

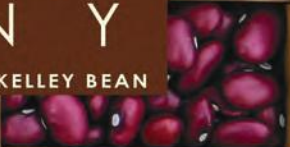
❖ *Thirteenth Edition Cookbook* ❖



**KELLEY BEAN**

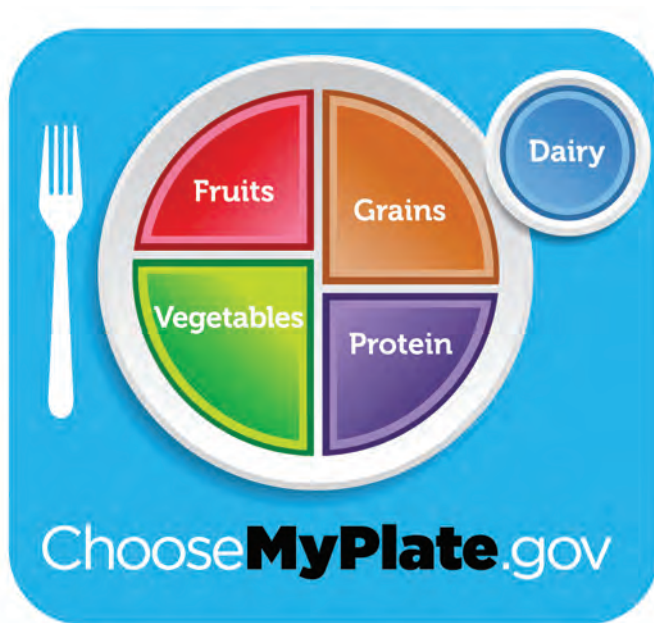
C O M P A N Y

FROM FARM, THROUGH FAMILY, TO YOU: WE ARE KELLEY BEAN



2018





## DRY BEANS AND PEAS IN THE FOOD GUIDE

Dry beans and peas are in the mature forms of legumes such as kidney beans, pinto beans, lima beans, black-eyed peas, and lentils. These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc. Beans are also excellent sources of dietary fiber and nutrients such as folate that are low in diets of many Americans.

Because of their high nutrient content, consuming dry beans and peas is recommended for everyone, including people who also eat meat, poultry, and fish regularly.

*The Food Guide includes dry beans and peas as a subgroup of the vegetable group, and encourages their frequent consumption — several cups a week — as a vegetable selection.*

*The Guide also indicates that dry beans and peas may be counted as part of the “meat, poultry, fish, dry beans, eggs, and nuts group.”*

# KELLEYBEAN C O M P A N Y

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*\*The recipes contained in this cookbook have been derived from various sources, including but not limited to, individual cooks and kitchens, dry bean associations and web-sites, and bean growers and suppliers throughout the world.*

# BEAN BASICS

### ***Wash and Sort Dry Beans and Peas***

Look for any foreign material prior to cooking dry beans. Foreign material may include: small rocks, adobe or clay, bits of vine or pod and undersized or malformed beans. The industrial packaging process continues to grow and improve, however, nothing beats hand picking for a high quality bean dish.

### ***Hard Water***

Hard water is bad news for dry bean cooking. Hard water will slow down the cooking process or bring it to a complete halt and the beans will not become tender. If you have trouble getting dry beans to become tender, use either distilled water or try using  $\frac{1}{8}$  teaspoon of baking soda for each cup of dry beans to soften the water.

### ***Using Tomatoes***

Do not add tomatoes before the dry beans are tender. Acidic ingredients such as tomatoes, lemon juice, vinegar or wine will stop the cooking process.

### ***Digestion Problems? BEANO® Works!***

If you are not used to eating a diet high in beans, take it slow and easy. Increase your intake gradually to help your intestinal tract adjust.

### ***Dry Bean Math***

1 pound dry beans	= 2 to 2½ cups
1 cup dry beans	= 2 to 3 cups cooked beans
1 19-oz. can cooked beans, drained	= 2 cups
1 16-oz. can cooked beans, drained	= 1¾ cups
1 15-oz. can cooked beans, drained	= 1½ cups

# COOKING BASICS

### ***Slow Soak Method***

Soaking dry beans in water overnight isn't really necessary.

### ***Fast Soak Method***

Boil dry beans for a couple of minutes and let them soak for 1 hour before cooking.

### ***Faster Soak Option***

Boil dry beans over medium heat for 10 minutes. Soak, covered, for 30 minutes. Cook.

### ***Fastest Option***

Use canned beans. They're already cooked, just drain and rinse.

### ***Cooking***

Drain well. Add 2 cups water per  $\frac{1}{2}$  cup presoaked dry beans. Cook for about 1 hour. If the beans aren't presoaked, lengthen the cooking time by 1 hour. Skim off the scum that surfaces during cooking.

### ***Exceptions***

Lentils and split peas don't need presoaking; they take only 1-1 $\frac{1}{2}$  cups water per  $\frac{1}{2}$  cup beans and cook in 20-35 minutes.

### ***Crockpot Method***

This is a great method to cook beans. No soaking necessary! Place washed and sorted beans in the crockpot with enough water to cover the beans by at least three inches. For all day cooking, cook on low. For half day cooking, cook on high. Season the beans before you cook them (if desired) but do not add tomatoes (or any other acidic ingredients) until the beans are cooked.

# APPETIZERS *and* BEGINNINGS

*Dry edible beans and their larger family, legumes, have been an integral part of the human diet for thousands of years. The evolution of nearly every major civilization has been based on some type of bean as well as cereal grain. During its long history, the dry bean has been known as a symbol of life, a sexual stimulant, a cure for baldness, and even a voting tool.*

## APPETIZERS & BEGINNINGS

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### JANA'S TACO BEAN DIP

1 can (15 oz) Refried beans	chopped tomatoes
1 can (16 oz) container sour cream	black olives
1 envelope taco seasoning mix	chopped onions or green onions
chopped lettuce	1-2 C shredded cheddar cheese

Spread refried beans onto round pizza pan. Combine envelope taco seasoning mix with container of sour cream, spread over bean mixture. Layer chopped lettuce, onions, tomatoes and black olives. Sprinkle with cheddar cheese. Enjoy with corn tortilla chips.

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### BLACK BEAN PESTO

8 oz (1 cup) dry Black beans, soaked	2 cloves garlic
1 quart water	stems from 1 bunch of cilantro (fresh coriander)
1 bay leaf	salt and freshly ground pepper (optional)
1 ham hock	
2 jalapeño peppers seeded	

Rinse and drain beans thoroughly. Place in a large saucepan or soup kettle, and add all the remaining ingredients. Bring to a boil, then reduce the heat and simmer, uncovered, for 1 ½ hours

Remove and discard the ham hock and bay leaf. Using a slotted spoon, transfer the bean mixture, in batches, to the bowl of a food processor. Process, adding cooking liquid as necessary to form a smooth, thick paste. You will use a total of about 1 cup liquid.

Transfer the pesto to a bowl and stir in the salt and pepper, if needed. Refrigerate, covered, until ready to use. This will keep in the refrigerator for 2 to 3 days.

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### RED BEAN PESTO

1 can (15 oz) Red Kidney beans	½ tsp paprika
2 cloves garlic	½ tsp freshly ground black pepper
1 jalapeño pepper, cored & seeded	¼ tsp chili powder
¼ C water	¼ tsp salt
½ C corn oil	dash of Tabasco sauce
1½ tsp cider vinegar	

Chop garlic & jalapeño pepper. Add beans. Process beans while slowly pouring the water and oil through the feed tube of a food processor. Add remaining ingredients and process until smooth. Adjust seasonings to taste.



# APPETIZERS & BEGINNINGS

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## BLACK BEAN NACHOS

1 C Black Bean Pesto (see previous recipe)	2 chorizo or other spicy sausages
Corn Oil	1 C grated Monterey Jack Cheese*
2 flour tortillas, 8 inches in diameter	2 T chopped cilantro (fresh coriander)

Preheat the oven to 375°F

Fill a medium-size heavy skillet with ½ inch corn oil. Heat it until the oil just starts to move. Then fry the tortillas, one at a time, until light golden brown, about 15 seconds on each side. Drain on paper towels.

Slice the chorizos into ¼-inch-thick rounds, and sauté in a small skillet until crisp, about 5 minutes. Remove the sausages from the skillet, and drain on paper towels.

Place the tortillas on a baking sheet, and spread the pesto evenly over them. Arrange the sausage over the pesto, and sprinkle with the cheese. Top with the chopped cilantro

Bake until brown, 20 minutes. Remove from the oven, and cut each tortilla into eight pieces. Serve immediately

\*Note: Monterey Jack comes in several flavors – jalapeño, garlic, garlic and herb - as well as plain. Any one of them can be used.

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## BEANUT BUTTER A great dip with corn chips.

2 cans (15 oz each) Navy, Pinto or Kidney beans, drained & rinsed	1 C cooked crumbled bacon
2 C cottage cheese, large curd	¼ C chopped onion
2 T each of prepared mustard & chili sauce	¼ C sweet pickle relish salt & pepper

In a large bowl, combine all ingredients, put through blender until smooth. Refrigerate for a couple of hours before serving.

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## BERRY BEAN BLAST

1 can (15 oz) Great Northern beans, rinsed and drained	2-3 T honey
1½ C orange juice	1½ tsp cinnamon
2 C whole frozen strawberries	⅛ tsp nutmeg

Put all ingredients through blender until smooth.  
Makes approximately six 6 oz servings.

# APPETIZERS & BEGINNINGS

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## BLACK BEAN SALSA

- |                                    |  |
|------------------------------------|--|
| 1 C rinsed and drained Black beans | juice of 1 lime                                    |
| 1 mango, chopped                   | 1-2 jalapeño peppers, seeded and chopped, to taste |
| 4 tomatoes, chopped                | 1 red pepper, seeded and chopped                   |
| ½ C red onion, chopped             |  |
| ⅛-¼ C cilantro, chopped            |  |

Combine all and serve with chips. Makes approximately six 4 oz servings.

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## BREAK TIME LAYERED DIP

- |   |   |
|---|---|
| 1 can (15 oz) Black beans, rinsed & drained | 1 can (4 oz) chopped green chilies, drained |
| 1 can (4 oz) chopped ripe olives, drained   | 1 package (16 oz) tortilla chips            |
| ½ C finely chopped red bell pepper          | 1 C sour cream                              |
| 2 T finely chopped red onion                | 2 T red wine vinegar                        |
|   | ¼ tsp salt                                  |

Mix beans, olives, chilies, vinegar and salt in medium bowl. Cover and refrigerate for 30 minutes to blend flavors.

Spread sour cream on serving plate. Spoon bean mixture evenly over sour cream. Top with bell pepper and onion. Serve with tortilla chips.

Makes about 4 cups.

*Per 1/4 cup without chips, Calories: 64, Carbohydrate: 6 grams, Protein: 2 grams, Fat: 3 grams.*

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## MIX-N-MASH BEAN DIP

- |   |                                   |
|---|-----------------------------------|
| 2 cans (15 oz each) Pinto beans, drained & rinsed | 1 green pepper, chopped           |
| 1 lb ground beef                                  | 1 red pepper, chopped             |
| 1 med onion, chopped                              | 1 tomato, chopped                 |
| 1 pkg taco seasoning                              | 1 avocado, sliced                 |
| ½ C water   | 1 C salsa                         |
| milk  | 1 pint sour cream                 |
| salt & garlic salt                                | 1 lb grated Cheddar cheese        |
|   | 1 can black olive slices, drained |

Brown ground beef with onion. Drain and add one package taco seasoning mix and water, simmer 15 minutes. Place in bottom of oblong pan. Mash pinto beans with enough milk to make spreadable.

Add salt and garlic, salt to taste. Spread over beef. Top beans with green & red pepper, tomatoes, slices of avocado and salsa. Spread sour cream over top of vegetables. Sprinkle cheese and black olives over top.

# APPETIZERS & BEGINNINGS

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## NEBRASKA PINTO BEAN & CORN SALSA

1 pkg (10 oz) frozen corn	½ C chopped sweet salad onion
3 C canned Pinto beans, rinsed & drained	¼ C chopped fresh cilantro
1 T chopped fresh jalapeño pepper (or to taste)	1 tsp chili powder
1 can (4 oz) chopped mild green chiles	¼ C extra-virgin olive oil
	¼ C cider vinegar
	salt to taste

Gently toss together the thawed corn with the pinto beans, peppers, onion, cilantro, chili powder. Whisk together the oil & vinegar. Add to the salsa. Salt to taste. Cover and chill until ready to serve. Serve chilled or at room temperature. Makes about 4 cups.

*Per 1/3 cup, Calories: 127, Carbohydrate: 19 grams, Protein: 1 gram, Fat: 5 grams.*

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## PLATTE RIVER PATE \*made with herbs and Great Northerns

1 tsp olive oil	2 T nonfat plain yogurt
2 green onions, chopped	1 T fresh lemon juice
1-3 cloves garlic, peeled	3-5 drops hot red pepper sauce
½ tsp minced fresh rosemary	½ tsp salt
1 can (15 oz) Great Northern beans, drained & rinsed	¼ tsp freshly ground black pepper

In a small skillet, heat oil over medium high heat. Add green onions, garlic and rosemary; sauté 2 minutes. In food processor or blender, combine green onion mixture, beans, yogurt, lemon juice, pepper sauce, salt and pepper. Blend until smooth. Mound in a bowl to serve. Use as spread on crackers or sliced baguette. Makes 1 ½ cups.

