

From Bean to Butter Dream

Dry beans (such as black beans, kidney beans, lentils, and chickpeas) and peanut butter are nutrient-dense foods that are affordable, versatile, and packed with health benefits. Here's why you should include them in your meals:

Why Choose Dry Beans?

- **Rich in Protein:** Beans are an excellent source of plant-based protein, making them a great meat alternative.
 - **High in Fiber:** They promote digestive health and help keep you full longer.
 - **Packed with Vitamins and Minerals:** Beans provide iron, magnesium, potassium, and folate.
 - **Low in Fat:** They are naturally low in fat and free of cholesterol.
 - **Budget-Friendly:** Dry beans are inexpensive and can be bought in bulk for even more savings.
 - **Shelf-Stable:** Dry beans can be stored for long periods, making them a reliable pantry staple.
 - **Canned Convenience:** Canned beans are a quick and easy option; just rinse them to reduce sodium.
 - **Customizable Flavors:** Beans easily take on the flavors of spices, herbs, and other ingredients in a dish.
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Why Choose Peanut Butter?

- **Protein Powerhouse:** Peanut butter is an excellent source of protein, aiding in muscle repair and growth.
- **Heart-Healthy Fats:** It contains monounsaturated fats, which are good for heart health.
- **Energy Boost:** The healthy fats and protein provide sustained energy.
- **Rich in Nutrients:** Contains vitamins E, B6, and magnesium.
- **Versatile Ingredient:** Peanut butter can be used in both sweet and savory dishes, adding flavor and creaminess.
- **Affordable and Long-Lasting:** A jar of peanut butter is cost-effective and has a long shelf life, making it an accessible choice for many households.
- **Great for Snacking:** Pair with fruits, veggies, or whole-grain crackers for a quick, healthy snack.
- **Baking Essential:** Use it to add moisture and flavor to cookies, muffins, and other baked goods.
- **Smooth or Crunchy:** Both varieties provide similar health benefits, so choose your favorite texture!

By incorporating these affordable, nutritious foods into your diet, you can create delicious meals that support your health and well-being!



Black Bean Salad

Ingredients:

- 1 can (15 oz) black beans, rinsed and drained
- 1 cup corn (fresh, frozen, or canned)
- 1 small red bell pepper, diced
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp cumin
- Salt and pepper to taste

Instructions:

1. Combine beans, corn, and bell pepper in a bowl.
2. Mix olive oil, lime juice, cumin, salt, and pepper in a small bowl.
3. Pour dressing over the salad and toss. Serve as a side dish or dip with tortilla chips.



Lentil Soup

Ingredients:

- 1 cup dry lentils, rinsed
- 4 cups vegetable broth
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. In a large pot, sauté onion, carrot, and celery until softened.
2. Add garlic and cook for 1 minute.
3. Stir in lentils, broth, and thyme.
4. Bring to a boil, reduce heat, and simmer for 30 minutes or until lentils are tender. Add salt and pepper to taste.



Peanut Butter Banana Toast

Ingredients:

- 1 slice whole-grain bread
- 2 tbsp peanut butter
- ½ banana, sliced
- Optional: sprinkle of cinnamon or honey

Instructions:

1. Toast the bread.
2. Spread peanut butter evenly on the toast.
3. Top with banana slices and sprinkle with cinnamon or drizzle with honey, if desired.



Peanut Butter Energy Bites

Ingredients:

- ½ cup peanut butter
- 1 cup oats
- ¼ cup honey
- ¼ cup mini chocolate chips or raisins

Instructions:

1. Mix all ingredients in a bowl.
2. Roll into small balls.
3. Chill in the refrigerator for 20 minutes before serving. Store in an airtight container.