

OPEN THE POSSIBILITIES

Washington State & Oregon Academy
Recipe Contest

Submit by May 17th



Contest Rules

- Each recipe should be accompanied by a brief (50-word) description of what makes the recipe unique.
- Original recipe must use at least one 15.5-ounce can of beans.
- Recipe must be original and must not have been previously published.
- 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 simply smartphone (or similar) photograph is fine!

Up to ten finalists will be selected by a panel of judges appointed by the Oregon and Washington State Academies of Nutrition and Dietetics. Entries will be judged 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 May 19 and May 23, 2021, based on the following criteria, evenly weighted:

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

One grand prize winner and three finalists will be selected on or about May 24, 2021.

Prizes

One grand prize winner will receive \$1,000.00.

Three finalists will receive \$500.00.

*Employees of Bush Brothers and The Ginger Network are not eligible to participate.
Submitted recipes may be used on www.cannedbeans.org and on Bush properties.*