*Per 1 TBS: Calories: 21, Carbohydrate: 3 grams, Protein: 1.5 grams, Fat: trace*

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## POORMAN'S CAVIAR

1 can each: Garbanzos, Blacks, and shoe peg corn (can substitute hominy for corn)	1 small can sliced black olives, drained
2 cans Black Eyes	¼ - ½ C diced green or red pepper
1 bottle Italian dressing	1 clove garlic, minced
2 green onions	¼ - ⅓ bunch cilantro
¼ C red onion	½ - ¾ C diced tomato juice of 1 lime

Rinse and drain beans and corn. Mix all ingredients together and let marinade for several hours. Serve with chips or as a side dish.

Makes approximately 25 — 4oz servings. Great for parties!

# FUN BEAN FACTS

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Denver-based business Women's Bean Project, which gives soup, snack and jewelry-making gigs to chronically unemployed women, started with \$500 of dry beans in 1989.

Dry pinto beans are one of the most cost-efficient forms of protein at 7 cents per half-cup serving. Lean ground beef is \$1.18 per 4-oz. serving and chicken is 82 cents per 4-oz. serving.

Vermont ranks highest in searching for bean recipes online. Montana and Wyoming are second and third.

The Alabama Butterbean Festival set the record for the largest pot of baked beans at 1,010 gallons.

Beans are the large seeds of certain types of plants, and are technically a fruit.

January 6th is National Bean Day which also falls on the day in which geneticist, Gregor Mendel, who famously used bean and pea plants to test his theories on inheritance died in 1884.

Beans have been cultivated by humans for 6,000 years.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

In ancient Greece, minor public officials were elected by putting one white bean with a load of black beans inside a "bean machine". Whoever picked the white bean got the job.

In the 1980's an archaeologist working in New Mexico came upon a clay pot sealed with pine tar containing bean seeds that were 1,500 years old ... and they grew!

Beans can be made into burgers, cakes, drinks, pies, fudge, muffins, jewelry, furniture (bean-bag chairs!), toys, and musical instruments.

# SALADS *and* LIGHT FARE



## SALADS & LIGHT FARE

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### BLACK BEANS & TUNA SALAD

- |  |   |
|--|---|
| 1 can (15 oz) Black beans,<br>drained & rinsed | 1 can (12½ oz) light tuna, drained                          |
| 1 pkg (8 oz) frozen snap peas                  | 2 T water   |
| 1 medium-size red or green bell pepper         | ⅛ tsp black pepper  |
| ½ C bottled Italian dressing<br>(not creamy)   | ½ C green onions, sliced diagonally<br>cut in narrow strips |
|  | 8 lettuce leaves  |

Bring snap peas and water to a boil in a medium-size saucepan. Reduce heat; cover and simmer three minutes. Drain & chill under running cold water. Place peas in a large bowl, add beans and dressing; toss to coat. Gently stir in tuna, bell pepper strips, green onions and black pepper. Serve on lettuce leaves. Makes 4 servings.

*Calories: 316, Carbohydrate: 31 grams, Protein: 31 grams, Fat: 7 grams.*

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### BEAN & BASIL BRUNCH

- |   |   |
|---|---|
| 1 can (15½ oz) Baby Lima beans,<br>rinsed & drained       | 1 can (12¼ oz) white tuna in water,<br>drained, flaked into 1" pieces |
| 1 can (15½ oz) Dark Red Kidney<br>beans, rinsed & drained | 8 cherry tomatoes, cut into fourths,<br>into halves, seeded, sliced   |
| 1 can (15½ oz) Great Northern<br>beans, rinsed & drained  | Lettuce leaves  |
| ⅓ C chopped green or red pepper                           | Basil or parsley springs  |
| Basil Vinaigrette (see below)                             | ½ small cucumber, cut lengthwise                                      |
|   | ¼ C thinly sliced red onion   |

Combine beans, tomatoes, cucumber, pepper and onion in large bowl, add Basil Vinaigrette and toss. Refrigerate mixture at least 4 hours for flavors to blend, stirring mixture occasionally. Add tuna to mixture 1 to 2 hours before serving time. Spoon salad onto lettuce-lined plate; garnish with basil.

#### BASIL VINAIGRETTE:

- 3 T olive oil
- ¼ C tarragon wine vinegar
- 3 to 4 T finely chopped fresh OR 1 to 1½ tsp dried basil leaves
- 3 T fat-free plain yogurt
- 1 to 1½ T lemon juice
- ¾ tsp sugar
- 1½ T water
- 1 to 2 cloves garlic

Mix all ingredients; refrigerate until serving time. Mix before using.

*Vinaigrette = 397 Calories for entire batch.*

## SALADS & LIGHT FARE

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### CAESAR BEAN SALAD

2 cans (16 oz ea.) kidney beans, heated then drained	¼ tsp black pepper
½ C vegetable oil	1 C seasoned croutons
¼ C lemon juice	2 T chopped fresh parsley
¼ C grated Parmesan cheese	3 hard-cooked eggs, cut in wedges
½ tsp garlic salt	1 med. head romaine lettuce

In medium bowl, combine oil, lemon juice, cheese, garlic salt & pepper; mix well. Add warm beans, toss gently. Cover & chill. Line salad bowl with romaine leaves. Pour beans on top & sprinkle w/croutons & parsley. Garnish with egg wedges. Makes 6 servings.

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### CARIBBEAN SHRIMP & BLACK BEAN SALAD

1 lb med. shrimp, cooked, peeled & de-veined	1 C cherry tomato halves or plum tomato quarters
1 can (15 oz) Black beans, drained & rinsed	2 T chopped fresh cilantro
1 small green bell pepper, cut into short, thin strips	2 T vegetable oil
½ C thinly sliced celery	2 T honey
⅓ C very thinly sliced small red onion rings	2 T lime juice & 1 tsp zest
	½ tsp salt
	Lettuce leaves
	⅔ C Picante sauce

In a large bowl, combine shrimp, beans, bell pepper, celery and onion. In a small bowl, combine picante sauce, cilantro, oil, honey, lime zest and juice and salt, mix well. Pour over shrimp mixture; toss lightly to coat. Cover and chill at least 2 hrs, tossing occasionally.

Line serving platter with lettuce, spoon salad onto lettuce and garnish with tomatoes. Serve with additional picante sauce. Makes 6 servings.

*Calories: 232, Carbohydrate: 23 grams, Protein: 20 grams, Fat: 7 grams.*

## SALADS & LIGHT FARE

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### CORN & BLACK BEAN SALAD

2 cans (15 oz ea.) whole kernel corn      ¾ of 16 oz jar of salsa  
2 cans (15 oz ea.) Black beans              (adjust spice level to taste)  
2 avocados, diced                              1 block (8 oz) of Pepper Jack  
juice of 2 limes                                  cheese, grated  
⅛ - ¼ C red onion, finely diced

Rinse corn and black beans well and pour into a medium sized bowl. Dice avocados and add to mixture. Cut limes in half and squeeze on top of avocados. Add onion, salsa and cheese. Mix well.

Refrigerate until ready to eat. This salad improves with time as the flavors blend. Makes 20 - 4 oz servings.

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### HOT FIVE-BEAN SALAD

8 bacon strips, diced                              1 can (16 oz) Kidney beans,  
⅔ C sugar    rinsed and drained  
2 T cornstarch                                      1 can (15 oz) Lima beans,  
1½ tsp salt    rinsed and drained  
Pinch Pepper                                        1 can (15 oz) Garbanzo beans,  
¾ C vinegar    rinsed and drained  
½ C water     1 can (14½ oz) green beans, drained  
1 can (14½ oz) wax beans, drained

In a skillet, cook bacon until crisp; reserve ¼ cup drippings. Set the bacon aside. Add sugar, cornstarch, salt and pepper to drippings. Stir in vinegar and water; bring to a boil, stirring constantly. Cook and stir for 2 minutes. Add the beans; reduce heat. Cover and simmer for 15 minutes or until beans are heated through. Place in a serving bowl; top with bacon.

Yield: 10-12 servings.



## SALADS & LIGHT FARE

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### MARINATED GARDEN SALAD Make a day ahead for a picnic!

2 C canned Red Beans	1 C mild salsa
2 C canned Garbanzo beans	½ C Italian dressing
1 C chopped celery	1 T chopped cilantro
1 C diced cucumber	2 med. tomatoes
½ C diced green pepper	1 avocado (optional)

Combine beans, celery, cucumber, green pepper, salsa, dressing & cilantro. Cover and refrigerate until serving time. Can be made a day or so in advance. Just before serving, chop avocado and tomatoes, add to marinated salad. Makes 8 servings.

*Calories: 221, Carbohydrate: 28 grams, Protein: 9 grams, Fat: 8 grams.*

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### MORE THAN 3 BEAN SALAD

#### **SALAD:**

1 can (16 oz) Garbanzo beans, rinsed & drained	1 can (16 oz) Black beans, rinsed & drained
1 can (16 oz) cut green beans, rinsed & drained	1 pkg (8 oz) small pasta
1 can (16 oz) White beans, rinsed & drained	⅔ c chopped onion
	½ lb Canadian bacon, cut into matchstick pieces
	butter (optional)

#### **DRESSING:**

¾ C olive oil	2 T prepared brown mustard
½ C tarragon vinegar	1 T plus 1 tsp granulated sugar
(or other herb vinegar)	1 tsp coarsely ground black pepper
	½ tsp salt

Salad: Cook pasta according to package directions, rinse in cold water and drain. Set aside. While pasta is cooking, sauté bacon pieces in a little butter in skillet until browned and slightly crispy. Drain on paper towel. Combine black, garbanzo, green and white beans, onion, pasta and bacon in large bowl and mix gently.

Dressing: Whisk together oil, vinegar, mustard, sugar, black pepper and salt in small bowl. Pour over bean salad and mix again. Cover and refrigerate if not serving immediately. Serve at room temperature for best flavor.

## SALADS & LIGHT FARE

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### WHITE BEAN SALAD

3 cans (15 oz ea.) Cannellini beans      ¼ C chopped or torn fresh dill,  
½ C chopped red onion                      mint, or basil (optional\*)  
½ C chopped fresh parsley leaves      ½ tsp salt

Combine the beans in a large bowl with the red onion, parsley, optional herb of choice, salt, and pepper. Slowly stir in the dressing to taste. Garnish with the scallions. Serve immediately or refrigerate. The salad will keep in the refrigerator for up to 3 days.

Serves 6 to 8

\* Optional Herbs--The herbs in this dish can be changed to best complement whatever your main course is. Try mint if served with lamb, dill with fish, and basil with roast chicken. -From "Mad Hungry" by Lucinda Scala Quinn (Artisan Books)

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### JANA'S CAMPING BEAN SALAD

1 can (26 oz) Dark Red Kidney beans, drained      yellow cheese of your choice,  
1/4 C chopped celery                      cut into chunks, however much  
1 T sweet relish                              cheese you like  
2 boiled eggs, diced                      Mayo or Miracle Whip (your choice)  
salt & pepper to taste                      to desired taste and consistency

Combine all ingredients. Serve chilled.

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### RED, WHITE & GARB SALAD

 Keeps it simple.

2 C canned White beans                      1½ or 2 C of your favorite bottled  
2 C canned Red Kidney beans              French, Italian, garlic or  
2 C canned Garbanzo beans                vinaigrette dressing

Drain beans, mix together lightly and cover with dressing. Marinate in refrigerator for several hours and mix again when ready to serve. Season with coarse black pepper as needed and serve garnished with lettuce leaves, tomato wedges and raw onion rings. Serves 8.

*Calories: 180, Carbohydrate: 31 grams, Protein: 11 grams, Fat: 1.5 grams.*

## SALADS & LIGHT FARE

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### SONOMA SUPPER SALAD

1 jar (8 oz) marinated dried tomatoes	1 med. green bell pepper, cut into 1" strips
2 T olive oil	
1 C sliced red onion	¼ C red wine vinegar
2 cloves garlic, minced (2 tsp)	3 T lemon juice
3 cans (15 oz ea.) Great Northern beans, rinsed & drained	½ C fresh basil leaves, cut into thin strips
2 C cooked ham, chicken or turkey strips	salt & pepper
	lettuce leaves for garnish

Drain oil from tomatoes into a 12" skillet, snip tomatoes in half and set aside. Heat tomato oil with olive oil over medium heat; add onion and cook, stirring 3 minutes. Mix in garlic; cook, stirring, 1 minute. Stir in reserved tomatoes, beans, ham strips, bell pepper, vinegar and lemon juice. Cover and cook 3 to 5 minutes or until heated through.

Remove from heat; stir in basil and season with salt & pepper to taste. Arrange lettuce leaves in four soup bowls or on dinner plates; top with bean mixture, dividing equally. Makes 4 servings.

*Calories: 542, Carbohydrate: 66 grams, Protein: 36 grams, Fat: 15 grams.*

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### THAI STYLE BLACK BEAN SALAD

1 can (15 oz) Black beans, drained & rinsed	2 cloves garlic, minced (2 tsp)
1 C canned corn kernels, drained	1 tsp minced fresh ginger
½ C diced celery	3 T Oriental sesame oil
½ C diced onion	2 T rice vinegar
½ C diced red bell pepper	1 T freshly squeezed lime juice
¼ C chopped fresh cilantro leaves	salt
1 jalapeño chili, stemmed, seeded & minced	lettuce leaves, optional
	lime slices, optional
	red bell pepper rings, optional

In a large bowl, combine black beans, corn, celery, onion, bell pepper, cilantro, jalapeños, garlic and ginger. In a small bowl, whisk sesame oil with vinegar and lime juice, pour over bean mixture and toss to combine. Season to taste with salt. Chill until ready to serve. 4 servings.

