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.”
COOKBOOK FOR BEANS & PEAS  EDITION NO. 13  2018

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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 websites, and bean growers and suppliers throughout the world.
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 ⅛ 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 = 1⅜ 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 ½ 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 1-1½ cups water per ½ 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.
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.
JANA’S TACO BEAN DIP

1 can (15 oz) Refried beans
1 can (16 oz) container sour cream
1 envelope taco seasoning mix
chopped lettuce
chopped tomatoes
black olives
chopped onions or green onions
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.

BLACK BEAN PESTO

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

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.

RED BEAN PESTO

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

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.
BLACK BEAN NACHOS

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

BEANUT BUTTER A great dip with corn chips.

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

BERRY BEAN BLAST

1 can (15 oz) Great Northern beans, rinsed and drained  
1½ C orange juice  
2 C whole frozen strawberries  
2-3 T honey  
1½ tsp cinnamon  
½ tsp nutmeg

Put all ingredients through blender until smooth. Makes approximately six 6 oz servings.
### BLACK BEAN SALSA

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

### BREAK TIME LAYERED DIP

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.

### MIX-N-MASH BEAN DIP

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.
**NEBRASKA PINTO BEAN & CORN SALSA**

1 pkg (10 oz) frozen corn
3 C canned Pinto beans, rinsed & drained
1 T chopped fresh jalapeño pepper (or to taste)
1 can (4 oz) chopped mild green chiles

½ C chopped sweet salad onion
¼ C chopped fresh cilantro
1 tsp chili powder
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.*

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

1 tsp olive oil
2 green onions, chopped
1-3 cloves garlic, peeled
½ tsp minced fresh rosemary
1 can (15 oz) Great Northern beans, drained & rinsed

2 T nonfat plain yogurt
1 T fresh lemon juice
3-5 drops hot red pepper sauce
½ tsp salt
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*

**POORMAN’S CAVIAR**

1 can each: Garbanzos, Blacks, and shoe peg corn (can substitute hominy for corn)
2 cans Black Eyes
1 bottle Italian dressing
2 green onions
¼ C red onion

1 small can sliced black olives, drained
¼ - ½ C diced green or red pepper
1 clove garlic, minced
¼ - ⅓ bunch cilantro
½ - ⅔ 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!
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
**BLACK BEANS & TUNA SALAD**

1 can (15 oz) Black beans, 
drained & rinsed  
1 pkg (8 oz) frozen snap peas  
1 medium-size red or green bell pepper  
1/2 C bottled Italian dressing  
(not creamy)

1 can (12½ oz) light tuna, drained  
2 T water  
⅛ tsp black pepper  
½ C green onions, sliced diagonally  
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, 
rinsed & drained  
1 can (15½ oz) Dark Red Kidney beans, rinsed & drained  
1 can (15½ oz) Great Northern beans, rinsed & drained  
1/3 C chopped green or red pepper  
Basil Vinaigrette (see below)

1 can (12¼ oz) white tuna in water, 
drained, flaked into 1” pieces  
8 cherry tomatoes, cut into fourths, 
into halves, seeded, sliced  
Lettuce leaves  
Basil or parsley springs  
¼ 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 1 ½ 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.*
CAESAR BEAN SALAD

2 cans (16 oz ea.) kidney beans, heated then drained
½ C vegetable oil
¼ C lemon juice
¼ C grated Parmesan cheese
½ tsp garlic salt

1/4 tsp black pepper
1 C seasoned croutons
2 T chopped fresh parsley
3 hard-cooked eggs, cut in wedges
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.

CARIBBEAN SHRIMP & BLACK BEAN SALAD

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

CORN & BLACK BEAN SALAD

2 cans (15 oz ea.) whole kernel corn 3/4 of 16 oz jar of salsa (adjust spice level to taste)
2 cans (15 oz ea.) Black beans 1 block (8 oz) of Pepper Jack cheese, grated
2 avocados, diced
juice of 2 limes
1/8 - 1/4 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.

