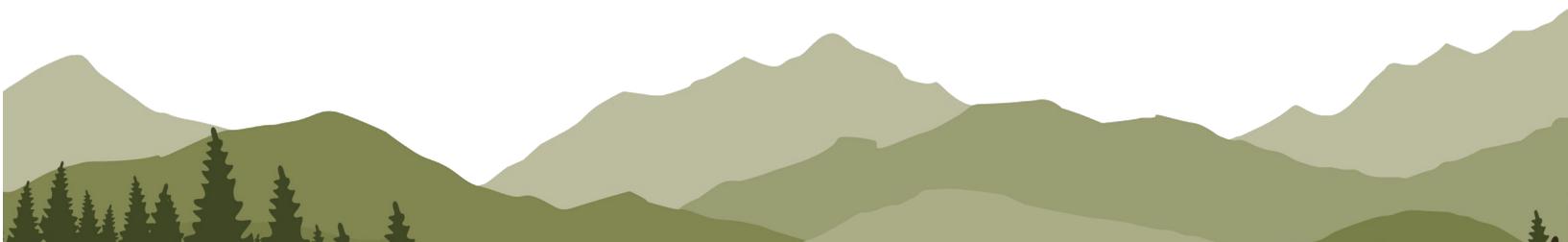
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 330	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 10 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 61 g	<b>20 %</b>
Fibre / Fibres 25 g	<b>99 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 22 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	20 %
Iron / Fer	60 %

## Factoid:

You may be familiar with the kidney bean from a variety of dishes, such as chilis, salads, rice dishes, and soups. However, in all cases, this bean must be cooked before consumption because it contains phytohemagglutinin, which can be toxic. These beans are a versatile staple, with dried beans having a shelf life of up to a year, and being full of nutrients such as iron, manganese, folate, and many more.

## Ingredients:

Organic red kidney beans



**Recipe:**

# Chili Con Carne

**left coast  
ORGANICS**

## Ingredients:

2 Tbl olive oil

2 onions, chopped

2 garlic cloves, crushed

2 1/4 lb lean beef mince

250 ml or 9 fl oz red wine

2 x 400 g cans chopped tomatoes

3 Tbl tomato puree

2 red chilies, thinly sliced,

or 3-4 tsp dried chili flakes

1 tsp ground cumin

1 tsp ground coriander

1 stick cinnamon

Splash of Worcestershire sauce

1 beef stock cube

Salt and freshly ground black pepper

2 x 400 g cans red kidney beans,  
rinsed and drained

1 large bunch coriander leaves,  
roughly chopped

Wedges of lime, to serve

## Instructions:

1. Heat the oil in a large, heavy-based saucepan with a lid and fry the onion and garlic until softened. Increase the heat and add the beef mince, cooking quickly until browned and breaking down any chunks of meat with a wooden spoon.
2. Pour in the red wine and boil for 2-3 minutes.
3. Stir in the tomatoes, tomato puree, fresh chili or chili flakes, cumin, coriander, cinnamon, and Worcestershire sauce and crumble in the stock cube. Season well with salt and freshly ground black pepper. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is rich and thickened.
4. Add the kidney beans and fresh coriander. Cook for a further ten minutes, uncovered, before removing from the heat, adding any extra seasoning if necessary. Serve with rice, guacamole, sour cream and a big green salad.

## Cooking Note:

1. If you want to reduce cooking time, presoak the beans. Place in a saucepan with 2-3 cups of water for every cup of kidney beans. Boil the beans for 2 minutes, take pan off the heat, cover and allow to stand for 2 hours. Or, soak the beans in water overnight, placing the pan in the refrigerator, so the beans will not ferment.

2. Drain the liquid and rinse the beans with clean water.

3. For the stovetop method, add 3 cups of fresh water or broth for each cup of dried beans. The liquid should be about 1-2 inches above the top of the beans. Bring the beans to a boil and then reduce to a simmer, partially covering the pot. If any foam develops, simply skim it off.

4. Cook for 1 1/2 hours, or until tender.

Tip: Do not add salt or acidic seasoning during cooking, because they may make the beans tough.

