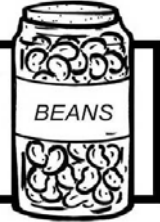


# Meat & Beans Group



## Go lean with protein.

- The Meat Group includes meat, poultry, fish, dry beans, eggs, and nuts.
- You need to eat about 5.5 ounces of foods from this group each day.
- Meat and some plant foods have iron. To get the most iron from plant foods, combine them with meat or foods high in vitamin C.
- Decrease saturated fat and cholesterol in your diet. Choose lean meats, skinless poultry, and fish. Bake, broil or braise meats, poultry and fish. Dry beans are good low-fat choices, too.
- Thaw meats in the refrigerator. If you use the microwave to thaw meat, poultry or fish it is important to cook the food immediately. Do not rinse thawed meat or poultry prior to cooking to avoid spreading bacteria.

### One serving is:

- 2 - 3 ounces of meat, poultry or fish which is about the size of a deck of playing cards.

### Counts as 1 ounce of meat:

- 1/4 cup cooked dry beans, peas, or lentils
- 1 tablespoon of peanuts butter
- 1/2 ounce of nuts or seeds
- 1 egg



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## Preparing Dried Beans & Peas

- Each pound of dried beans will feed 4 - 6 people (5 - 6 cups cooked).
- Rinse beans and pick out stems or stones.

**Soaking Beans & Peas** (Note: Lentils and split peas do not need to be soaked before cooking.)

**Quick Soak** – Bring 1 pound of beans or peas and 6 cups of water to a boil. Boil for 2 minutes. Remove pan from heat and let stand 1 hour.

**Overnight Soak** – Soak beans overnight in a pan containing 6 cups of water for each pound of beans or peas. Beans and peas soaked by this method will keep their shape, have uniform texture and cook more quickly. Overnight soaking of beans will make them more digestible so less intestinal gas is usually produced after you eat them.

### Cooking Dried Beans & Peas

1. Cover the soaked beans or peas with water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking.
2. Bring beans/peas to a boil. Reduce heat to low and simmer until tender. Simmer gently to prevent skins from bursting. Stir occasionally.
3. Beans and peas are done when they are fork tender. Most varieties will take 1-1/2 to 2 hours to cook.
4. One cup of dried beans or peas makes about 2-3 cups cooked.

### Storing Dried Beans and Peas

- Store dried beans and peas in an airtight (covered) container. Store in a cool, dry area.
- Dried beans and peas may be stored up to two years.
- Cooked beans may be covered and refrigerated for 4-5 days.
- Freeze cooked beans - Most cooked beans freeze well (except lentils). Place 1 to 3 cups of beans in a container or plastic freezer bag. Label bags with content, quantity and date. They will keep for up to 6 months.



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## Mini-goals

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