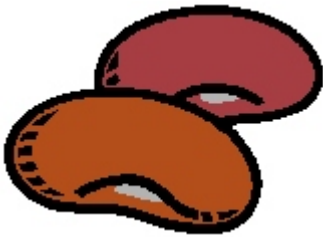


BEANS and CORN BREAD

- 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

Nutrition Facts

Serving Size	1 cup beans (1652g)
Servings per Recipe	6
Amount per Serving	
Calories	280
Calories from Fat	10
%	
Total Fat	1g 2%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	1110mg 46%
Total Carbohydrate	48g 16%
Dietary Fiber	12g 48%
Sugars	5g
Protein	19g
Vitamin A	0%
Vitamin C	4%
Calcium	20%
Iron	25%

* 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
<hr/>	
	%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	
<hr/>	
Vitamin A 4% • Vitamin C 0%	
Calcium 8% • Iron 10%	
<small>* Percent Daily Values are based on a 2,000 calorie diet</small>	

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.