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## KIDNEY BEANS FACT SHEET

- History:** Kidney beans are particularly popular for their use in chili.
- Description:** Also referred to as Mexican Beans, kidney beans come in two varieties, Dark Red and Light Red. Dark Red Kidneys have a deep color and vivid earthy taste, and they hold their firmness when cooked. Light Red Kidneys are softer and have a full-bodied flavor. All kidney beans have a cream-colored flesh.
- Uses:** Kidney beans are often included in soups and chili, salads, rice dishes and Creole dishes.
- Recipes:** Popular recipes include All-American Chili, Taco Salad, Kidney Bean Salad, Minestrone Soup and Taco Soup.

### Bush's Best All-American Chili

- 2 (16-oz.) cans Bush's Dark Red Kidney Beans
- 2 (16-oz.) cans Bush's Pinto Beans
- 2 (16-oz.) cans Bush's Black Beans
- 2 pounds lean ground round beef
- 3 teaspoons chili powder
- 1 small yellow onion, chopped
- 1 small green pepper, chopped
- 1 (14 ½ oz.) can tomatoes
- 1 (6-oz.) can tomato paste
- 1½ teaspoons salt
- 1 teaspoon garlic salt
- ½ teaspoon ground pepper
- ½ teaspoon cumin
- ¼ teaspoon cinnamon

Sour cream (garnish)

Brown ground beef in heavy Dutch oven or soup pot. Add chili powder while browning and mix in well. Add onion and pepper to meat and brown for 2 minutes. Drain off excess grease. Stir in remaining ingredients, except sour cream. Simmer on low heat for 10 minutes. Serve with sour cream dollop.

Serves 8-10.

**Fun Bean Fact:** Beans are the only food with two places on the Food Pyramid, as a vegetable and protein. No other food comes close to the nutritionally complete bean.