



100 Simple Ways to Celebrate Beans

 National Bean Day – January 6

 National Eat Your Beans Day – July 3

1. **Chili:** Hearty stew made with beans, tomatoes, meat (or meat substitute), and spices.
2. **Bean Burritos:** Tortillas filled with beans, cheese, vegetables, and optional meat or tofu.
3. **Bean Salad:** Fresh salad made with mixed beans, vegetables, herbs, and vinaigrette dressing.
4. **Hummus:** Creamy dip made from mashed chickpeas, tahini, lemon juice, and garlic.
5. **Bean Soup:** Comforting soup made with beans, broth, vegetables, and sometimes meat or sausage.
6. **Refried Beans:** Mashed and fried pinto beans seasoned with spices, often served as a side dish.
7. **Bean Tacos:** Tacos filled with seasoned beans, lettuce, cheese, salsa, and other toppings.
8. **Bean Burgers:** Veggie burgers made with mashed beans, grains, vegetables, and spices.
9. **Bean Dip:** Flavorful dip made with pureed beans, cheese, salsa, and spices, served with tortilla chips or veggies.
10. **Bean Curry:** Spicy dish made with beans, coconut milk, curry spices, and vegetables.
11. **Bean and Rice Casserole:** Baked dish made with beans, rice, cheese, and vegetables, often topped with breadcrumbs.
12. **Bean and Cornbread:** Cornbread served with a side of seasoned beans, a classic Southern dish.
13. **Bean and Rice Burrito Bowl:** A deconstructed burrito with beans, rice, lettuce, cheese, salsa, and avocado.
14. **Bean and Quinoa Salad:** Nutritious salad made with cooked quinoa, mixed beans, vegetables, and a tangy dressing.
15. **Bean Enchiladas:** Tortillas filled with beans, cheese, and enchilada sauce, baked until bubbly.
16. **Bean and Avocado Wrap:** Whole-grain wrap filled with mashed beans, avocado slices, lettuce, and salsa.
17. **Bean and Kale Soup:** Healthy soup made with beans, kale, broth, tomatoes, and aromatic herbs.
18. **Bean and Corn Tamales:** Steamed corn husks filled with masa dough, beans, corn, and spices.
19. **Bean and Potato Hash:** Sautéed potatoes and beans seasoned with spices and served as a hearty breakfast or brunch dish.

