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 motting 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, hearty texture
- **CULINARY:** similar to pinto beans without the motting; 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.