



SNAP-Ed

Black Bean Soup

Find this recipe and more at CelebrateYourPlate.org

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Legume Spotlight: Black Beans

Black beans are a great source of inexpensive protein and go in lots of recipes! If you're interested in learning how to cook dried beans, follow these tips:

- **Prep:** rinse beans then soak beans overnight in a container of your choosing.
- **Cook:** place beans in a pot and cover with 2-3 inches of water above the beans. Place pot on stove and boil for 45-60 minutes.



Partner SNAPshot: Ohio Department of Aging

The Ohio Department of Aging partners with area agencies on aging to offer the Senior Farmers' Market Nutrition Program in 45 counties. Participants receive \$5 coupons to use at participating farmers' markets and roadside stands. Coupons can be redeemed for Ohio-grown fresh vegetables, fruits, herbs, and honey.

Garden Tip

Re-grow vegetables at home

Grow your own self-contained salad garden with lettuce, radishes, and tomatoes. Plant seeds in window boxes or recycle plastic containers, like clean milk jugs or laundry detergent bottles with tops cut off.