

# Organic Great Northern 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)

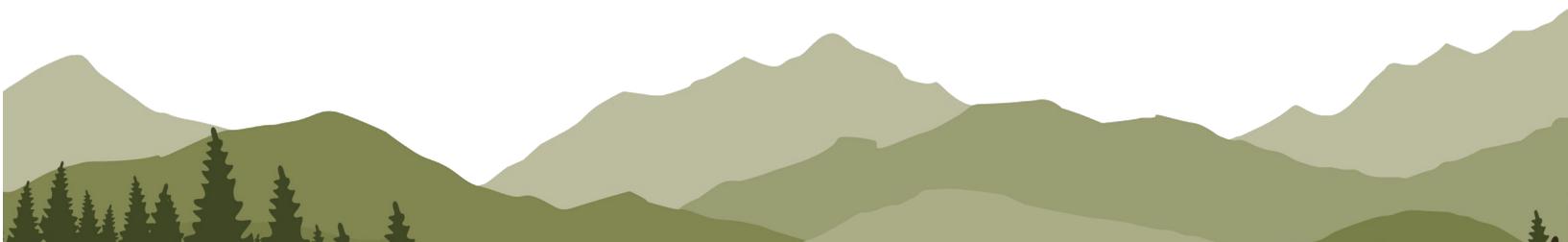
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 340	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 15 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 62 g	<b>21 %</b>
Fibre / Fibres 20 g	<b>81 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 22 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	15 %
Iron / Fer	15 %

### Factoid:

The great northern bean is the largest of white beans. It is related to the kidney and pinto beans, and is often used as a substitute for kidney beans because of its similar shape. They are usually grown in the American Midwest. And nutritionally, these beans are sources of iron, folate and magnesium.

### Ingredients:

Organic Great Northern beans



## Recipe:

left coast  
ORGANICS

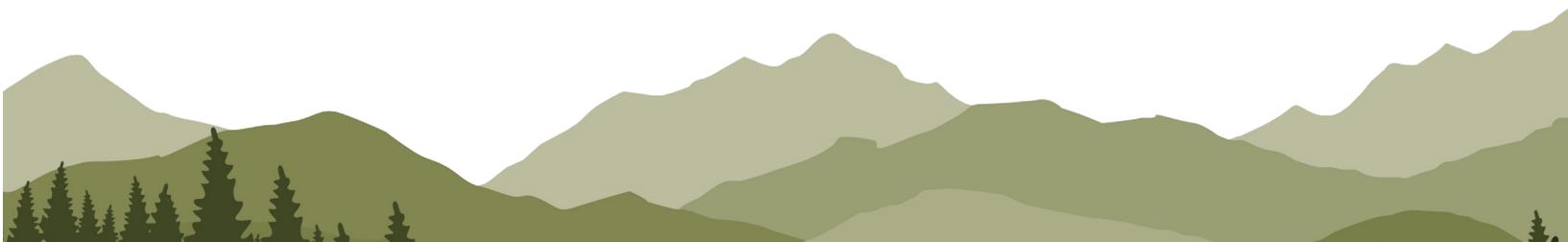
# Great Northern Bean Stew

## Ingredients:

- 1 lb ground beef
- 1 C onions, coarsely chopped
- 1 C carrots, thinly sliced
- 2 C cabbage, chopped
- 1 Tbl brown sugar
- 3 1/2 C whole tomatoes, undrained, cut up
- 1/2 C great northern beans, undrained
- 1 C water
- 1/2 tsp paprika
- 1/2 tsp dried thyme leaves
- 1/4-1/2 tsp salt
- 1/2 tsp pepper
- 1 Tbl vinegar
- 1/4 tsp hot red pepper sauce
- 1/3 C fresh parsley, chopped

## Instructions:

1. In large saucepan or 4-quart Dutch oven, brown beef and onions; drain.
2. Stir in all remaining ingredients; bring to a boil.
3. Reduce heat to low or medium-low; cover and simmer 15 minutes. This recipe should yield 6 one-cup servings.



## Cooking Note:

1. Put 1 lb of dried northern beans into a large stock pot with a lid. Cover beans with cold water, until the water line is about 3 inches above the beans.
2. Bring the water to a boil over medium-high heat. Then reduce to medium-low so that the beans are simmering gently. Partially cover with the lid, stirring occasionally.
3. Check the beans every 10-15 minutes for tenderness. If most of the water has been absorbed, but the beans still don't seem tender, add a bit of warm water and continue cooking.
4. Add a dash of salt and a few grinds of fresh black pepper to the pot once the beans begin to get tender. Stop cooking when the beans have reached the desired tenderness. For northern beans, this is usually when the skins are still intact but the center is soft.
5. Remove the pot from the heat. Drain any excess water from the beans.
6. Store them in the refrigerator until ready to serve.