*Calories: 259, Carbohydrate: 30.5 grams, Protein: 9 grams, Fat: 11 grams.*

## SALADS & LIGHT FARE

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### TILLAMOOK BAY BEAN SALAD

**SALAD:**

1 can (15 oz) Black beans,  
rinsed & drained  
1 can (15 oz) Great Northern beans,  
rinsed & drained

1 med. carrot, peeled & finely minced  
1 small cucumber, peeled, seeded,  
and finely diced  
½ C cooked corn kernels  
(defrosted if frozen)

**DRESSING:**

1 t cumin seed (or ground cumin)  
½ C low fat plain yogurt  
¼ C salsa

2 T fresh lime juice  
¼ to ½ tsp Tabasco sauce  
⅛ tsp salt  
2 T minced fresh cilantro

**MARINATED TOMATOES:**

3 large plum tomatoes,  
each cut into eighths

2 tsp fresh lime juice  
2 T salsa  
¼ tsp ground cumin

Salad: Combine beans, carrot, cucumber and corn, set aside.

Dressing: (If using cumin seed): Toast cumin seed in a small skillet over med heat until fragrant, about 4 minutes. Combine yogurt, salsa, lime juice, Tabasco, salt and cilantro, stir in the cumin. Pour over salad and refrigerate.

Marinated tomatoes: Place tomatoes in a bowl, stir in the salsa, lime juice, cumin & salt. Marinate at room temperature 30 minutes.

To serve: Remove the salad from refrigerator 30 minutes before serving. Garnish each serving with some of the marinated tomatoes. Makes 6 servings.

*Calories: 186, Carbohydrate: 33 grams, Protein: 11 grams, Fat 1.5 grams.*

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### SWEET K B SALAD

2 cans (15 oz ea.) Kidney beans  
1 T honey  
2 T apple cider vinegar  
1 tsp dried basil  
1 tsp dried sage

2 cloves garlic, minced  
¼ C chopped onion  
⅛ tsp hot sauce  
2 T Olive Oil

Combine and mix all ingredients until evenly coated.

# SOUPS

*“There is a long-standing tradition in the U.S. Capitol that August senators should be able to dine every single day on common bean soup. Its presence has become the stuff of legend and various legislators are given credit for inaugurating the dish.*

*Joseph G. Cannon, Speaker of the House from 1903 to 1911, has the most colorful claim, having burst out one day in protest after perusing the menu:*

*‘Thundernation, I had my mouth set for bean soup!  
From now on, hot or cold, rain snow or shine,  
I want it on the menu every day.’*

*With this demand, the cooks willingly obliged and all eleven Capital dining rooms have served it every day ever since.”*

*from “Beans, A History” by Ken Albala*

# SOUPS

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## BARCELONA BEAN SOUP WITH DUMPLINGS

Let your slow cooker do the work.

3 C water	1 pkg (10 oz) frozen corn, thawed
1 can (15½ oz) kidney beans, rinsed & drained	1 C chopped onion
1 can (15 oz) black beans, rinsed & drained	1 C chopped carrots
1 can (14½ oz) Mexican style stewed tomatoes	3 beef bouillon cubes
1 can (4 oz) chopped green chilies	3 garlic cloves, minced
	1 tsp chili powder
	½ tsp salt
	¼ tsp pepper

### DUMPLINGS:

½ C all-purpose flour	dash salt & pepper
¼ C yellow cornmeal	1 egg white, beaten
1 t baking powder	3 T milk
	1 T vegetable oil

Combine soup ingredients in slow cooker, adjust setting accordingly. Dumplings: combine flour, cornmeal, baking powder, salt & pepper. Combine egg white, milk and oil; stir into dry ingredients. Drop into eight mounds on to boiling soup. Reduce heat, cover and simmer for 15-20 minutes (do not lift the cover). Makes 8 servings (2¼ quarts)

*Total Calories: 168, Carbohydrate: 32 grams, Protein: 7.5 grams, Fat: 1 gram.*

*Dumplings Alone: Calories: 89, Carbohydrate: 8.5 grams, Protein: 2.0 grams, Fat: 5 grams.*

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## BEAN SOUP ROMANA

1 C cooked or canned White beans, drained	1⅔ C bite-sized pieces spinach, loosely packed
1 C cooked or canned colored beans, drained	⅔ C julienne-cut carrots
½ C chopped onion	½ C julienne-cut celery
2 quarts beef broth or stock	1 clove garlic, minced
1 tsp oregano, crushed	½ C small cooked shell pasta
1 can (8 oz) tomatoes, crushed	½ C grated Romano cheese
salt	1 T olive oil

Sauté garlic and onion in oil. Add beans, broth and oregano. Simmer, covered, until beans are tender. Add tomatoes, carrots and celery. Simmer 15 minutes longer. Stir in spinach and pasta; adjust seasoning with salt. Simmer 5 minutes or only until thoroughly heated. Makes 8 servings (about 2 quarts)

*Calories: 184, Carbohydrate: 15 grams, Fat: 5.5 grams.*

# SOUPS

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## BLACK BEAN SOUP WITH CILANTRO CREAM

<b>SOUP:</b>	1 small onion, chopped
½ C dried tomato halves	1 can (14½ oz) chicken broth
1 C boiling water	1 clove garlic, minced (1 tsp)
4 slices bacon, chopped	½ tsp ground cumin
1 can (15 oz) black beans, rinsed & drained	¼ tsp hot pepper sauce
	¼ C chopped fresh cilantro leaves
<b>CILANTRO CREAM:</b>	½ tsp ground coriander
¼ C sour cream	1 ½ T fresh lime juice
1 T chopped fresh cilantro leaves	

To prepare soup: Combine tomatoes and the boiling water, let stand until softened. Drain, reserving soaking liquid; chop tomatoes and set aside. In a large saucepan, sauté bacon and onion over medium heat until onions are tender. Drain off fat. For bacon mixture, add tomatoes and their soaking liquid, beans, chicken broth, garlic, cumin and pepper sauce. Bring to a boil over high heat, then reduce heat to simmer. Cover and simmer 5 minutes. Remove from heat; stir in cilantro. In blender or food processor, in batches if necessary, purée soup mixture, keep hot.

To prepare cilantro cream: In a small bowl, combine sour cream, cilantro, coriander and lime juice; mix well. To serve: Ladle soup into bowls and drizzle with Cilantro cream.

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## BLACK BEAN PUMPKIN SOUP

3 cans (15 oz ea.) black beans	2 cans (16 oz ea.) pumpkin purée
1 C canned tomatoes, drained and chopped	½ C dry sherry (or red wine)
1¼ C onions, chopped	½ lb. cooked ham, diced
½ C shallots, minced	3-4 T sherry vinegar (optional)
4 garlic cloves, minced	4 C chicken broth
1 T plus 2 tsp ground cumin	½ stick unsalted butter
1 tsp salt	½ tsp freshly ground black pepper

In food processor, puree beans and tomatoes. In 6 qt kettle, cook onions, shallots, garlic, cumin, salt, pepper and butter over medium heat, stirring until onions soften and begin to brown. Stir in broth, pumpkin, and sherry until combined. Simmer uncovered stirring occasionally, approx. 20-25 minutes until thick enough to coat a spoon.

Just before serving, add ham and vinegar. Garnish with sour cream and toasted pumpkin seeds. Makes approximately 9 cups.

# SOUPS

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## CHICKEN TORTILLA SOUP

- |   |   |
|---|---|
| 1 broasted or rotisserie chicken, deboned | 2 cans Navy beans, undrained                |
| 1 jar (16 oz) Pace picante sauce (mild)   | 1 can whole kernel corn, drained            |
| 48 oz chicken broth                       | 8 oz shredded Pepper Jack cheese (optional) |

Cook in crockpot all day on low. Garnish with chips and sour cream.  
Serves 10-12.

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## CALICO BEAN SOUP

Low fat and easy to prepare in the crockpot!

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 lb 15 bean soup mix*        | 1 clove garlic, chopped     |
| 1 C turkey ham, cubed         | 1 tsp salt                  |
| 1 large onion                 | ¼ tsp black pepper          |
| 1 can (30 oz.) whole tomatoes | 1 small pkg chili seasoning |
| 1 large red pepper, chopped   | 3 quarts of water           |

Combine everything, except tomatoes, in a crockpot. Set on high setting for 4-5 hours cooking time or on low setting for all day. Add tomatoes and simmer for 30 more minutes and serve.

\*Brown's Best Soup Mix or dry bean mixture of your choice.  
Makes 10 servings. Can be frozen.

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## DOWN HOME BEAN MEDLEY SOUP

Quick to prepare and so good to come home to.

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 can (16 oz) Pinto beans          | 2 cans (16 oz ea.) refried beans |
| 1 can (16 oz) Great Northern beans | 2 C water                        |
| 1 can (16 oz) Red Kidney beans     | 2 T ham base                     |
| 1 can (16 oz) Small Lima beans     | 4 tsp garlic powder              |
| 1 can (8 oz) tomato paste          | 3 T onion soup mix               |
| 1 can (8 oz) mushroom pieces       |                                  |

Combine everything in a crockpot. Simmer all day (at least 6 hours).



# SOUPS

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## ITALIAN BEAN SOUP ...with herb toast

1 C dry Great Northern beans	2½ tsp Italian seasoning, crushed and divided
1 C dry Small Red or Pinto beans	2 T instant beef bouillon granules OR 6 vegetable bouillon cubes
1 can (28 oz) chopped tomatoes, undrained	¼ tsp pepper
1 pkg. (9 oz) frozen Italian style green beans	1 medium onion, chopped
6 one-inch thick slices Italian bread	1 T margarine
2 cloves garlic, minced (2 tsp)	⅛ tsp garlic salt

**SLOW COOKER DIRECTIONS:** Combine dry beans, 5 c water, onion, bouillon granules, garlic, 2 t Italian seasoning and pepper. Cook covered on high heat setting 5 ½ to 6 ½ hours (low heat setting, 11 to 13 hours) or until beans are almost tender. Meanwhile, thaw green beans and stir into soup. Add undrained tomatoes. Cook about 30 minutes more on high setting.

**HERB TOAST:** stir together margarine, garlic salt and remaining ⅛ t Italian seasoning. Spread atop 1 side of each bread slice. Place bread, margarine side up on unheated rack of broiler pan. Broil 4 to 5 inches from heat for 45 to 60 seconds or until crisp and light brown. Ladle soup into small bowls and put one piece of herb toast atop each bowl of soup. Makes 6 servings.

*Calories: 300, Carbohydrate: 55 grams, Protein: 15 grams, Fat: 2 grams.*

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## MEXICAN CORN CHOWDER

2 C sliced mushrooms (about 6 oz)	¼ tsp paprika
1 stick unsalted butter	3½ C canned chicken broth
1 onion, chopped	¾ C half and half
1 sm. green pepper, chopped	1 C grated sharp cheddar cheese
1 tsp cumin seed	2½ C cooked corn
½ C all purpose flour	¼ C drained/chopped bottled pimentos (optional)
¼ tsp cayenne	

In skillet, cook mushrooms until browned lightly, reserve in skillet. Cook onion, bell pepper and cumin in remaining 6 T butter over medium heat until onion is softened. Add flour, cayenne, paprika and cook until mixture is thick (roux), stirring for 3 minutes and remove kettle from heat. Stir in broth and add half and half. Cook stirring until smooth and thickened. Add reserved mushrooms, cheddar, corn and pimentos; cook, stirring until heated. Serves 8-10.

# SOUPS

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## MEETING STREET BLACK-EYED PEA & CORN SOUP

Delicious with corn bread.

- |                                     |   |
|-------------------------------------|---|
| 1 T olive oil                       | ½ C lean fully cooked ham, diced (3 oz) |
| 1 small onion, chopped              | 2 tsp dried sage, crumbled              |
| ½ red or green bell pepper          | ½ tsp black pepper                      |
| 2 cloves garlic, minced             | ¼ tsp crushed red pepper flakes         |
| 5 C water                           | 2 to 2¼ C fresh or frozen corn          |
| ¾ C dry blackeyes, rinsed & drained | Salt                                    |
| OR 2 C canned, rinsed & drained     |   |

Heat oil in large, heavy saucepan over medium high heat. Add onion and bell pepper and cook, stirring occasionally, until vegetables are tender, about 5 minutes. Stir in garlic and cook 1 minute. Add water, peas, ham, sage and black and red peppers.

Bring to a simmer quickly over high heat, turn heat to low and cook, covered, until peas are tender, about 45 minutes for dry beans, 30 minutes for canned. Add corn, increase heat and bring again to a simmer. Turn heat to low, cover and cook until corn is tender, about 20 minutes. Taste, adding salt only if necessary.

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## MIXED BEAN MINISTRONE

- |   |  |
|---|--|
| 3 T extra-virgin olive oil                      | 6 C chicken stock                          |
| 1 C chopped onion                               | 6 C cooked mixed beans*                    |
| 2 cloves garlic, minced                         | 2 C shredded fresh cabbage                 |
| ½ C chopped celery                              | ¼ C chopped fresh parsley                  |
| ¾ C chopped zucchini                            | 1 C small shell pasta, uncooked            |
| ½ tsp black pepper (or to taste)                | Croutons                                   |
| Freshly grated Parmesan or Romano cheese        | 1 tsp salt, (or to taste)                  |
| 1 can (6 oz) plum tomatoes, undrained & chopped | ½ tsp dried rosemary                       |
| 2 C tomato juice                                | * Brown's Best Soup Mix or your own blend. |

In a large pot, heat the olive oil. Stir in the onion, garlic, celery & zucchini. Sauté, stirring for five minutes. Stir in the salt, pepper, rosemary, tomatoes, tomato juice and chicken stock. Simmer gently for 25 minutes, partially covered. Stir in the mixed beans, cabbage, parsley and pasta. Simmer for 10 to 15 minutes or just until the pasta is tender. Stir occasionally. Serve hot topped with croutons and grated Parmesan or Romano cheese. Makes 10-12 servings.

