



# Black Turtle Beans

## Beans

Beans are a good source of protein, vitamins, and fiber along with being convenient and versatile. You can have them as a healthy side dish or add them to soups, salads, stews and chilis for increased nutritional value and flavor.

## Black Turtle Beans

Augason Farms Black Turtle Beans are an important source of fiber, protein, and iron. Their meaty texture makes them the perfect addition to burritos or vegetarian dishes.

## Cuban Black Beans & Rice

- 1 cup Augason Farms Long Grain White Rice, cooked
- 1 1/2 teaspoons olive oil
- 1 1/4 cups chopped onions
- 2 diced peppers
- 4 ounces ham, diced
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 1/4 cups Augason Farms Black Turtle Beans, cooked
- 2/3 cup water
- 2 teaspoons rice vinegar
- 1/2 cup chopped cilantro

Heat oil in skillet. Add onions and peppers; cook, stirring until tender, about 7 minutes. Add ham. Cook 2 minutes or until browned. Add garlic, cumin, oregano, beans, and water. Simmer for flavors to blend, about 5 minutes. Remove from heat. Stir in vinegar and cilantro. Serve over rice.

## DIRECTIONS:

Soaking overnight

Cover each cup of beans with 3 cups of water and let stand overnight or 12 hours.

Quicker results

1. Add 1 cup dry beans to 3 cups boiling water.
2. Boil 2 minutes and let stand for one hour.
3. Cover and simmer slowly until beans are tender, about 2 hours.
4. Add more water if necessary.
5. Season with salt, pepper, onion, and/or garlic.

Use in bean salads, Mexican dishes or for sprouting.

**INGREDIENTS:** Black turtle beans.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

## Black Bean Salad

### Salad:

- 2 cups Augason Farms Black Turtle Beans, cooked and drained
  - 1 cup diced cucumber
  - 1 cup sliced grape tomatoes
  - 1/4 cup diced red onion
  - 1/2 cup minced, fresh cilantro
- Place all the ingredients for the black bean recipe in a large bowl and gently toss.

### Dressing:

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/4 cup Augason Farms Dehydrated Diced Red & Green Peppers

Whisk together all the ingredients for the black bean recipe dressing until well mixed. Serve Black Bean Salad on a bed of mixed greens. Pour dressing over black bean recipe and gently toss.  
Serves 4-6.

## Nutrition Facts

Serving Size: 1/4 cup mix (46g)  
Servings Per Container: 414

Amount Per Serving			
<b>Calories 150</b>		Calories from Fat 0	
		% Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 15mg			<b>1%</b>
<b>Total Carbohydrate</b> 29g			<b>10%</b>
Dietary Fiber 10g			<b>40%</b>
Sugars 2g			
<b>Protein 10g</b>			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	10%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9		Carbs 4	Protein 4

**414 SERVINGS**  
**NET WT. 42 LBS (19.05 kg)**