HOT FIVE-BEAN SALAD

8 bacon strips, diced 1 can (16 oz) Kidney beans, rinsed and drained
2/3 C sugar 1 can (15 oz) Lima beans, rinsed and drained
2 T cornstarch 1 can (15 oz) Garbanzo beans, rinsed and drained
1 1/2 tsp salt 1 can (14 1/2 oz) green beans, drained
Pinch Pepper 1 can (14 1/2 oz) wax beans, drained
3/4 C vinegar
1/2 C water

In a skillet, cook bacon until crisp; reserve 1/4 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**

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

- 2 C canned Red Beans
- 2 C canned Garbanzo beans
- 1 C chopped celery
- 1 C diced cucumber
- ¼ C diced green pepper
- 1 C mild salsa
- ½ C Italian dressing
- 1 T chopped cilantro
- 2 med. tomatoes
- 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.*

**MORE THAN 3 BEAN SALAD**

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

**DRESSING:**
- ¾ C olive oil
- ½ C tarragon vinegar
- (or other herb vinegar)
- 2 T prepared brown mustard
- 1 T plus 1 tsp granulated sugar
- 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

WHITE BEAN SALAD

3 cans (15 oz ea.) Cannellini beans 1/4 C chopped or torn fresh dill, mint, or basil (optional*)
1/2 C chopped red onion 1/2 tsp salt
1/2 C chopped fresh parsley leaves

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)

JANA’S CAMPING BEAN SALAD

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

Combine all ingredients. Serve chilled.

RED, WHITE & GARB SALAD Keeps it simple.

2 C canned White beans
2 C canned Red Kidney beans
2 C canned Garbanzo beans
1/2 or 2 C of your favorite bottled French, Italian, garlic or 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.
SONOMA SUPPER SALAD

1 jar (8 oz) marinated dried tomatoes
2 T olive oil
1 C sliced red onion
2 cloves garlic, minced (2 tsp)
3 cans (15 oz ea.) Great Northern beans, rinsed & drained
2 C cooked ham, chicken or turkey strips
1 medium green bell pepper, cut into 1” strips
1/4 C red wine vinegar
3 T lemon juice
1/2 C fresh basil leaves, cut into thin 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.


THAI STYLE BLACK BEAN SALAD

1 can (15 oz) Black beans, drained & rinsed
1 C canned corn kernels, drained
1/2 C diced celery
1/2 C diced onion
1/2 C diced red bell pepper
1/4 C chopped fresh cilantro leaves
1 jalapeño chili, stemmed, seeded & minced
2 cloves garlic, minced (2 tsp)
1 tsp minced fresh ginger
3 T Oriental sesame oil
2 T rice vinegar
1 T freshly squeezed lime juice
salt
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

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

**MARINATED TOMATOES:**
- 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.*

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
⅛ C chopped onion
⅛ tsp hot sauce
2 T Olive Oil

Combine and mix all ingredients until evenly coated.
“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
BARCELONA BEAN SOUP WITH DUMPLINGS

Let your slow cooker do the work.

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

DUMPLINGS:
½ C all-purpose flour
¼ C yellow cornmeal
1 t baking powder
dash salt & pepper
1 egg white, beaten
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.

BEAN SOUP ROMANA

1 C cooked or canned White beans, drained
1 C cooked or canned colored beans, drained
½ C chopped onion
2 quarts beef broth or stock
1 tsp oregano, crushed
1 can (8 oz) tomatoes, crushed salt
1⅔ C bite-sized pieces spinach, loosely packed
⅓ C julienne-cut carrots
½ C julienne-cut celery
1 clove garlic, minced
½ C small cooked shell pasta
½ C grated Romano cheese
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

BLACK BEAN SOUP WITH CILANTRO CREAM

SOUP:

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<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>½ C dried tomato halves</td>
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<td>1 C boiling water</td>
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<tr>
<td>4 slices bacon, chopped</td>
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<td>1 can (15 oz) black beans, rinsed &amp; drained</td>
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<td>1 small onion, chopped</td>
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<td>1 can (14½ oz) chicken broth</td>
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<td>½ clove garlic, minced (1 tsp)</td>
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<td>½ tsp ground cumin</td>
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<td>¼ tsp hot pepper sauce</td>
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<tr>
<td>¼ C chopped fresh cilantro leaves</td>
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CILANTRO CREAM:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ C sour cream</td>
<td></td>
<td></td>
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<tr>
<td>1 T chopped fresh cilantro leaves</td>
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<td></td>
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<tr>
<td>½ tsp ground coriander</td>
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<tr>
<td>1 ½ T fresh lime juice</td>
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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.