20. **Bean and Spinach Quesadilla:** Flour tortilla filled with beans, spinach, cheese, and salsa, grilled until crispy.
21. **Bean and Mushroom Stir-Fry:** Stir-fried beans and mushrooms with garlic, ginger, soy sauce, and vegetables.
22. **Bean and Egg Breakfast Burrito:** Breakfast burrito filled with scrambled eggs, beans, cheese, and salsa.
23. **Bean and Lentil Stew:** Hearty stew made with mixed beans, lentils, vegetables, and broth.
24. **Bean and Sweet Potato Chili:** Flavorful chili made with beans, sweet potatoes, tomatoes, and spices.
25. **Bean and Sausage Cassoulet:** French casserole made with beans, sausage, tomatoes, and herbs, baked until golden and bubbling.
26. **Black Bean Brownies:** Rich and fudgy brownies made with black beans for added moisture and nutrition.
27. **Chickpea Blondies:** Chewy blondie bars made with chickpeas for a protein-packed twist on a classic dessert.
28. **Red Bean Paste Buns:** Soft buns filled with sweet red bean paste, a traditional East Asian dessert.
29. **Cannellini Bean Cake:** Moist and tender cake made with cannellini beans, often flavored with lemon or vanilla.
30. **Mung Bean Mooncakes:** Traditional Chinese pastries filled with sweet mung bean paste and often enjoyed during the Mid-Autumn Festival.
31. **Lentil Chocolate Chip Cookies:** Classic chocolate chip cookies made with lentil puree for added fiber and moisture.
32. **Adzuki Bean Ice Cream:** Creamy ice cream flavored with sweet adzuki bean paste, a popular Japanese dessert.
33. **Black-eyed Pea Cobbler:** A Southern-style cobbler made with black-eyed peas, topped with a sweet biscuit crust.
34. **Soybean Pudding:** Silky smooth pudding made with soy milk and flavored with vanilla or other extracts.
35. **Fava Bean Gelato:** Creamy gelato made with fava beans and flavored with honey or citrus zest.
36. **Pinto Bean Tiramisu:** A twist on the classic Italian dessert, made with layers of pinto bean-infused mascarpone cheese and ladyfingers soaked in coffee.
37. **Lima Bean Cheesecake:** Rich and creamy cheesecake made with pureed lima beans, often flavored with lemon or lime.
38. **Black Turtle Bean Mousse:** Velvety smooth mousse made with black turtle beans and dark chocolate.
39. **Cranberry Bean Pie:** A unique take on traditional fruit pies, made with cranberry beans and sweetened with sugar and spices.
40. **Anasazi Bean Truffles:** Decadent truffles made with Anasazi beans and coated in cocoa powder or chopped nuts.
41. **Butter Bean Pound Cake:** Dense and buttery pound cake made with pureed butter beans for a moist texture.
42. **Pink Bean Macarons:** Delicate French macarons made with pink bean flour and filled with buttercream or ganache.
43. **Scarlet Runner Bean Popsicles:** Refreshing popsicles made with scarlet runner beans, blended with fruit juice or puree.
44. **Lupini Bean Cannoli:** Crispy cannoli shells filled with creamy lupini bean filling, sweetened with sugar and vanilla.

45. **Butter Bean Fudge:** Creamy fudge made with butter beans and sweetened condensed milk, flavored with chocolate or peanut butter.
46. **Cranberry Bean Crème Brûlée:** Classic crème brûlée infused with cranberry bean flavor, topped with caramelized sugar.
47. **Cannellini Bean Tarts:** Mini tarts filled with cannellini bean custard and topped with fresh fruit or whipped cream.
48. **Fava Bean Semifreddo:** Semi-frozen dessert made with pureed fava beans, cream, and sugar, served chilled.
49. **Black Bean Coconut Cake:** Moist coconut cake made with black beans and coconut milk, topped with coconut frosting.
50. **Chickpea Chocolate Mousse:** Silky smooth chocolate mousse made with chickpeas and dark chocolate, a healthier alternative to traditional mousse.
51. **Bean Mosaic Art:** Create colorful mosaic art by gluing beans onto a surface in various patterns and designs.
52. **Bean Jewelry:** Make unique jewelry pieces by stringing together dried beans and painting them in vibrant colors.
53. **Bean Collage:** Craft a collage using different types and colors of beans to create textured artwork.
54. **Bean Keychains:** Design keychains by threading dried beans onto strings or chains and adding decorative beads.
55. **Bean Dolls:** Create dolls by gluing beans onto fabric or cardboard to form the body and features.
56. **Bean Mobiles:** Craft mobiles by hanging beans of different sizes and colors from strings or wires.
57. **Bean Potpourri:** Make fragrant potpourri by mixing dried beans with essential oils and aromatic herbs.
58. **Bean Wreaths:** Create decorative wreaths by gluing dried beans onto a wreath base in various patterns.
59. **Bean Ornaments:** Fashion ornaments by gluing beans onto cardboard or styrofoam shapes and adding ribbons for hanging.
60. **Bean Bookmark:** Make bookmarks by laminating pressed beans between sheets of clear adhesive paper.
61. **Bean Coasters:** Design coasters by gluing beans onto cork or wooden bases in geometric patterns.
62. **Bean Magnets:** Create magnets by gluing small magnets onto the back of painted or decorated beans.
63. **Bean Puppets:** Make puppets by gluing beans onto popsicle sticks and adding fabric or paper for costumes.
64. **Bean Suncatchers:** Craft suncatchers by arranging colorful beans on clear contact paper and sealing them with another layer.
65. **Bean Masks:** Design masks by gluing beans onto cardboard cutouts and adding elastic bands for wearing.
66. **Bean Wall Hangings:** Create wall hangings by arranging beans on fabric or canvas and framing them.
67. **Bean Lanterns:** Make lanterns by covering jars or containers with dried beans and placing candles inside.
68. **Bean Pottery:** Create pottery designs by embedding beans into clay before firing and glazing.
69. **Bean Tote Bags:** Decorate tote bags by sewing dried beans onto fabric in decorative patterns.

