



EDEN®

White Beans

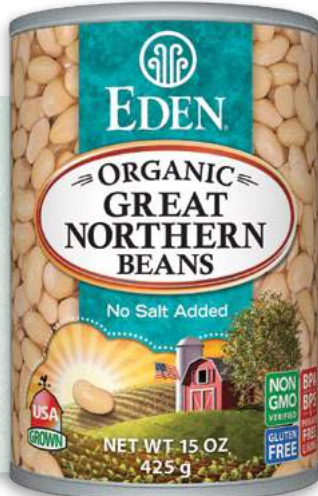
Interchangeable



‘**W**hite Bean’ refers to Great Northern, Navy, Cannellini or White Kidney, Butter or Baby Lima, and other light color beans. They are substantially interchangeable in recipes, lower fat than other beans (easier on the liver), and have unique phytonutrients. Cook time, taste, and texture can differ, yet the results are much the same in recipes.

Shortages of White Kidney/Cannellini beans are because this bean plant sets its pods close to the ground; more vulnerable to weather, and difficult to harvest. Farmers much prefer to grow other beans and, with increased category demand, are doing so.

The biggest difference between Great Northern and White Kidney/Cannellini beans is the thickness and texture of their skins. Great Northern have thinner, creamier skins when cooked compared to Cannellini beans. Thicker Cannellini skin is desirable in long-cooking soup, stew, or chili because they retain their shape somewhat more after cooking. Great Northern or White Kidney/Cannellini, the dish will be delicious.



Great Northern Beans are the most popular go-to when a recipe calls for a white bean. A slightly sweet, delicate taste with a smooth, creamy texture makes them universally pleasing in soup, stew, salads, casseroles, and remarkably good bean dip. They are #1 when it comes to bean casserole. Superb taste and creamy texture are the hallmarks of Great Northern White Beans.



Navy Beans are smaller oval white beans. Shorter cook-time is popular. Very similar taste to Great Northern and Cannellini with a skin texture in between the two, but closer to the creamier Great Northern. They are what makes Boston baked beans. Smooth texture makes them ideal to purée or mash for dips, a soup thickener, stews, and ragouts. Navy beans also have unique beneficial antioxidants. Navy Bean Soup is always a winner. Navy Beans are favored in Southern White Beans & Rice.





Baby Lima Beans a.k.a. **Butter Beans** are a creamy, off-white bean with a buttery taste and texture. They are a celebratory bean that brings smiles, whether as creamy soup, in stew, succotash, or a casserole. Their use as a creamy sauce base is lauded, and as such, traditionally served over rice as a sauce; a fun creative opportunity.

Cannellini or **White Kidney Beans** for Italian soups, stews, salads, casseroles, and for spreads; also called Italian White, White or Italian Kidney bean. They are a firmer white bean with a slightly sweet, nutty flavor. White Kidney Beans are popular in bean salads and the classic Antipasto Salad, Tuscan White Bean Spread, and Minestrone soup.



Great Northern, Navy, Cannellini, and Butter Beans are very similar nutritionally: low healthy fat, protein, complex carbs, beneficial fiber, magnesium, zinc, potassium, calcium, iron, B vitamins (thiamin, riboflavin, niacin, and folate), phosphorus, and enormously helpful phytonutrients.

EDEN Beans are U.S. organic family grown. Soaked overnight and pressure cooked with no chemical additives at Eden Foods organic, kosher cannery. The instigator of BPA, BPS, and phthalate free cans! Better taste and nourishment.

Pure & Purifying

