

## American Dry Bean Board



The American Dry Bean Board (ADBB) is made up of leaders in the bean industry with the common goal of education US consumers about the benefits of beans. Through the Bean Education & Awareness Network (B.E.A.N.), the ADBB gives a voice to the bean industry and provides information to consumers and media about the good taste, nutritional value and versatility of beans.

Don't know about beans? Or do you use your beans quite often? Either way—you've come to the right place. On this site we celebrate the many benefits of beans, one of nature's most perfect foods. Here you can discover more than 100 delicious bean recipes, find tips on how to cook beans, learn more about the health and nutritional properties of beans and much more!

Visit: [www.americanbean.org](http://www.americanbean.org)