BLACK BEAN PUMPKIN SOUP

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>3 cans (15 oz ea.) black beans</td>
<td></td>
<td></td>
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<tr>
<td>1 C canned tomatoes, drained and chopped</td>
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<td></td>
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<tr>
<td>1¼ C onions, chopped</td>
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<td></td>
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<tr>
<td>½ C shallots, minced</td>
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<td></td>
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<tr>
<td>4 garlic cloves, minced</td>
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<td></td>
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<tr>
<td>1 T plus 2 tsp ground cumin</td>
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<td></td>
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<tr>
<td>1 tsp salt</td>
<td></td>
<td></td>
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<tr>
<td>2 cans (16 oz ea.) pumpkin purée</td>
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<td></td>
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<tr>
<td>½ C dry sherry (or red wine)</td>
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<td></td>
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<tr>
<td>½ lb. cooked ham, diced</td>
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<tr>
<td>3-4 T sherry vinegar (optional)</td>
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<tr>
<td>4 C chicken broth</td>
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<td></td>
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<tr>
<td>½ stick unsalted butter</td>
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</tbody>
</table>

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.
CHICKEN TORTILLA SOUP

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

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

CALICO BEAN SOUP

Low fat and easy to prepare in the crockpot!

1 lb 15 bean soup mix*
1 C turkey ham, cubed
1 large onion
1 can (30 oz.) whole tomatoes
1 large red pepper, chopped
1 clove garlic, chopped
1 tsp salt
1/4 tsp black pepper
1 small pkg chili seasoning
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.

DOWN HOME BEAN MEDLEY SOUP

Quick to prepare and so good to come home to.

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

Combine everything in a crockpot. Simmer all day (at least 6 hours).
ITALIAN BEAN SOUP ...with herb toast

1 C dry Great Northern beans
1 C dry Small Red or Pinto beans
1 can (28 oz) chopped tomatoes, undrained
1 pkg. (9 oz) frozen Italian style green beans
6 one-inch thick slices Italian bread
2 cloves garlic, minced (2 tsp)
2 1/8 tsp Italian seasoning, crushed and divided
2 T instant beef bouillon granules
OR 6 vegetable bouillon cubes
1/4 tsp pepper
1 medium onion, chopped
1 T margarine
1/6 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 1/2 to 6 1/2 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 1/8 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.

MEXICAN CORN CHOWDER

2 C sliced mushrooms (about 6 oz)
1 stick unsalted butter
1 onion, chopped
1 sm. green pepper, chopped
1 tsp cumin seed
1/2 C all purpose flour
1/4 tsp cayenne
1/4 tsp paprika
3 1/2 C canned chicken broth
3/4 C half and half
1 C grated sharp cheddar cheese
2 1/2 C cooked corn
1/4 C drained/chopped bottled pimentos (optional)

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**

**MEETING STREET BLACK-EYED PEA & CORN SOUP**
Delicious with corn bread.

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

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.

**MIXED BEAN MINESTRONE**

3 T extra-virgin olive oil  
1 C chopped onion  
2 cloves garlic, minced  
¼ C chopped celery  
¼ C chopped zucchini  
1 tsp black pepper (or to taste)  
Freshly grated Parmesan or Romano cheese  
1 can (6 oz) plum tomatoes, undrained & chopped  
2 C tomato juice  
6 C chicken stock  
6 C cooked mixed beans*  
2 C shredded fresh cabbage  
¼ C chopped fresh parsley  
1 C small shell pasta, uncooked  
Croutons  
1 tsp salt, (or to taste)  
½ tsp dried rosemary  
* 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.
**POTATO-BEAN SOUP**
Create this creamy soup without butter and flour.

