Ingredients:
- 1 can (15 ounce) white beans (or 1 ½ cups soaked white beans)
- 1 small onion
- 1 cup water
- 1 can (15 ounce) pumpkin
- 1 ½ cups 100% apple juice
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)
- ½ teaspoon black pepper
- Pinch of salt

Directions:
1. Drain and rinse the can of beans OR the soaked beans you have already prepared.
2. Finely chop the onion.
3. Mix together the beans, onion and water with a potato masher (or in a blender if you have one.)
4. In a large pot, add the pumpkin, apple juice, cinnamon, nutmeg (if you use it), pepper and salt. Stir. (Your child can help you)
5. Add the bean mixture to the pot and stir. (Your child can help you) add the bean mixture and stir.
6. Cook over low heat for 15-20 minutes, until warmed through.

REMEMBER: Your children are more likely to try a new food if you try it with them!

(Makes six 1 cup servings)

SAFETY TIPS!
* Keep children away from a hot oven and hot pans.
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4. In a large pot, add the pumpkin, apple juice, cinnamon, nutmeg (if you use it), pepper and salt. Stir. (Your child can help you)
5. Add the bean mixture to the pot and stir. (Your child can help you)
6. Cook over low heat for 15-20 minutes, until warmed through.

Here is a chance to try white beans, which may be new to you! Types of white beans include Cannellini, Navy and Great Northern. They are great to use in your favorite soups and stews!

Cinnamon and nutmeg are found in the spice aisle. They both can be used with many foods, and taste great with applesauce or in oatmeal.

USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.