# SOUPS

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## POTATO-BEAN SOUP

Create this creamy soup without butter and flour.

½ C sliced celery	2 T snipped fresh dill weed
2 med. carrots, shredded	OR 2 tsp dried
1 clove garlic, minced (1 tsp)	1 can (15 oz) Great Northern beans, drained & rinsed
½ C low fat sour cream	1 T all-purpose flour
OR nonfat plain yogurt	2 tsp margarine, melted
4 C low-sodium chicken broth	Dash salt, optional
3 med. potatoes, peeled and cut up (3 C)	⅛ tsp pepper

In a large saucepan, cook celery, carrots and garlic in hot margarine; stir over medium heat about 4 minutes or until tender. Carefully stir in broth, potatoes and dill weed. Bring to a boil; reduce heat. Simmer, covered, for 20 to 25 minutes or until potatoes are tender.

With the back of a spoon, lightly mash about half the potatoes in the broth. Add beans to the potato mixture; mash some of the beans.

In a small bowl, stir together sour cream, flour, pepper and salt, if desired; stir into the potato mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute longer. Makes 4 main-dish servings.

*Calories: 285, Carbohydrate: 44 grams, Protein: 13 grams, Fat: 6 grams.*

---

## ROSSELL'S SPLIT PEA SOUP WITH SWEET POTATO

3 T olive oil	1 lb split peas
1½ C diced onion	1 tsp salt
1½ C diced carrot	½ tsp dried thyme
1 C diced celery	2 quarts chicken broth
1½ tsp curry powder	3 large sweet potatoes, chunked
black pepper to taste	2 C diced ham or Kielbasa

Wash and sort peas. Saute veggies in oil several minutes until soft. Place peas, veggies, broth and seasonings in large pot/crock pot. Cook until peas are almost done, adding ham or sausage part way through cooking time. Add sweet potatoes and cook until tender. Serves 10-12.

# SOUPS

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## SANTA FE CHICKEN & WHITE BEAN SOUP

Aunt Martha's favorite!

2½ C Great Northern beans, soaked in water overnight	½ tsp chili powder
Pinch dried red pepper flakes (optional)	Pinch cayenne pepper (optional)
11 C lightly salted chicken broth, divided	6 T butter
1 T dried oregano	3 T olive oil
4 to 5 tsp salt	4 C chopped onion
4 tsp ground cumin	2 C chopped green bell pepper
2 tsp garlic powder	1 T dried parsley
1½ t onion powder	1 C chopped celery
1 tsp paprika	1½ tsp minced garlic, divided
1 lb boneless, skinless chicken breast, chopped	2 to 3 T all purpose flour
	1 can (7 oz) diced green chilies
	1/8 tsp white pepper
	1/8 tsp black pepper

Optional garnishes: shredded Havarti cheese, salsa, sour cream and chopped fresh cilantro!

Drain the soaked beans. Combine in a large soup pot with 8 C chicken broth. Bring to a boil, cover and simmer 1½ to 2 hours until tender.

Combine oregano, parsley, 4 tsp salt, cumin, garlic powder, onion powder, paprika, chili powder, white and black peppers, cayenne and red pepper flakes in a small bowl, set aside.

In a large saucepan, heat butter and olive oil, add onion, bell pepper, celery, ½ T garlic and a third of the reserved seasoning mix. Sauté over medium heat about 5 minutes. Add another ½ tsp garlic and another third of the seasoning mix; continue sautéing until celery is tender. Add remaining ½ T garlic, remaining seasoning mix and 2 to 3 T flour, cook 5 to 7 minutes longer. Whisk in remaining 3 C chicken broth, cooking until thickened.

Add cooked beans and their broth, chicken and green chilies, heat until chicken is just cooked done, about 5 to 6 minutes.

Serve hot in bowls garnished with Havarti cheese, salsa, sour cream and cilantro. Makes 6-8 servings.

*Calories: 399, Carbohydrate: 44.5 grams, Protein: 10 grams, Fat: 20 grams.*

# SOUPS

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## SHEPHERDER'S HEARTY SOUP

3 $\frac{1}{3}$ C cooked or canned Baby Limas, drained	Dash of bottled hot pepper sauce
$\frac{1}{4}$ C diced onion	$\frac{1}{2}$ C chopped celery
2 T butter or margarine	1 can (16 oz) whole kernel corn
2 T flour	1 can (8 oz) tomatoes, crushed
1 C water	$\frac{3}{4}$ C shredded Jack cheese
$\frac{2}{3}$ C milk	$\frac{1}{4}$ tsp salt
	$\frac{1}{8}$ tsp pepper

Sauté celery and onion in butter. Blend in flour. Add water and milk. Cook, stirring until thickened and smooth. Add beans, corn (with its liquid) tomatoes and cheese. Heat thoroughly, but do not boil. Season to taste with salt, pepper and hot sauce. Serve with shepherder's bread. Makes 6 to 8 servings.

*Calories: 211, Carbohydrate: 26 grams, Protein: 11 grams, Fat: 7 grams.*

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## SPICY HOT CHILLED BEAN GAZPACHO

2 cans (15 oz ea.) pinto beans, undrained	1 can (15 oz) Black beans, rinsed & drained
1 qt tomato-vegetable juice	1 C chopped peeled seedless cucumber
2 T vegetable oil	1 C thinly sliced celery
3 T lime juice	1 $\frac{1}{4}$ C cubed peeled avocado
2 tsp Worcestershire sauce	cucumber, celery or green onion sticks
2 tsp minced garlic	
1 jar (16 oz) thick & chunky salsa	

Process pinto beans and liquid, 2 cups tomato-vegetable juice, oil, lime juice, Worcestershire sauce and garlic in food processor or blender until mixture is smooth. Pour mixture into large bowl; stir in remaining tomato-vegetable juice, salsa, black beans, chopped cucumber and sliced celery. Refrigerate at least 3 hours for flavors to blend.

Stir avocado into soup; spoon into bowls and garnish with vegetable sticks. Makes 10 to 12 side dish servings.

*Calories: 182, Carbohydrate: 26 grams, Protein: 7 grams, Fat: 6 grams.*

# SOUPS

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## SPICY LENTIL SOUP

This soup is even better when made a day ahead and reheated!

1 large onion, diced	OR low sodium chicken broth,
1 clove garlic, crushed & chopped	Dash cayenne pepper (optional)
1 large carrot, chopped	¼ tsp salt, or to taste
¾ C lentils	2 T butter
3 med. red potatoes, cut into large chunks	black pepper to taste
6 C homemade chicken stock	1 tsp Tabasco sauce, divided
	1 tsp cider vinegar

In a large pot, sauté onion, garlic and carrot in butter over low heat until onion is translucent. Do not brown the garlic. Add lentils, potatoes, stock, cayenne, salt, black pepper to taste and ½ tsp Tabasco sauce. Bring to a boil and reduce heat; simmer until potatoes and lentils are very tender, between 1 hr and 1 hr 15 minutes. Stir in vinegar and remaining ½ tsp Tabasco sauce, cook 5 minutes longer. Makes 4 servings.

*Calories: 257, Carbohydrate: 32 grams, Protein: 10 grams, Fat: 10 grams.*

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## BEAN SOUP (Judy Osborn)

1 lb. Brown's Best Soup Mix	1 C carrots, shredded
1 or 2 smoked, meaty ham hock(s)	3 or more slices bacon, thinly sliced
2 or more thick slices of ham, diced	1-2 boxes chicken stock/broth
1 large onion, thinly sliced	Tabasco to taste and heat
2 tsp (plus 2 more) garlic powder	salt and pepper to taste
1 large (plus 1 more) bay leaf	1 C instant mashed potatoes
3 stalks celery, thinly sliced	

Dump soup mix in large pot. Cover with water about 2-3 inches or more over mix. Cook on high until boiling, then another 30 minutes. Drain (do not save water). Rinse in cool water. Hand sort soup mix: remove outer layers/skins from all lima beans and any others that are loose, discard out layers/skins.

Keep back: 2 tsp garlic powder, 1 bay leaf, Tabasco, salt, pepper, instant mashed potatoes. Put into crockpot: Rinsed/sorted soup mix, ham hock(s), diced ham, onion, 2 tsp garlic powder, 1 large bay leaf, celery, carrots, bacon. Cover with chicken stock. Cook on low until boiling. Turn off. Remove ham hock(s) and cut off meat. Return meat and hock(s) to crockpot.

Add the additional ingredients: 2 tsp garlic powder, 1 bay leaf, Tabasco to taste/heat, salt and pepper to taste. Turn back on low. Cook an additional 30 +/- minutes on low. Check beans for tenderness. When beans are tender/ready to eat, stir in 1 C instant mashed potatoes to thicken soup. Serve and enjoy!

# CHILI

*“Wish I had time for just one more bowl of chili.”*

*Kit Carson (1809–1868) Frontiersman and Mountain Man*

*“In addition to being notably high in calcium, soluble fiber, folate, iron, and potassium — all nutrients that can reduce the risk of osteoporosis — **white beans** are also high in magnesium, a mineral that may play a supporting role when it comes to treating and preventing osteoporosis. Magnesium helps your body neutralize metabolic acids, absorb calcium, and maintain strong bone structure.*

*Adding white beans to soups, stews, or salads is an easy and inexpensive way to get more of these fortifying nutrients into your meals.”*

*“Don’t Like Milk? Here are 8 Foods That Help Fight Osteoporosis”*

*[www.joybauer.com](http://www.joybauer.com)*

# CHILI

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## CHILLY JILLY

- |  |                                       |
|--|---------------------------------------|
| 2 cans (15½ oz ea.) Great Northern beans (preferably Emersons) | 1 med onion, diced                    |
| 1 can (15½ oz) Kidney beans                                    | 1 C red peppers, chopped              |
| 1 can (15½ oz) Pinto beans                                     | 1 C orange or yellow peppers, chopped |
| 1 lb ground turkey   | 1 can (4oz) diced Hatch chilies       |
| 1 lb lean ground beef  | 1 tsp chili powder                    |
| 4 cans (15½ oz ea.) diced tomatoes                             | 1 tsp cumin                           |
| 8-16 oz vegetable stock (as needed, depending on simmer time)  | 1 tsp oregano                         |
| 1½ C carrots, peeled and diced                                 | salt and pepper to taste              |

Put beans, tomatoes, chili powder, cumin and oregano into a big pot. Sauté the carrots, onion, peppers and chilies until translucent and soft and blend in a food processor. In another pan, brown the turkey and ground beef together. Add vegetable puree and meat to bean pot.

Add vegetable stock to cover ingredients and simmer at least four hours. Serves 8-10.

---

## MEXICAN CHILI MOLE

- |  |                                       |
|--|---------------------------------------|
| 1 T olive oil  | 1 can (16 oz) tomato sauce            |
| 3 large onions, sliced (4 C)                         | chopped red & white onion for garnish |
| 1 can (16 oz) Great Northern beans, rinsed & drained | 2 T minced fresh basil                |
| 2 celery ribs, including leaves (chopped)            | ¼ C vinegar                           |
| 3 cloves garlic, minced (1 T)                        | ¼ C unsweetened cocoa                 |
| 1 can (16 oz) Red Kidneys, rinsed & drained          | 2 T chili powder                      |
|  | 1 can (10 oz) whole kernel corn       |
|  | 3 C grated Jarlsberg cheese, divided  |

Heat oil in a large saucepan, sauté onion, celery and garlic until translucent, about 5 minutes. Stir in tomato sauce, vinegar, cocoa, chili powder and basil; simmer 15 minutes, stirring occasionally.

Add white & red kidney beans and corn, simmer 15 minutes longer. Stir in 2 cups of the cheese. Sprinkle remaining 1 cup cheese on top of chili before serving. Garnish as desired. Makes 6 to 8 servings.

*Calories: 320, Carbohydrate: 34 grams, Protein: 23 grams, Fat: 10 grams.*



# CHILI

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## CK'S BLACK BEAN & BEEF CHILI

¼ C olive oil	5 C low sodium chicken stock
2 lb. ground beef	1 can (16-oz) chopped tomatoes, drained and pureed
1 large red onion, finely diced	1 T chipotle pepper puree
4 cloves garlic, finely chopped	3 T honey
3 T ancho chili powder	2 C cooked or canned black beans, rinsed and drained
1 T pasilla chili powder	2 T fresh lime juice
1 T ground cumin	
1 bottle dark beer	
Salt and freshly ground black pepper	

Heat oil in a large Dutch oven over high heat. Season beef with salt and pepper, and saute until browned on all sides. Transfer meat to a plate and remove all but 3 T of the fat from the pan.

Add onions to the pan and cook until soft. Add garlic and cook for 2 minutes. Add ancho powder, pasilla powder, and cumin and cook an additional 2 minutes. Add beer and cook until completely reduced. Return beef to the pot, add chicken stock, tomatoes, chipotle puree, and honey, and bring to a boil. Reduce heat to medium, cover the pan, and simmer for 45 minutes. Add beans and continue cooking for 15 minutes. Remove from heat, add lime juice, and adjust seasonings.

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## RED MEAT CHILI & BEANS

1 pkg (1lb) beef soup bones	1 can Hormel chili – hot/no beans
2 lbs ground red meat	2 pkg Williams chili seasoning
1 pkg dry onion soup mix	1 qt stewed tomatoes
1 clove garlic – coarse chop	1 bottle beer (amber ale)
1 cup water	1 sm can diced green chilis
2 cans hot chili beans	1 lg can tomato sauce

In crock pot, on low cook soup bones, soup mix & clove garlic all day – cool. Separate grease, retain liquid. Remove bones & fat, shred meat. Brown ground meat, drain well.