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


**ROSSELL’S SPLIT PEA SOUP WITH SWEET POTATO**

- 3 T olive oil
- 1½ C diced onion
- 1½ C diced carrot
- 1 C diced celery
- 1½ tsp curry powder
- black pepper to taste
- 1 lb split peas
- 1 tsp salt
- ½ tsp dried thyme
- 2 quarts chicken broth
- 3 large sweet potatoes, chunked
- 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.
2 1/2 C Great Northern beans, soaked in water overnight
Pinch dried red pepper flakes (optional)
11 C lightly salted chicken broth, divided
1 T dried oregano
4 to 5 tsp salt
4 tsp ground cumin
1 1/2 t onion powder
1 tsp paprika
1 lb boneless, skinless chicken breast, chopped

1/2 tsp chili powder
Pinch cayenne pepper (optional)
6 T butter
3 T olive oil
4 C chopped onion
2 C chopped green bell pepper
1 T dried parsley
1 C chopped celery
1 1/2 tsp minced garlic, divided
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 1 1/2 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, 1/2 T garlic and a third of the reserved seasoning mix. Sauté over medium heat about 5 minutes. Add another 1/2 tsp garlic and another third of the seasoning mix; continue sautéing until celery is tender. Add remaining 1/2 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

SHEEPHERDER’S HEARTY SOUP

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

SPICY HOT CHILLED BEAN GAZPACHO

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

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.
**SPICY LENTIL SOUP**

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

- 1 large onion, diced
- 1 clove garlic, crushed & chopped
- 1 large carrot, chopped
- 3/4 C lentils
- 3 med. red potatoes, cut into large chunks
- 6 C homemade chicken stock
- OR low sodium chicken broth,
- Dash cayenne pepper (optional)
- 1/4 tsp salt, or to taste
- 2 T butter
- black pepper to taste
- 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 1/2 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 1/2 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 or 2 smoked, meaty ham hock(s)
- 2 or more thick slices of ham, diced
- 1 large onion, thinly sliced
- 2 tsp (plus 2 more) garlic powder
- 1 large (plus 1 more) bay leaf
- 3 stalks celery, thinly sliced
- 1 C carrots, shredded
- 3 or more slices bacon, thinly sliced
- 1-2 boxes chicken stock/broth
- Tabasco to taste and heat
- salt and pepper to taste
- 1 C instant mashed potatoes

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!
“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
CHILI

CHILLY JILLY

2 cans (15 1/2 oz ea.) Great Northern beans (preferably Emersons)
1 can (15 1/2 oz) Kidney beans
1 can (15 1/2 oz) Pinto beans
1 lb ground turkey
1 lb lean ground beef
4 cans (15 1/2 oz ea.) diced tomatoes
8-16 oz vegetable stock (as needed, depending on simmer time)
1 1/2 C carrots, peeled and diced
1 med onion, diced
1 C red peppers, chopped
1 C orange or yellow peppers, chopped
1 can (4 oz) diced Hatch chilies
1 tsp chili powder
1 tsp cumin
1 tsp oregano
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
3 large onions, sliced (4 C)
1 can (16 oz) Great Northern beans, rinsed & drained
2 celery ribs, including leaves (chopped)
3 cloves garlic, minced (1 T)
1 can (16 oz) Red Kidneys, rinsed & drained
1 can (16 oz) tomato sauce
chopped red & white onion
2 T minced fresh basil
1/4 C vinegar
1/4 C unsweetened cocoa
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

CK’S BLACK BEAN & BEEF CHILI

1/4 C olive oil
2 lb. ground beef
1 large red onion, finely diced
4 cloves garlic, finely chopped
3 T ancho chili powder
1 T pasilla chili powder
1 T ground cumin
1 bottle dark beer
Salt and freshly ground black pepper

5 C low sodium chicken stock
1 can (16-oz) chopped tomatoes, drained and pureed
1 T chipotle pepper puree
3 T honey
2 C cooked or canned black beans, rinsed and drained
2 T fresh lime juice

Heat oil in a large Dutch oven over high heat. Season beef with salt and pepper, and sauté 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.

