

# Health Bites: Reduce Cost & Add Protein with Beans

## Video: [Let's Make Beef and Barley Chili](#)

Beef Barley Chili is a nutrient-packed meal. It's a way to have Canada's food guide plate in a bowl. It contains plant- and animal-based protein foods like kidney beans and ground beef. While you don't need to have two types of protein foods at a meal, adding beans provides fibre, which is important for your digestion and gut health.

Adding beans to meals is also a lower cost way to add protein. Other ways to reduce the amount of meat used in a recipe, as well as reduce cost include:

- Replace up to half of the ground meat, like ground beef, turkey, or pork, with cooked lentils or black beans. Try this in tacos, casseroles, or meatloaf.
- Mix a can of beans into beef or turkey patties.
- Add lentils to pasta sauce or use them to thicken stews and soups.

Protein is a nutrient that helps keep you full and energized throughout the day. Using a protein-rich food like beans adds fibre to your meal and helps to reduce costs.