Add shredded meat, ground meat and all other ingredients in crock pot. Simmer until hot all the way through.

# CHILI

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## WHITE CHILI

- |   |   |
|---|---|
| 1 T olive oil   | 1 can (15 oz) hominy,<br>drained & rinsed |
| 1 med onion, diced (about 1½ C)   | lime wedges                               |
| 2 stalks celery, diced (about ½ C)  | 4 C low-sodium chicken broth              |
| 3 med Poblano peppers, seeded,<br>white ribs removed and finely diced<br>(about 1½ C)     | ¾ tsp dried oregano                       |
| ¼ C nonfat plain Greek-style yogurt   | 1 clove garlic, minced                    |
| 1 lb ground white turkey meat   | 1 tsp ground cumin                        |
| 2 can (15½ oz ea) White beans<br>(Cannellini, preferably low-sodium,<br>drained & rinsed) | salt to taste                             |
|   | ½ tsp ground coriander                    |
|   | ¼ tsp cayenne pepper, to taste            |
|   | 2 T chopped fresh cilantro leaves         |

Heat the oil in large pot or Dutch oven over medium heat. Add the onion, celery, Poblanos, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes. Add the garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds.

Add ground turkey and cook, breaking up the meat with a spoon, until the meat is no longer pink, about 2 minutes. Add white beans, broth and oregano. Cook, partially covered, stirring occasionally, for 25 minutes. Add hominy and salt and more cayenne pepper, to taste and continue cooking, partially covered, 10 minutes longer.

Ladle into individual bowls and top each serving with 1 T of yogurt and 1½ tsp of cilantro. Garnish with a lime wedge. Serves 10-12.

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## WINTER'S EVE WHITE CHILI

- |  |   |
|--|---|
| 2½ C water   | 2 cans (15 oz ea) Great Northern<br>beans (undrained) |
| 9 oz white shoepeg corn<br>(frozen or canned)      | 1 tsp lemon pepper                                    |
| 2 cans (4 oz ea) diced green chiles<br>(undrained) | 1 tsp ground cumin                                    |
| 1 tsp cumin seed                                   | 3 T lime juice  |
| 4 boneless chicken breasts,<br>bite sized pieces   | 1 med onion, chopped                                  |
|  | 1 clove garlic, minced                                |

Combine the above in a crockpot, simmer on low for eight hours or on high for four hours.

# MAIN COURSES

*“There is good reason to encourage greater bean consumption. Replacing animal foods in the diet with legumes reduces saturated fat intake without compromising overall protein intake.*

*Beans are also superior sources of fiber, folate, and potassium, among other nutrients. Because many Americans meet less than half the Dietary Reference Intake for potassium, identifying good sources of this nutrient is a public health issue.*

*Beans are higher in potassium than most other foods, and equal to dairy in that regard.”*

*Mark Messina*

*“A convenient Way to Increase Legume Intake”,  
Health Matters, Inform Magazine*

## MAIN COURSES

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### SPICY BEAN & BEEF PIE

- |   |   |
|---|---|
| 1 pound ground beef   | 1 can (16 oz) Kidney beans,<br>rinsed and drained |
| 2 to 3 garlic cloves, minced                                | 1 can (15 oz) Black beans,<br>rinsed and drained  |
| 1 can (11½ oz) condensed bean<br>with bacon soup, undiluted | 2 C (8 oz) shredded cheddar cheese,<br>divided    |
| 1 jar (16 oz) thick and chunky<br>picante sauce, divided    | ¾ C sliced green onions, divided                  |
| ¼ cup cornstarch  | Pastry for double crust pie<br>(10 inches)        |
| 1 T chopped fresh parsley                                   | 1 C (8 oz) sour cream                             |
| 1 tsp paprika   | 1 can (2¼ oz) sliced ripe olives,<br>drained      |
| 1 tsp salt  |   |
| ¼ tsp pepper  |   |

In a skillet, cook beef and garlic until beef is browned; drain. In a large bowl, combine soup, 1 cup of picante sauce, cornstarch, parsley, paprika, salt and pepper; mix well. Fold in beans, 1¼ cups cheese, ½ cup onions and the beef mixture. Line pie plate with bottom pastry; fill with bean mixture. Top with remaining pastry; seal and flute edges. Cut slips in the top crust. Bake at 425° for 30-35 minutes or until lightly browned. Let stand for 5 minutes before cutting. Garnish with sour cream, olives and remaining picante sauce, and cheese and onions. Yield: 8 servings

---

### CUTFORTH FAMILY TACO CASSEROLE

- |  |                           |
|--|---------------------------|
| 1 pkg (9¼ oz) Fritos                           | amount to your liking of: |
| 1 to 1½ lb. ground hamburger                   | lettuce, chopped          |
| 1 envelope taco seasoning mix                  | tomatoes, chopped         |
| 1 container (16 oz) Johnson<br>Chili Con-Carne | onion, chopped            |
| 1 can (14 oz) Chili beans                      | 2 C mozzarella cheese     |

Brown hamburger in skillet, season to taste with salt and pepper. Once brown, add taco seasoning envelope, stir to mix, set aside.

In separate sauce pan, combine container of chili con-carne and can of chili beans. Heat enough to mix up well, set aside.

In 9x13" casserole pan, put into layers: Fritos, taco seasoned-hamburger, lettuce, tomatoes, onions, pour over chili mixture, top with cheese. Put in 350° oven just until cheese is melted.

## MAIN COURSES

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### BEAN JAMBALAYA

3 T vegetable oil	½ tsp salt
2 medium onions, thinly sliced	1 tsp hot pepper sauce
2 large cloves garlic, minced	1 tsp thyme leaves
2 C sliced celery	½ C long grain white rice
1 large green bell pepper, chopped	2 c tomato juice (include reserved juice from tomatoes)
1 can (28 oz) plum tomatoes, chopped, reserve juice	1 C chicken broth
6 C Mixed beans, cooked, any variety* I.E. *Brown's Best Soup Mix	¼ C chopped fresh parsley
	2 C lean cubed cooked ham

In a large heavy pot, heat the oil. Add the onions, garlic and celery. Cook, stirring for five minutes. Stir in the green pepper and cook three minutes more. Add the chopped tomatoes, ham and beans. Stir just to mix well. Season with salt, hot sauce and thyme. Stir in the rice. Add the tomato juice and chicken broth. Bring to a boil, stirring only a couple of times. Cover and allow to simmer, undisturbed, for 20 to 25 minutes, or until the rice is tender and most of the liquid has been absorbed. Allow to rest, covered, for 10 minutes. Toss in the parsley and serve. Use hot sauce for a spicier dish. 8 to 10 servings.

*Calories: 284, Carbohydrate: 42 grams, Protein: 15 grams, Fat: 6 grams.*

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### BLACK BEAN & MIXED RICE CASSEROLE

1 pkg (6 oz) white & wild rice mix	1¼ C (5 oz) shredded reduced fat or fat free cheddar cheese
1 can (15 oz) Black beans, drained & rinsed	½ C peas
vegetable cooking spray	½ C chopped onion
½ C chopped green pepper	½ C whole kernel corn
½ C chopped red pepper	1½ C fat-free sour cream
2 tsp Italian seasoning	1½ C sliced mushrooms (4 oz)
1 lb boneless, skinless chicken breast, cooked & cubed (2½ C)	salt
	pepper

Cook rice according to package directions, discarding spice packet. Spray medium skillet with cooking spray, heat over medium until hot. Add onion, green and red pepper, mushrooms and Italian seasoning; cook, covered, over medium heat until mushrooms are wilted, about 5 minutes. Cook, uncovered, until vegetables are tender and excess moisture gone, 5 to 8 minutes.

Combine rice, mushroom mixture, chicken, beans, corn, peas, sour cream and 1 cup cheese; season to taste with salt and pepper. Spoon into 2 quart casserole; sprinkle with remaining ¼ C cheese. Bake, uncovered, at 350° until hot, about 30 minutes. Makes 8 main dish servings.

*Calories: 267, Carbohydrate: 33 grams, Protein: 26 grams, Fat: 3.5 grams.*

# MAIN COURSES

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## BLACK BEAN BURGER

### BURGER:

1 can (16 oz) Black beans, rinsed and drained	1 egg, beaten
½ green bell pepper	⅔ cup whole wheat bread crumbs
½ small onion	1 tablespoon chili powder
2 cloves garlic, peeled	1 teaspoon cumin
	salt and pepper, to taste

### CHIPOTLE MAYO SAUCE:

1 C mayonnaise	1 T adobo sauce
2 chipotle Chilies in adobo sauce	2 tsp lime juice
	salt and pepper

To make the Burger: Place rinsed and drained black beans in a bowl. If needed, blot them with a paper towel to remove any extra moisture. Place in a large bowl and mash well with a fork. Place the bell pepper, onion and garlic in a food processor and process until finely minced. Transfer mixture to a fine mesh strainer to remove the excess water. (Remove as much moisture as you can — if it's too wet, the burger won't hold together as well.) Add the strained vegetable mixture to the bowl with the black beans. Add the chili powder, cumin and salt and pepper and stir to combine. Add beaten egg and mix. Stir in bread crumbs. Form mixture into 4 or 5 patties.

At this point you can choose to:

1. Grill the burgers on a well oiled grill for about 4-5 minutes on each side.
2. Bake them at 375° F on a lightly oiled baking sheet, for 10 minutes on each side.
3. Cook them on your stove using a grill pan, for 4-5 minutes on each side.
4. Refrigerate them for later.
5. Freeze them, covered, in a freezer ziplock bag for a quick weeknight dinner in the future.

For the Chipotle Mayo Sauce: Add all the ingredients to a food processor or blender and puree until smooth. Season with salt and pepper to taste. Serve burgers on a white or whole wheat bun topped with a spoonful of chipotle mayo, lettuce, tomato, cheese, avocado, or any other desired toppings! Enjoy!

## MAIN COURSES

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### BLACK BEAN BRUNCH

4-6 flour tortillas	2 to 3 tsp ground cumin
24 oz cream cheese, softened	½ tsp chili powder
6 eggs	½ tsp salt
1 can (8 oz) Black beans, rinsed, drained, and coarsely chopped in a food processor or blender	2 tsp Worcestershire sauce flour
½ jalapeño pepper, minced	oil or vegetable shortening for pan
2 tsp minced garlic	medium or hot salsa
2 to 2½ tsp red pepper sauce	fresh cilantro sprigs

Preheat oven to 300°. Grease a 9-inch spring form pan and line side with tortillas, overlapping to fit. In a large bowl, beat the cream cheese until fluffy (an electric mixer works best). Add eggs, one at a time. Beat in beans, jalapeño, garlic, pepper sauce, cumin, chili powder, salt and Worcestershire sauce. Pour into lined pan. Bake until center is just set and a clean knife inserted halfway between center and edge comes out clean, about 1 hour. Place pan on wire rack and allow to cook to room temperature. Cover loosely with aluminum foil and refrigerate overnight.

Serve cold or hot. To heat: Cut into wedges, coat edges lightly with flour. Lightly grease a skillet and heat each wedge until golden, turning to cook both sides. Serve with salsa and cilantro garnish. Serves 12 as a main dish.

*Calories: 312, Carbohydrate: 15 grams, Protein: 10 grams, Fat: 23 grams.*

---

### CHICKEN ENCHILADA CASSEROLE

1 container (16 oz) sour cream	halves, cooked and shredded
1 jar (16 oz) salsa	1 can (8 oz) Chili beans, drained
1 can (10¾ oz) condensed cream of chicken soup	6 12" flour tortillas, cut into strips
6 skinless, boneless chicken breast	¼ C white onion, diced
	4 C shredded Cheddar cheese

Preheat oven to 350° F. In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans. Layer the bottom of a 9x13" baking dish with ⅓ tortilla strips. Top with ⅓ chicken, ⅓ sour cream mixture and ⅓ Cheddar cheese. Repeat layering with remaining ingredients. Bake in the preheated oven 20-30 minutes, until golden brown. Let stand 10 minutes. Serves 12.

*Calories: 546, Carbohydrate: 42 grams, Protein: 32 grams, Fat: 27 grams.*

## MAIN COURSES

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### HEARTY RIBS & BEANS

3 to 3½ lbs country style pork spareribs	2 cans (15½ oz ea) Kidney beans, rinsed & drained
2 cans (15½ oz ea) Great Northern beans, rinsed & drained	¼ C water
1 envelope dry onion soup mix	1½ C thinly sliced celery
1 can (14½ oz) tomato sauce	2 T prepared mustard
1 sweet red pepper, thinly sliced	⅓ C packed brown sugar
	⅛ tsp hot pepper sauce

Place ribs in an ungreased 13 inch x 9 inch x 2 inch baking dish, add water. Cover and bake at 350° for 1½ hours. Drain, reserving liquid, skim fat. Set ribs aside. Add enough water to liquid to equal one cup, place in a saucepan. Add tomato sauce, soup mix, sugar, mustard, and hot pepper sauce.

Simmer for 10 minutes; remove ½ cup. To the remaining sauce, add beans, celery and red pepper. Pour into the baking dish, add ribs. Pour reserved sauce over ribs. Cover and bake for 45 minutes. Makes 6-8 servings.

*Calories: 532, Carbohydrate: 54 grams, Protein: 56 grams, Fat: 11 grams.*

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### NEBRASKA RED BEANS & RICE

2 cans (16 oz ea) Red beans, drained & rinsed	1 tsp paprika
2 cans (16 oz ea) chopped tomatoes (can use Cajun style)	1 onion chopped
1 clove garlic, mashed	1 can (16 oz) tomato paste
½ stalk celery, chopped (use leaves)	1 bay leaf
2 tsp thyme	1 T vinegar
4 tsp cumin	Hot pepper sauce to taste
	Brown rice (cooked)

Spray 3 quart saucepan with non-stick spray. Brown onion, garlic, green pepper and celery until soft, five to seven minutes. Add remaining ingredients. Simmer from 30 minutes to one hour.

