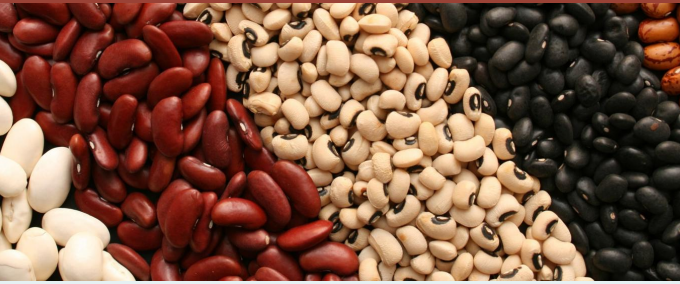


# Quick Cooking Tips



## Cooking Dried Beans



If you've cooked rice before, you can cook beans- and if you haven't done either, it's easy to learn!

### 3 ways to prep beans

**Short soak:** Boil water and beans for 2-3 min- then turn off the heat and sit 1-4 hours before cooking.

**Long soak:** Let beans soak overnight before cooking.

**No soak:** With a crock pot, you can skip the soak.

Learn more about the 3 methods [here!](#)

## Missing an ingredient? Get creative with what's already in your pantry.

1.5 cups cooked **dried beans** = 15oz can beans.

Use **canned chicken** in chilis and casseroles.

**Almond milk** can be swapped for dairy milk- just don't forget to refrigerate it after opening. Swap meat for **beans** in tacos, chilis, and more.

**No tortillas?** Leave them out and make "burrito bowls" for an easy lower-carb alternative.

## Easy Substitutes



## Leftover Ideas



## Store leftover beans and rice in the freezer to make them last longer.

**In the fridge**, beans last 3 to 4 days, and rice lasts up to a week.

**In the freezer** (in tightly sealed bags), beans last three months, and rice lasts up to six!

### Reusing leftovers

[Click here](#) for recipe ideas with leftover rice.

[Click here](#) for recipe ideas with leftover beans.

Want to get your children involved in the kitchen?

## Family Cooking

[Check out this guide](#) of age-appropriate tasks so your kids can help out, safely.

# Easy Recipe Ideas

- [Tuna Tomato Pasta](#)
- [Spicy Tuna Salad](#)
- [Tuna Patties](#)
- [Canned Tuna Cookbook](#)

## Beans



## Canned Tuna

- [Quick Black Bean Salsa](#)
- [Black Bean Burgers](#)
- [Canned Beans Cookbook](#)
- [Three Can Chili](#)

- [Chicken, Corn and Rice Casserole](#)
- [Cheesy Chicken Enchilada Bake](#)
- [Canned Chicken Cookbook](#)

## Canned Chicken



## Rice

- [Confetti Rice & Bean Salad](#)
- [Vegetable Fried Rice](#)
- [Rice Cookbook](#)