



Product Data Sheet

July 2020

Raw, Dry, Kidney Beans **USA Grown Organic**



Directions: Sort and rinse the beans to be used. Reclose the Ziplok and Store in cool, dry place. Soak the beans in excess water, preferably overnight. Cook the soaked beans, covered, in 2-3X water with any seasoning you like, included, for about 90 min or till the beans are tender to your liking. A touch of baking soda added will help a lot with cooking time. Add water as needed while the beans are cooking so there is always plenty of free water. Use these cooked, rinsed beans in any recipe of your choice, or try the following:



Tex-Mex Chili: In a stock pot, brown 1 ½ lb of any ground meat with 2 Tbsp olive oli, 1 large chopped onion, 2 sliced jalapeno peppers, 1 stalk chopped celery. Add 2-3 cups of cooked kidney beans, 20 oz of crushed tomato from cans, 10 mashed garlic cloves, 2 Tbsp corn meal, 2 tsp ancho chili or 1 tsp cayenne, 3 tsp cumin powder. 1 tsp oregano, 3 bay leaves, 1 tsp black pepper, ½ tsp clove powder and salt to your taste. Add one cup water, bring to boil, reduce heat, cover and simmer 30 min or longer, adding water as needed. Enjoy this fresh home made chili !

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	32 servings per container			
Serv. Size 1 oz (28g)	Total Fat 0g	0%	Total Carb. 17g	6%
Calories 90 per serving	Sat. Fat 0g	0%	Fiber 7g	25%
	<i>Trans Fat</i> 0g		Total Sugars <1g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 5mg	0%	Protein 7g	
	Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 2.3mg 15% Potassium 400mg 8%			

Ingredients: Dark Red Organic Kidney Beans



**Grown and Packed
in the USA**