Remove bay leaf, serve over hot brown rice.



## MAIN COURSES

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### PASTA WITH BEANS & SMOKED SALMON

8 oz corkscrew pasta  
4 oz smoked salmon, cut in strips  
1 can (16 oz) Garbanzos,  
drained & rinsed

½ C red onion, minced  
3 T capers, drained & rinsed  
3 T black olives, pitted & chopped  
1 C parsley, finely chopped

#### DRESSING:

4 T extra-virgin olive oil  
2 minced garlic cloves

2 T fresh lemon juice  
Freshly ground black pepper

Whisk together the dressing ingredients. Cook the pasta al dente, drain and put in a bowl. Add half the dressing, toss. Add all the other ingredients, toss. Serve at room temperature. Serves 6.

*Calories: 269, Carbohydrate: 29 grams, Protein: 11 grams, Fat: 12 grams.*

---

### SALSA CHICKEN BEANS & RICE

1 lb boneless, skinless chicken breasts  
2 tsp olive oil  
1 med. red or green bell pepper, chopped  
1 can (14½ oz) reduced sodium  
chicken broth

1 can (15 oz) Lima, Kidney OR  
Blackeyes, drained & rinsed  
1 C salsa (mild or medium to taste)  
2 C instant brown rice  
¼ C minced cilantro

Cut chicken into ½ inch cubes. In a large skillet with lid or a Dutch oven, heat oil over medium heat. Add chicken and bell pepper, sauté until chicken is lightly browned, about 5 minutes. Add broth, salsa and rice to chicken. Bring to a simmer. Cover, reduce heat to low and cook 5 minutes or until rice is tender. Stir in beans and cilantro. Cover and cook over low heat until heated through, about 5 minutes. Serves 4.

*Calories: 448, Carbohydrate: 50 grams, Protein: 45 grams, Fat: 7.5 grams.*

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### SHIPWRECK CASSEROLE

2 med. potatoes, sliced thin  
1 med. onion, sliced  
1 can (15 oz) Kidney beans, drained  
¼ C rice, uncooked  
1 C celery, diced  
1 lb lean ground beef, uncooked

1 can (10½ oz) tomato soup  
½ C water  
dash chili powder, optional  
dash oregano, optional  
dash basil, optional

Grease a 2½ quart casserole dish and layer the above ingredients in the order listed. Bake at 350° F for 1¼ hours or until done. Serve hot. May be prepared ahead. Can be frozen. Serves 6.

## MAIN COURSES

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### SOUTHWEST LEAN BEAN SCRAMBLE

1 large egg plus 2 egg whites	vegetable cooking spray
1 T chopped green bell pepper	1 T salsa
1 T shredded low fat Cheddar cheese	1 T non-fat sour cream
¼ C canned Pink or Kidney beans, drained & rinsed	1 T skim milk

In a small bowl, mix egg, egg whites, milk, bell pepper, cheese and beans. Coat a non-stick skillet with cooking spray, place over medium heat. Pour egg mixture into pan. Cook and stir until egg is cooked through. Serve with salsa and sour cream.

Makes 1 serving.

Multiply recipe and repeat cooking procedure for additional servings.

*Calories: 121, Carbohydrate: 11 grams, Protein: 16.5 grams, Fat: 5 grams.*

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### SUNSHINE BEAN CASSEROLE

2 C ea canned or cooked Kidney, Limas and Garbanzos*	salt & pepper to taste
1 lb ground beef	½ C ketchup
¼ C red wine	1 tsp cumin powder
OR ¼ C water with 3 T vinegar	1 clove garlic, minced
1 large onion, chopped	¼ C brown sugar
	½ T prepared mustard

Put drained beans into a 2½ quart casserole, mix lightly and set aside. In a large skillet, cook ground beef, onions and garlic until meat is lightly browned; stir in remaining ingredients.

Add skillet mixture to beans in casserole, mix together. Cover and bake for about an hour at 325° or simmer the mixture in an electric slow cooker on low for 3 to 4 hours. Makes 6 to 8 servings.

\*Or pick your own favorites.

## MAIN COURSES

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### VEGETARIAN LASAGNA

1 can (15 oz) Kidney beans, drained & rinsed	2 C tomato sauce
½ lb lasagna noodles, cooked	2 tsp salt
½ lb fresh mushrooms, sliced & sautéed	3 T oil
2 med. onions, chopped	2 tsp dried oregano
4 cloves garlic, minced	1 tsp dried basil
¼ C fresh parsley, chopped	¾ lb mozzarella cheese, grated
	2 C Ricotta cheese
	½ C Parmesan cheese, grated

Sauté onions and garlic in oil. Stir in tomato sauce, seasonings and salt. Cook for 30 minutes. Stir in mushrooms and beans.

Place a layer of noodles in 9x9" baking dish. Cover with 1/3 of the tomato mixture, then 1/3 of each cheese. Repeat each layer twice more, ending with Parmesan cheese. Bake at 375°F for 20 minutes. Cut in squares to serve. Makes 8 servings.

*Calories: 464, Carbohydrate: 41 grams, Protein: 27 grams, Fat: 23 grams.*

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### SLOW COOKER LENTILS & SAUSAGE

1 lb. Dry Richlea Lentils	1 carrot, chopped
1 can (16 oz) diced tomatoes, drained	2 lbs. garlic or Polish sausage, cut into ¼ inch pieces
2 cans (14 oz ea) beef broth	1 stalk celery, chopped
3 C water	1 clove crushed garlic

Sort and rinse lentils, combine all ingredients together into a slow cooker. For quicker cooking, place on high for 3 hours or low 6 to 7 hours.

## MAIN COURSES

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### FALAFEL PITA SANDWICH

#### CUCUMBER SAUCE:

1 container (6 oz) plain yogurt  
½ cucumber

1 tsp dried dill weed  
Salt and pepper to taste  
1 T mayonnaise (optional)

#### FALAFEL:

1 can (15 oz) Chickpeas  
(Garbanzo beans), drained  
1 onion, chopped  
½ C fresh parsley  
2 cloves garlic, chopped  
1 egg  
2 tsp ground cumin  
1 tsp ground coriander  
1 tsp salt

pepper to taste  
cayenne pepper to taste  
1 tsp lemon juice  
1 tsp baking powder  
1 T olive oil  
1 C dry bread crumbs  
Oil for frying  
2 pita breads, cut in half (optional)  
1 cup chopped tomatoes (optional)

In a small bowl combine cucumber sauce ingredients and mix well. Chill for at least 30 minutes.

In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.

In a small bowl combine egg, cumin, coriander, salt, lemon juice and baking powder. Add pepper and cayenne, if desired. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.

Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides. Serve 2 falafels in each pita half topped with chopped tomatoes and cucumber sauce.

# INTERNATIONAL DISHES

*“Beans are more important than bullets.”*

*Raul Castro*

## INTERNATIONAL DISHES

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### **BLACK-EYED BEAN SALAD** - MALAYSIA

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200 g Black-eye beans, soaked overnight & cooked	1 T oil
½ C cucumber, cubed	½ tsp turmeric powder
½ C tomato, cubed	1 dry chili, cut into short lengths
¼ C young ginger, cubed	1 sprig curry leaves
¼ C grated coconut	½ C chopped coriander
1 tsp mustard seeds	salt to taste
	lemon to taste

Pop the mustard seed in oil, then add curry leaves and dry chili. Fry until crispy. Stir in beans, add salt to taste and add turmeric powder.

Turn off flame and mix beans with grated coconut. (This is to ensure that the coconut does not cook.) Dish out and set aside to cool before combining with the rest of the ingredients. Before serving, squeeze in some lemon juice. Makes about eight 4 oz servings.

### **CASSOULET** - FRANCE

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1 T olive oil	1 can (4 oz) green chiles, diced
1 small onion, chopped	1½ tsp cumin
2 medium cloves of garlic, minced	1 tsp chili powder
1 medium red bell pepper, chopped	1 can (14 oz) chicken broth
2 cans (15 oz ea) White beans, undrained	Diced chicken pre-cooked (half breast per person)

Saute onion, garlic and red pepper until soft. Add remaining ingredients and bring to a boil. Cut chicken into 1" pieces; add to chili and simmer. Serve with lime wedges (squeeze some in a bowl), fresh cilantro, salsa and sour cream. (Recipe itself provides a great deal of flavors; salsa, sour cream, etc., are optional) Serves 10-12, adjust chicken amount accordingly.

## INTERNATIONAL DISHES

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### **GALLO PINTO** - *NICARAGUA & COSTA RICA*

Gallo Pinto is served with nearly every meal in Nicaragua, and Costa Ricans will look at you like you are crazy if you ask how to prepare this dish. Simple to make and quite satisfying, this is a great accompaniment to any Latin meal.

1 lb (450 gr.) Black beans. Fresh are best.	1 small or medium onion 3 C (700 ml) chicken broth or water
8-10 sprigs cilantro (coriander leaf) fresh or frozen, not dried	2 C (350 ml) white rice ½ tsp (2.5 ml) salt
½ small red or yellow sweet pepper (optional)	1 T (15 ml) vegetable oil 1-3 T oil to fry the Gallo Pinto

If beans are dried, cover with water and soak overnight, if they are fresh, just rinse them off. Drain beans and add fresh water to an inch above the top of the beans, salt, and bring to a boil. Cover the pan, reduce heat to low simmer until beans are soft (3 hours).

Chop cilantro, onion, and sweet pepper very fine. Add 1 Tablespoon oil to a large pan and sauté the dry rice for 2 minutes over medium high flame then add half of the chopped onion, sweet pepper and cilantro and sauté another 2 minutes. Add water or chicken broth, bring to a boil, cover and reduce heat to simmer until rice is tender (20-35 minutes).

Once the rice and beans are cooked you can refrigerate or freeze them. Keep a significant amount of the “black water” with the beans (1/2-1 cup). This is what gives the rice its color and some of its flavor. Sauté the rice, beans, reserved chopped onion, sweet pepper and cilantro together in vegetable oil for a few minutes. Sprinkle with a little fresh chopped cilantro just before serving.

Once the rice and beans are cooked you can also refrigerate or freeze them. Make up small batches of Gallo Pinto when you want it by simply sautéing them together.

# INTERNATIONAL DISHES

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## PASTA E FAGIOLI - ITALY

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 lb Great Northern or Navy beans | 1 C white wine (optional)  |
| 2 cloves garlic, minced           | 1 C grated Parmesan cheese |
| 1 C parsley, minced               | Olive oil                  |
| 2 C uncooked macaroni             | Salt, pepper, red pepper,  |
| 1 small can tomato paste          | Italian seasoning, etc.    |
| 1 quart chicken stock             |                            |

Sort and wash beans. Cover beans with cold water making sure there is 2-3" of water over top of beans. Soak overnight. Drain and rinse beans. In a large pot, cover beans with cold water. Bring beans to simmer, then reduce heat and cook uncovered for 1/2 hour. Do not boil beans. Then drain beans reserving cooking liquid.

Cook pasta al dente according to package directions. Drain pasta and set aside. Heat a small amount of olive oil in large pan. Add minced parsley and garlic stirring until garlic is translucent. Add tomato paste and one cup of the bean cooking liquid stirring as you add the liquid.

Add the chicken stock, wine if desired, macaroni and cooked beans (1 cup beans to 2 cups macaroni). Fill up the pot with remaining pasta and beans, retaining pasta to bean ratio. Add seasonings and Parmesan cheese. After the Pasta Fagioli cools, it will thicken up as the pasta absorbs the liquid. Keep some pasta water for anti-thickening or use more chicken stock.  
Serves 8-10.

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## PINTO BEANS IN OLIVE OIL - TURKEY

- |                                      |                   |
|--------------------------------------|-------------------|
| 2 C dry pinto beans                  | 2 carrots, sliced |
| 3 large onions                       | 4-5 C water       |
| 3 large tomatoes, peeled and chopped | 1½ tsp sugar      |
| 1¼ C olive oil                       | 2 tsp salt        |

Soak beans overnight in water. Drain, add fresh water to cover and simmer for 20 minutes. Drain and set aside. In a large pan, saute the onions in 1¼ C olive oil until onions are limp and change color. Add the carrots, chopped tomatoes, sugar, salt and water. Cover, bring to a boil, lower heat and simmer until beans are soft. Allow to cool in pan. When cool, pour into serving dish and sprinkle with chopped parsley. Serve cold.  
Makes 10-12 generous servings.



## INTERNATIONAL DISHES

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### RED KIDNEY BEAN SOUP - CUBA

1½ C Red Kidney beans	6 cloves garlic, shattered
120 g cartilage (bones without meat) pork or lamb	2 med peppers, finely chopped
100 g bacon, cooked and chopped	1 T tomato puree
1 med sausage, sliced	1 bay leaf
3 med potatoes, diced	1 pinch roasted, ground cumin
1 med onion, finely chopped	1 pinch roasted, ground oregano
	2 T vegetable oil salt to taste

Rinse beans and place bean and the bones in a pot and add three liters of water. Begin to cook. After liquid begins to boil, lower heat and simmer it until beans soften. Add diced potatoes to the soup. Let simmer for another 20 minutes.

Place bacon, sausage, onion, garlic, and pepper in a frying pan and saute for 3-4 minutes. Add to the frying pan tomato puree, bay leaf, ground cumin, and roasted ground oregano. Add this mixture to the beans and let cook for another 20 minutes. Add salt to taste. Turn on the heat and set for an additional 20 minutes to thicken.