70. **Bean Photo Frames:** Craft photo frames by gluing beans onto wooden or cardboard frames and adding pictures.
71. **Bean Plant Markers:** Make plant markers by painting and labeling dried beans to identify different plants in the garden.
72. **Bean Dreamcatchers:** Create dreamcatchers by weaving string or yarn between beans to form intricate patterns.
73. **Bean Wind Chimes:** Craft wind chimes by stringing beans onto wires or threads and hanging them from a base.
74. **Bean Candles:** Make candles by embedding dried beans into melted wax and allowing them to set.
75. **Bean Journals:** Decorate journals by gluing beans onto the covers and adding embellishments for a textured look.
76. **Bean Bag Toss:** Toss bean bags into targets to score points in this classic carnival-style game.
77. **Bean Sorting Relay:** Race to sort different types of beans into separate containers using spoons or chopsticks.
78. **Bean Guessing Jar:** Guess the number of beans in a jar, with the closest guess winning a prize.
79. **Bean Stack Challenge:** See how many beans can be stacked vertically in a tower without toppling over.
80. **Bean Memory Game:** Play a memory matching game using cards with pictures of beans or bean-related items.
81. **Bean Balance Race:** Balance beans on a spoon and race to the finish line without dropping any.
82. **Bean Hunt:** Hide beans around the playing area and have players search for them within a time limit.
83. **Bean Tic-Tac-Toe:** Play tic-tac-toe using beans as game pieces on a grid drawn on paper or a chalkboard.
84. **Bean Relay Race:** Race to transfer beans from one container to another using only a spoon or straw.
85. **Bean Roll and Count:** Roll dice and move game pieces along a board, counting beans as you progress.
86. **Bean Stack Tower:** Build a tower using beans as building blocks, taking turns to add beans without collapsing the tower.
87. **Bean Dominoes:** Arrange beans in a line and take turns knocking them over like dominoes.
88. **Bean Spoon Race:** Race to the finish line while balancing a bean on a spoon held in the mouth or hand.
89. **Bean Bingo:** Play bingo using a grid of bean-related images or words, marking off spaces as they're called out.
90. **Bean Pictionary:** Draw pictures of beans or bean-related items while others try to guess what you're drawing.
91. **Bean Jigsaw Puzzle:** Create a puzzle by gluing a picture of beans onto cardboard and cutting it into pieces for assembly.
92. **Bean Relay Stack:** Race to stack beans into a tower one at a time, passing them between team members.
93. **Bean Obstacle Course:** Navigate through an obstacle course while carrying beans on a spoon or in a cup.
94. **Bean Word Search:** Search for bean-related words hidden in a grid of letters, marking them off as you find them.

95. **Bean Domino Rally:** Set up a domino chain reaction using beans as dominoes, watching them fall in sequence.
96. **Bean Guessing Game:** Guess the type or number of beans hidden in a box or bag, with the correct guesser winning a prize.
97. **Bean Relay Shuffle:** Shuffle beans from one container to another using only chopsticks, spoons, or straws.
98. **Bean Tower Knockdown:** Take turns throwing small balls to knock down a tower of stacked beans.
99. **Bean Toss and Catch:** Toss beans into the air and try to catch them in a cup or bowl.
100. **Bean Spin Art:** Create colorful spin art by dropping beans onto paper covered in paint and spinning it around.