

We select bean varieties from the best U.S. growing regions

Dark Red Kidney Bean



FLAVOR: robust, full-bodied, soft texture
CULINARY: often used in chili; popular in salads; paired with rice

Light Red Kidney Bean



FLAVOR: robust, full-bodied flavor, soft texture
CULINARY: popular in Caribbean region, Portugal, Spain; used in chili, salads; often paired with rice

White Kidney Bean



FLAVOR: smooth, creamy, mild flavor
CULINARY: Popular in Italian Cooking (Pasta Fagioli), Great added as a puree to other dishes

Black Bean



FLAVOR: mild, sweet, earthy, meaty texture
CULINARY: sometimes called turtle beans; used in classic Latin American, Caribbean and Southwestern (U.S.) cooking in soups, stews, sauces, and sides; popular in vegetarian dishes

Garbanzo Bean



FLAVOR: nutlike taste, buttery texture
CULINARY: called chick peas; especially popular in Middle Eastern, Indian dishes — hummus, falafels, curries; used in soups and stews as a thickener, in salads as a protein replacer

Small Red Bean



FLAVOR: similar to red kidney
CULINARY: also called Mexican red beans; hold both shape and firmness when cooked; most often used in soups, salads, chili, Creole dishes

Pinto Bean



FLAVOR: earthy flavor, delicate texture
CULINARY: closely related to red kidney beans; when cooked, lose natural mottling on skins and turn brown; most often used in refried beans, Tex-Mex, Mexican dishes

Navy Bean



FLAVOR: mild flavor, delicate texture
CULINARY: called pea beans; most often used in pork and beans, baked beans; also used in soups and stews; are great pureed; name derived from its heavy usage in the US Navy since 1880's

Pink Bean



FLAVOR: rich, meaty texture
CULINARY: similar to pinto beans without the mottling; often used in chili; a favorite in Old West (U.S.) recipes

Great Northern Bean



FLAVOR: mild, delicate
CULINARY: A versatile white bean used as substitution for white cannellini or navy bean in recipes; traditionally made in baked bean recipes in the U.S.

Blackeye Pea



FLAVOR: scented aroma, creamy texture, distinctive flavor
CULINARY: Popular in southern U.S. foods, used in salads, soups, and sides; known for good luck when served on New Year's Day

Large Lima



FLAVOR: smooth, creamy, sweet
CULINARY: sometimes called "butter beans"; used in American succotash; good substitute for potatoes or rice; excellent in soups, casseroles

Source: U.S. Dry Bean Council

Discover more expert information on beans and foodservice recipes:



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