This dish is traditionally served with baked potato or a slice of pumpkin.  
Serves 8-10.

*“... beans play a much more important role in diets in Asia, Central and South America, and Mexico. For example, although US residents get less than 2% of their protein from beans, Japanese and Brazilians get more than 10% of their protein from legumes.”*

*Mark Messina*

*“A convenient Way to Increase Legume Intake”,  
Health Matters, Inform Magazine*



# SIDE DISHES

*“It was the British who perfected metal canning methods.*

*By 1813, they were supplying the British Army and Navy. Ironically, Britain’s love affair with canned beans comes by way of the United States. The Heinz Company began in 1869 in Sharpsburg, Pennsylvania, at first marketing pickles. By the late nineteenth century they expanded their line to condiments and baked beans. With aggressive marketing campaigns they eventually expanded sales to Britain in 1886 and a factory at Peckham started production in 1905.*

*The British became paragon bean-eaters.”*

*from “Beans, A History” by Ken Albala*

## SIDE DISHES

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### CLASSIC REFRIED BEANS

1 lb (2 C) dry Pinto beans, soaked	½ C bacon drippings, shortening, or oil
1½ C chopped onion	
2 cloves garlic, minced	1 tsp salt

Cook soaked beans until soft, about 2 hours, adding more water if needed. Drain beans and reserve ¾ cup liquid. In large frying pan, cook onion and garlic in drippings until tender but not browned, about 5 minutes. Combine all ingredients and puree in blender, food mill or food processor. Cook over low heat for 10 minutes, stirring frequently.

In a hurry? Use 48 oz ( 6 cups) canned Pinto Beans instead of cooking dry beans, but reserve ¾ cup liquid drained from beans.

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### BEANS FOR A CROWD

4 gallons pre-cooked beans (or 4-7 lb. cans of pork & beans or 10 cans beans in tomato sauce)	2 bottles (20 oz ea) of mustard 1 jar (12 oz) of molasses 2 lbs of brown sugar
3 bottles (32 oz ea) of ketchup	4 C chopped onion

Mix all ingredients in electric roaster and cook for at least 4 hours - the longer the better. Adjust mustard and brown sugar to your taste. Serves approximately 100, in ½ C servings.

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### BEAN & VEGETABLE BERSERKER

Nonstick cooking spray	1 can (14½ oz) diced tomatoes, undrained
1½ C chopped onion	2 C sliced mushrooms
4 garlic cloves, minced	1 tsp Italian seasoning
3 C broccoli florets & sliced stalks	¾ t dried oregano leaves
1 can (15½ oz) Garbanzos, rinsed & drained	½ tsp dried thyme leaves
1 can (15 oz) Black beans, rinsed & drained	salt and pepper to taste
	4 C cooked rice

Coat bottom of large skillet with cooking spray; place over medium heat until hot. Sauté onion and garlic about 5 minutes until tender. Add broccoli; cook, covered, over medium heat 5 minutes. Stir in garbanzos, beans, tomatoes, mushrooms, Italian seasoning, oregano and thyme. Heat to boiling. Reduce heat & simmer, covered, 8 to 10 minutes, until broccoli is tender. Season to taste with salt & pepper. Serve over rice. Servings: Makes 6.

*Calories: 296, Carbohydrate: 55 grams, Protein: 14 grams, Fat: 2 grams.*

## SIDE DISHES

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### BLACK BEANS WITH TOMATOES & CILANTRO

½ tsp Tabasco sauce	1½ T peanut or corn oil
1 can (15 oz) Black beans, drained & rinsed	1 tsp garlic, chopped
6 fresh plum tomatoes, peeled, seeded & chopped	½ tsp salt
	2 T fresh cilantro, chopped
	1 med. onion, chopped

Heat oil in a small skillet over medium high heat, add the onions and garlic. Sauté, stirring, until onion is almost translucent but still firm, about 2 minutes. Add tomatoes and cook, stirring frequently for 2 minutes more. Add black beans, Tabasco and salt. Stir to combine.

Cover skillet. Cook until beans are heated through, about 2 minutes. Remove from heat. Stir in 1 T of cilantro. Transfer to serving dish & sprinkle w/re-maining cilantro. Serve immediately. Makes 4 servings.

*Calories: 189, Carbohydrate: 26 grams, Protein: 8.5 grams, Fat: 6 grams.*

---

### HALLOWEEN HASH Sweet potatoes & black beans

3-4 T olive oil	8 oz Shiitake mushrooms, thinly sliced
2 cans (15 oz ea) Black beans, rinsed & drained	salt & pepper
1 large onion, chopped	3 tsp dried thyme leaves
¾ C crumbled goat cheese	6 eggs, fried or poached
Thinly sliced chives or green onion tops	1 red bell pepper, chopped
	4 C cubed peeled sweet potatoes
	12 slices bacon, fried crisp (opt.)

In a large skillet, heat oil over medium heat. Sauté onion and thyme until onion is tender, about 5 minutes. Add pepper and sweet potatoes, and sauté until potatoes begin to soften, about 8 minutes. Add mushrooms, sauté 5 minutes. Stir in beans and cook until sweet potatoes are tender, about 5 minutes. Season w/ salt & pepper.

Spoon mixture onto plate. Sprinkle with goat cheese. Top with egg, sprinkle with chives or scallion tops. Serve with two slices of bacon on side, if desired. 6 Servings.

*Calories: 600, Carbohydrate: 63 grams, Protein: 30 grams, Fat: 26 grams.*

## SIDE DISHES

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### HOPPIN' JOHN BLACKEYES

1 C dry Blackeyes, soaked & drained      ½ tsp oregano  
1 C chopped onions                              2 C chicken stock  
2 T olive oil or vegetable oil                4 C hot cooked rice  
½ tsp garlic salt

Cook onions in oil until transparent, using a heavy pot large enough to hold the blackeyes. Add seasonings and chicken stock. Add the drained beans (should be around 3 cups after soaking) to the chicken stock mixture. Cover and cook slowly until desired tenderness is reached (about 30 minutes). Tilt lid if necessary to prevent boiling over. While blackeyes are cooking, prepare rice according to package directions. For each lucky individual, serve ½ C of blackeyes and their liquid over ½ C rice. Serves 6-8.

*Calories: 192, Carbohydrate: 32 grams, Protein: 5 grams, Fat: 5 grams*

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### MONTEREY JACK'S PINTO BEANS

Baked in a tortilla crust.                      1 C finely ground or crushed  
3 T vegetable oil                                  tortilla chips  
1 can (28 oz) plum tomatoes,                2 C chopped onion  
drained & chopped                              1 tsp hot pepper sauce  
3 cans (15 to 16 oz ea.) Pinto beans,      1 large yellow bell pepper, diced  
drained & rinsed                                  ½ tsp salt  
1 large red bell pepper, diced                4 T chopped fresh cilantro, divided  
1½ T finely chopped garlic                    2 C shredded Monterey jack cheese  
1½ T chili powder                                1½ tsp ground cumin

Heat oil in a large heavy skillet over medium high heat. When hot, add onions and red and yellow bell peppers, sauté, stirring about 4 minutes. Add garlic and sauté another 2 minutes. Add chili powder & cumin; cook, stirring, another 2 minutes. Add tomatoes, beans, hot pepper sauce, salt and 3 T cilantro; stir to combine. Remove from heat, taste and add more salt if needed.

Preheat oven to 375°. Spray a 9x13" pan with non-stick cooking spray. Spread bean mixture evenly in pan. Combine cheese and crushed tortilla chips; spread in an even layer on top of beans. (Dish can be prepared 1 day ahead to this point. Cover and refrigerate. Uncover before baking.) Bake until hot and cheese has melted to form a crust, 20-25 minutes. Sprinkle top of casserole with remaining 1 T cilantro before serving. Makes 8 servings.

*Calories: 384, Carbohydrate: 42 grams, Protein: 19 grams, Fat: 15*

## SIDE DISHES

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### NEBRASKA BAKED BEANS

4 C canned Great Northern beans	½ lb bacon, fried
2 C canned Baby Limas	1 C brown sugar
2 C canned Garbanzo beans	¼ C vinegar
1 can Wax beans	2 C ketchup
1 can Green beans	onion to taste
1 can Hot Chili beans	

Mix all ingredients on right side of recipe. Add beans. Bake at 350° for 1½ hrs.

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### NEW ORLEANS-STYLE RED BEANS

1 lb Small Red beans	2-3 T soy sauce
2 C onion, minced	1½ tsp ground coriander
6 green onions, chopped	1 tsp ground cumin
1 green bell pepper, seeded & chopped	½ tsp each:
1 C fresh parsley, chopped	ground turmeric
1 stalk celery, chopped	dried oregano
4 cloves garlic, chopped	dried thyme
½ C tomato paste	liquid smoke
1 large bay leaf	Pinch of cayenne pepper

Soak beans in enough water to cover for at least 8 hours. Drain and rinse. Place the beans in a large, heavy pot with enough water to cover with the rest of the ingredients. Bring to a boil, simmer for 3 minutes, reduce heat to low and cover. Simmer for about 2 hours or until the beans are soft and the liquid is creamy. Taste and adjust for salt, pepper and liquid smoke. Serve over steamed rice with Cajun hot sauce on the side. Serves 8.

*Calories: 184, Carbohydrate: 34 grams, Protein: 11 grams, Fat: trace. 1½ hrs.*

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### NORA'S EASY BEAN BAKE

1 lb dry Great Northern beans	1 C packed brown sugar
1 tsp salt	3 T molasses
1 lb sliced bacon, cooked & crumbled	3 small onions, chopped

Place beans and salt in a saucepan; cover with water. Bring to a boil, boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain, reserving liquid. Combine beans, 1 C liquid and the remaining ingredients in a greased 2½ qt baking dish. Cover and bake at 350° for 1¼ hours or until beans are tender, stirring occasionally (add additional reserved liquid if needed.)

Makes 8-10 servings.

*Calories: 301, Carbohydrate: 54 grams, Protein: 5 grams, Fat: 7 grams.*

## SIDE DISHES

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### PASTA WITH WARM BLACK EYE SALSA

8 oz bow tie or elbow macaroni or other med sized pasta, uncooked	1 can (15 oz) blackeyes, drained
2 T olive oil	¼ tsp salt
Freshly ground black pepper, to taste	8 cherry tomatoes, quartered
1½ tsp ground cumin	¾ C chopped green onions
1½ T fresh lime juice	2 T chopped fresh cilantro

Prepare the pasta according to package directions, reserving ½ C cooking water before draining. Meanwhile prepare Blackeye Salsa. Heat oil in saucepan over med heat. Add green onions and cumin; cook for two minutes. Remove from heat and stir in lime juice. Add the blackeyes, salt and pepper; toss to coat. (The salsa can be made and refrigerated up to one day in advance. Reheat to continue with recipe.)

Return drained pasta and reserved cooking water to the pasta pot; add Blackeye Salsa. Bring to a simmer over med heat; cook until sauce is slightly thickened and lightly coats pasta, 2-3 minutes. Remove from heat and gently stir in the cherry tomatoes and cilantro. Serve immediately. Makes 4, 1½ C servings.

*Calories: 264, Carbohydrate: 39 grams, Protein: 9 grams, Fat: 8 grams.*

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### PESTO & PASTA

 Made with white beans & carrots.

1 C canned Great Northern beans	4 T pesto sauce
2 C vegetable or chicken stock	⅛ tsp each salt and pepper
2 C cold water	
2 large carrots, diced	
1 bay leaf	
8 oz penne or ziti	

In large saucepan, bring stock and cold water to a boil. Add carrots, reduce heat and simmer until tender. Remove carrots, set aside. Return stock and water to a boil. Add beans & bay leaf. Return to boil and reduce heat to low. Cover and simmer 45 minutes to 1 hr until beans are tender. Discard bay leaf.

Cook pasta according to package directions and drain. In large bowl, toss beans and carrots with pasta. Toss with pesto to coat and season with salt & pepper. Serves 4.

*Calories: 256, Carbohydrate: 42 grams, Protein: 12 grams, Fat: 4 grams.*



## SIDE DISHES

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### ROSEMARY'S WHITE BEANS

Seasoned with Italian parsley, rosemary & white wine

- |  |                                   |
|--|-----------------------------------|
| 6 C canned Great Northern beans,<br>rinsed & drained | 3 T chopped fresh Italian parsley |
| 1 C coarsely chopped plum tomatoes                   | 1/3 C extra virgin olive oil      |
| 1 med onion, halved & thinly sliced                  | salt to taste                     |
| 2-3 cloves garlic, minced                            | 1/2 C chicken stock               |
| 1 T chopped fresh rosemary,<br>OR 1 tsp dried        | 1/4 C dry white wine              |
|  | Coarsely ground black pepper      |

Heat the olive oil in a large, heavy skillet. Add the onion and garlic & sauté, stirring, for five minutes. Stir in the herbs and tomatoes. Cook, stirring occasionally, over medium heat for 10 minutes. Stir in the beans, chicken stock and wine. Cook uncovered for 25-30 minutes. Stir often. Season to taste with salt & pepper.

### SWEET & SOUR BAKED BEANS (From Aunt Lone's kitchen)

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 8 bacon slices, fried & crumbled     | 4 large onions, sliced in rings |
| 1/2 C brown sugar                    | 1 tsp dry mustard               |
| 1/2 tsp garlic powder (optional)     | 1 tsp salt                      |
| 1/2 C cider vinegar                  | 2 cans lima beans, drained      |
| 1 can Green Lima beans, drained      | 1 can baked beans, undrained    |
| 1 can Dark Red Kidney beans, drained |                                 |

Place onions in skillet, add sugar, mustard, garlic powder, salt & vinegar. Cook 20 minutes, covered. Add onion mixture to beans. Add crumbled bacon. Pour into 3 qt casserole dish. Bake 350° for 1 hour. Makes 12 servings.

