BEANS and CORN BREAD

1 pound dry beans
12 cups water
1 teaspoon salt
Corn Bread (see recipe attached)

1. Soak and cook beans using one of the two methods described below. Cooking time will vary from 1 to 2 hours, depending on the variety and age of the beans, water hardness and altitude.

   Quick Soak Method: Wash beans thoroughly; add to a large, heavy pot. Add water and salt and bring to a boil. Boil 2 minutes only. Cover, remove from heat. Allow to stand 1 hour. (Use soaking water for cooking; this liquid contains precious B vitamins.) Return to heat and simmer slowly until tender.

   Overnight Soak Method: Wash beans thoroughly; put in a large, heavy pot with 6 cups water. Let stand 6 to 8 hours or overnight in refrigerator. After soaking, discard any beans that float to the top. Simmer slowly until tender.

2. Cool and place in gallon-size freezer bag. Label with date and heating instructions. Freeze with cornbread.

To prepare for serving:
In refrigerator, thaw Beans and Cornbread. Place Beans in saucepan and heat thoroughly over low heat. Bake Cornbread at 400° Fahrenheit for 20 minutes or until hot. Cut into 9 squares.

Enjoy with:
Ice-cold milk
Crispy tossed salad with black olives

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### Nutrition Facts

- **Serving Size:** 1 cup beans (1652g)
- **Servings per Recipe:** 6

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 280</td>
<td>2%</td>
</tr>
<tr>
<td>Calories from Fat 10</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 1110mg</td>
<td>46%</td>
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<tr>
<td>Total Carbohydrate 48g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber 12g</td>
<td>48%</td>
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<tr>
<td>Sugars 5g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein 19g</td>
<td>2%</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.
Cornbread

1 cup sifted all-purpose flour
1/4 cup sugar
3 teaspoons Baking powder
3/4 teaspoon salt
1 cup cornmeal
2 eggs
1 cup milk
1/4 cup vegetable oil

Nutrition Facts
Serving Size 1 piece of corn bread
Servings per Recipe 9

Amount per Serving
Calories 250  Calories from Fat 70
%Daily Value*
Total Fat 8g  12%
  Saturated Fat 1 g.  5%
Cholesterol 50mg  17%
Sodium 115mg  5%
Total Carbohydrate 39g  13%
  Dietary Fiber 1g  4%
  Sugars 7g
Protein 6g

Vitamin A 4%  •  Vitamin C 0%
Calcium 8%  •  Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet

1. Grease 9x9x2-inch pan.
2. In bowl, combine flour, sugar, baking powder, and salt; mix in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed. (Do not over beat!) Pour into greased pan.
4. Bake at 425° Fahrenheit for 20 to 25 minutes.
5. Cool and cover with aluminum foil. Label with date and heating instructions (above). Freeze with bag of Beans.