



SPRING FORWARD WITH CANNED BEANS



Washington State & Oregon Academy
Recipe Contest

Submit by February 24, 2023



Contest Rules

- Entrants must be a current member of the Washington State or Oregon Academy of Nutrition and Dietetics.
- Each recipe should be accompanied by a brief (50-word) description of what makes the recipe unique.
- Original recipe must use at least one can of beans, 15-16 ounces.
- Recipe must be original and must not have been previously published (or submitted for the 2021 or 2022 contest).
- Recipe must be submitted in a Word document, using the contest template provided.
- Entrants must also include the name of the recipe, the ingredients, exact U.S. measurements, required utensils, timing, special preparation instructions, and approximate number of servings.
- Entrants must include a photo of the recipe showcasing the final product; a simple smartphone (or similar) photograph is fine!

The contest is open from January 9, 2023 through February 24, 2023.

Up to ten finalists will be selected by the sponsor by March 6, 2023. Entries will be evaluated on the following criteria, weighted evenly:

- Versatility
- Innovative use of canned beans
- Adherence to entry criteria

Finalist entries will be tested by judges appointed by the Oregon and Washington State Academies of Nutrition and Dietetics between March 8 and 15, 2023, based on the following criteria, evenly weighted:

- Taste/texture/overall flavor
- Visual appeal
- Recipe creativity
- Overall appeal of recipe

One grand prize winner and two runners up will be selected on or about March 20, 2023.

Prizes

One grand prize winner will receive \$1,000.00 and two runners up will receive \$500.00 each.

Employees of Bush Brothers & Company and The Ginger Network are not eligible to participate.

By submitting the recipe(s), entrants release all rights to the recipes and photographs. Submitted recipes become the property of Bush Brothers & Company and may be used on www.cannedbeans.org and on Bush Brothers & Company branded properties.