*Calories: 210, Carbohydrate: 37 grams, Protein: 10 grams, Fat: 2 grams.*

### SWEET-N-SOUR BEAN CASSEROLE Easy to fix, good to eat.

- |                                 |  |
|---------------------------------|--|
| 4 T butter or margarine, melted | 4 C canned Great Northern beans,<br>drained & rinsed |
| 1/2 C dark brown sugar          | 1 C sour cream                                       |
| 1/4 C molasses                  | 2 T Dijon mustard                                    |
| 1 t salt                        |  |

Lightly whisk the melted butter or margarine, brown sugar, molasses, mustard, salt & sour cream in a mixing bowl until well blended. Toss in the Great Northern beans and stir until mixed together. Place in a baking dish. Bake for 35-40 minutes or until bubbly. Serves 8-10.

*Calories: 320, Carbohydrate: 47 grams, Protein: 12 grams, Fat: 10 grams.*



# SWEETS *and* SNACKS

*“One serving of beans provides about 7 grams of fiber, which is half the average daily intake of US residents and about 25% of the recommended intake. Substituting just 1 cup of beans for animal food or refined grains could double fiber intake and help Americans meet recommendations.”*

*Mark Messina*

*“A convenient Way to Increase Legume Intake”,  
Health Matters, Inform Magazine*

## SWEETS & SNACKS

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### PEPPERMINT AQUAFABA MERINGUES

Baking Spray	½ tsp cream of tartar
¾ C aquafaba	¾ C granulated sugar
(the drained liquid from a 15 oz can of chickpeas)	1 tsp peppermint extract

Preheat oven to 250°. Line backing sheet with parchment paper; spray lightly with baking spray. Combine the aquafaba and cream of tartar in the bowl of a stand mixer; beat on high until white and glossy, and soft peaks form, 2 to 5 minutes. With the mixer running, slowly add sugar to aquafaba mixture, 1 T at a time. Continue mixing until peaks are more defined and stiff, 10-15 minutes, Add peppermint extract to bowl; mix until incorporated.

Transfer meringue mixture to a pastry bag, fitted with a ¼-inch round tip; squeeze 2-inch round mounds onto prepared pan, about 1 inch apart. Bake at 250° for 2 hours or until dry and firm to the touch.

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### BAVARIAN INN'S COCONUT BEAN BAR

½ C canned Navy beans, rinsed and drained	1 tsp vanilla
⅓ C soft butter	¼ C mini chocolate chips (optional)
½ C brown sugar	½ C firmly chopped nuts (optional)
¾ C all-purpose flour	1 C coconut
½ C canned Navy beans, rinsed and drained	2 eggs
	⅔ C sugar

In a medium-size mixing bowl, blend ½ C beans, butter, brown sugar and flour. Press mixture into an 8x8x2" inch pan. Bake at 350° for 20 minutes. Remove from oven.

Mix remaining ingredients in a medium-size bowl until well blended. Place mixture on top of crust. Bake an additional 20 minutes at 350°. Cool. Cut into squares. Makes 16, 2-inch squares.

*Calories: 187, Carbohydrate: 21 grams, Protein: 3 grams, Fat: 10 grams.*

---

### BEAN JULIUS A fun drink for breakfast or for an afternoon energy boost!

½ to 1 C cooked Great Northern beans	Peeled banana
¼ to ½ C pineapple	1 Scoop Vanilla ice cream
	Orange juice to top

Combine all ingredients in a blender. Blend, serve and drink up!

## SWEETS & SNACKS

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### BLACK BEAN BROWNIES

1 box any commercially prepared brownie mix for 9 x 13" pan  
1 can (15 oz) black beans (unseasoned)

Drain and rinse beans, then place them back in the original can. Fill the can up to the top with water and put both beans and water into food processor or blender and puree. Mix thoroughly with the brownie mix. (No eggs, oil or other ingredients needed.) Place in oiled baking pan. (Spray olive oil works great.) Bake according to package directions. Cool and serve. Frosting is optional. Makes 20-25, 1½ inch bars.

*Approximately 100 calories per brownie, which are also low-fat and high fiber.*

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### BLACK HILLS CHOCOLATE TORTE

1 C Black Bean Puree*	3 eggs, separated
4 sq semi-sweet chocolate, melted with 2 T coffee	½ C walnuts, ground
¼ lb butter, unsalted	1 T vanilla extract
Confectioner's sugar for garnish	¾ C plus 1 T sugar

\* Black Bean Puree: Drain and rinse canned black beans and then process in a food processor or blender until they are smooth.

Preheat oven to 350° and butter an 8" round cake pan. In a small saucepan over lowest possible heat, melt the chocolate with the coffee. Set aside to cool. In a large bowl of an electric mixer, cream butter and sugar together until well combined and pale yellow in color. Beat in egg yolks one at a time. Add the cooled chocolate, nuts, vanilla, and bean puree to the egg mixture on low speed and mix until just blended.

In a separate bowl, beat egg whites until soft peaks form. Add the remaining tablespoon sugar and continue beating until stiff peaks form. With a rubber spatula, fold 1/3 of the egg whites into the batter to lighten, incorporating thoroughly. Gently fold in remaining 2/3 of the egg whites until they are completely blended in. Turn the batter into the cake pan, smoothing the top with the spatula, pushing it to the rim of the pan. Bake in the center of the oven for 1 hour. The middle of the torte may move slightly when the pan is shaken. It is meant to be quite moist.

Cool in the pan on a wire rack for 10 minutes. Run a sharp knife around the edge and reverse cake onto the rack. Allow to cool completely. Transfer to serving plate. Dust top with confectioner's sugar and serve.  
Makes 6-8 servings.

*Calories: 380, Carbohydrate: 39 grams, Protein: 8 grams, Fat: 21 grams.*

## SWEETS & SNACKS

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### BLUEBERRY BEAN MUFFINS

2 cans (15 oz ea) Red Kidney beans, drained & rinsed	1 C all-purpose flour
½ tsp salt	1 tsp baking soda
⅓ C milk	1 tsp ground cinnamon
1 C sugar	½ tsp ground allspice
¼ C butter or margarine, softened	½ tsp ground cloves
3 eggs	1 C fresh or frozen blueberries
2 tsp vanilla	¾ C chopped pecans
	½ C whole wheat flour

Process beans and milk in food processor or blender until smooth. Mix sugar and butter in large bowl, beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in combined flours, baking soda, salt and spices. Gently mix in blueberries. Spoon mixture into 12" greased or paper-lined muffin cups; sprinkle with pecans.

Bake muffins in preheated 375° oven until toothpicks inserted in centers come out clean, 20 to 25 minutes. Cool in pans on wire racks 5 minutes; remove from pans and cool.

*Calories: 286, Carbohydrate: 41 grams, Protein: 7 grams, Fat 10 grams.*

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### BROWN'S BEST HOLIDAY NUT BREAD

1 C Brown's Best green split peas, cooked, drained, reserve ¼ C liquid *Cool slightly and place peas & ¼ C liquid in blender to puree. Cool completely.	⅔ C water
2 C pea puree	3⅓ C sifted flour
¾ C margarine	1 C chopped nuts
1¼ C white sugar	1 tsp salt
1¼ C brown sugar	½ tsp baking powder
4 eggs	2 tsp baking soda
	1 tsp cinnamon
	½ tsp cloves
	½ tsp nutmeg
	⅔ C maraschino cherries, cut

Cream margarine and the sugars. Add eggs, one at a time, beating well. Add puree and water. Gradually add dry ingredients which have been sifted together. Blend in nut meats and cherries. Pour into 2 well-buttered loaf pans. Bake at 350° for 70 minutes. Serve warm with pats of butter, or slice then and serve with cream cheese.

# SWEETS & SNACKS

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## COFFEE BEAN BROWNIES

6 T cocoa  
½ C margarine  
2 C sugar  
4 eggs

1 C Black Bean Puree\*  
1 T instant coffee powder  
½ C chopped walnuts (optional)

\*Puree: Rinse and drain 1 can of black beans, process in food processor or blender until smooth.

Beat margarine, sugar, cocoa and coffee. Add eggs, one at a time. Beat in bean puree. Stir in nuts. Pour into 9x13" greased pan. Bake at 350° for 45 minutes for moist, fudgy brownies. If you like drier brownies, bake 5 to 10 minutes longer. Cool completely in pan. Cut into 1½ x 2" bars. Makes 48 pieces.

*Per piece, Calories: 75, Carbohydrate: 41 grams, Protein: 1 gram, Fat: 3 grams.*

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## RED RIVER BEAN CAKE

**CAKE:**

6 T cocoa  
2 T butter  
3 C Kidney Bean Puree\*  
½ tsp baking soda

¾ tsp baking powder  
3 eggs  
1½ C sugar  
¾ C salad oil  
½ C chopped walnuts

\*Kidney Bean Puree: Rinse and drain 2 cans of kidney beans, process in food processor or blender until smooth.

Mix puree, baking soda, baking powder, eggs, cocoa and butter in large bowl. Beat well. Add sugar and oil. Mix well. Stir in walnuts. Pour batter into 2 greased 8" round cake pans, lined with wax paper. Bake in 350° oven for 35 minutes or until toothpick inserted in center comes out clean. Cool on racks 15 minutes, then turn out of pans and remove wax paper. Cool completely.

**ICING:**

½ C margarine  
1 lb powdered sugar

8 oz cream cheese, softened  
½ C cocoa

Beat cream cheese until smooth. Add sugar and cocoa. Beat well. Spread on cake and between layers. Chill cake 1 hour or overnight.

*Based on 12 pieces, per serving =*

*Calories: 365, Carbohydrate: 39 grams, Protein: 6.5 grams, Fat 21 grams.*

*With frosting per serving = Calories: 581, Carbohydrate: 58 grams, Protein: 8 grams, Fat: 35 grams.*

## SWEETS & SNACKS

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### **COUNTRY SPICE CAKE** Made with fruit, nuts and pinto beans.

1 can (15 oz) Pinto beans, drained & rinsed	1 tsp allspice
1 egg, beaten	½ tsp ground cloves
¼ melted unsalted butter	2 C apples, chopped
1 C all-purpose flour	½ C walnuts, chopped
1 tsp baking soda	1 C raisins or currants
¼ tsp salt	2 tsp vanilla extract
1 tsp cinnamon	Confectioner's sugar
	8 walnut halves

Preheat oven to 375°. Grease a 10" tube pan. In food processor, puree beans, egg and melted butter. Add flour, baking soda, salt, cinnamon, allspice and ground cloves. Blend dry ingredients into bean mixture with several on and off motions until well combined. Scrape batter into mixing bowl and add apples, chopped walnuts, raisins and vanilla. Stir until well blended. Pour into tube pan.

Bake in center of oven for 45 minutes to 1 hour. Turn out onto wire rack to cool. Dust with confectioner's sugar and decorate with walnut halves. Serves 10.

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### **PEAS 'N' CARROT CAKE**

3¾ C all purpose flour	2 C (three medium) finely shredded carrots, lightly packed
2 tsp baking powder	½ C orange juice
1½ tsp baking soda	2 tsp grated orange rind
1 tsp salt	2 tsp cinnamon
1 C chopped pecans	½ C butter, softened
2 C sugar	Powdered sugar
1 C cooked or canned Blackeyes, drained	4 eggs

Preheat oven to 350°F. Grease and flour a 12-cup bundt pan. In a medium bowl, combine flour, baking soda, baking powder, cinnamon and salt. Set aside.

In a large bowl of electric mixer, beat butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in orange juice and rind (batter may look curdled). Blend in flour mixture. Stir in carrots, blackeyes and pecans. Pour batter into prepared pan.

Bake 55-60 minutes until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan and cool completely on wire rack. Sift powdered sugar over top. Serves 12.

*Calories: 439, Carbohydrate: 71 grams, Protein: 4 grams, Fat: 15 grams.*



## SWEETS & SNACKS

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### PECAN PRALINE CHEESECAKE

(Drizzled with maple syrup and topped with fresh pecans)

1 C graham cracker crumbs	1 1/2 C packed brown sugar
3 T sugar	3 eggs separated
2 T butter, melted	2 tsp vanilla
3 pkgs (8 oz) low fat cream cheese,	1/2 C chopped pecans
1 can (15 oz) Blackeyes, drained & rinsed	Maple syrup & pecan halves for decorating
2 T all-purpose flour	

Preheat oven to 350°. Combine crumbs, sugar and melted butter; press into bottom of 9-10" spring form pan. Bake 5-6 minutes until lightly toasted. Set aside.

Combine cream cheese, blackeyes and flour, mixing at medium speed with electric mixer until well blended. Gradually add brown sugar. Add egg yolks and vanilla; beat until blended.

In another large bowl of electric mixer, beat egg whites until stiff and glossy, but not dry; fold egg whites and nuts into cream cheese mixture. Pour into prepared crust.

Bake at 350° for 50-60 minutes or until edges are golden brown and center is almost set. With a knife, loosen cake from rim of pan. Cool on wire rack then chill. Remove pan rim. Brush with maple syrup and garnish with pecan halves, if desired. Serves 10-12. Cake can be frozen.

*Based on 12 Pieces, Per piece =*

*Calories: 402, Carbohydrate: 48 grams, Protein: 8 grams, Fat: 20 grams.*

***“I was determined to know beans.”***

*—Henry David Thoreau, Walden Pond*

# NOTES

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