RED MEAT CHILI & BEANS

1 pkg (1lb) beef soup bones
2 lbs ground red meat
1 pkg dry onion soup mix
1 clove garlic – coarse chop
1 cup water
2 cans hot chili beans

1 can Hormel chili – hot/no beans
2 pkg Williams chili seasoning
1 qt stewed tomatoes
1 bottle beer (amber ale)
1 sm can diced green chilis
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.
### WHITE CHILI

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

### WINTER’S EVE WHITE CHILI

<table>
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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>2½ C water</td>
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<tr>
<td>9 oz white shoepeg corn (frozen or canned)</td>
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<tr>
<td>2 cans (4 oz ea) diced green chiles (undrained)</td>
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<tr>
<td>1 tsp cumin seed</td>
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<tr>
<td>4 boneless chicken breasts, bite sized pieces</td>
<td></td>
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<tr>
<td>2 cans (15 oz ea) Great Northern beans (undrained)</td>
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<tr>
<td>1 tsp lemon pepper</td>
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</tr>
<tr>
<td>1 tsp ground cumin</td>
<td></td>
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<tr>
<td>3 T lime juice</td>
<td></td>
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<tr>
<td>1 med onion, chopped</td>
<td></td>
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<tr>
<td>1 clove garlic, minced</td>
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Combine the above in a crockpot, simmer on low for eight hours or on high for four hours.
“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
SPICY BEAN & BEEF PIE

1 pound ground beef
2 to 3 garlic cloves, minced
1 can (11 ½ oz) condensed bean with bacon soup, undiluted
1 jar (16 oz) thick and chunky picante sauce, divided
¼ cup cornstarch
1 T chopped fresh parsley
1 tsp paprika
1 tsp salt
¼ tsp pepper
1 can (16 oz) Kidney beans, rinsed and drained
1 can (15 oz) Black beans, rinsed and drained
2 C (8 oz) shredded cheddar cheese, divided
¾ C sliced green onions, divided
Pastry for double crust pie (10 inches)
1 C (8 oz) sour cream
1 can (2 ¼ oz) sliced ripe olives, drained

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 (9 ¼ oz) Fritos
1 to 1½ lb. ground hamburger
1 envelope taco seasoning mix
1 container (16 oz) Johnson Chili Con-Carne
1 can (14 oz) Chili beans
amount to your liking of:
lettuce, chopped
tomatoes, chopped
onion, chopped
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.
BEAN JAMBALAYA

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.

BLACK BEAN & MIXED RICE CASSEROLE

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.
BURGER:
1 can (16 oz) Black beans, rinsed and drained
1⁄2 green bell pepper
1⁄2 small onion
2 cloves garlic, peeled
1 egg, beaten
2⁄3 cup whole wheat bread crumbs
1 tablespoon chili powder
1 teaspoon cumin
salt and pepper, to taste

CHIPOTLE MAYO SAUCE:
1 C mayonnaise
2 chipotle Chilies in adobo sauce
1 T 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!
BLACK BEAN BRUNCH

4-6 flour tortillas
24 oz cream cheese, softened
6 eggs
1 can (8 oz) Black beans, rinsed, drained, and coarsely chopped in a food processor or blender
½ jalapeño pepper, minced
2 tsp minced garlic
2 to 2½ tsp red pepper sauce
2 to 3 tsp ground cumin
½ tsp chili powder
½ tsp salt
2 tsp Worcestershire sauce
flour
oil or vegetable shortening for pan
medium or hot salsa
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 cool 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
1 jar (16 oz) salsa
1 can (10 ¾ oz) condensed cream of chicken soup
6 skinless, boneless chicken breast halves, cooked and shredded
1 can (8 oz) Chili beans, drained
6 12” flour tortillas, cut into strips
1/4 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 ½ tortilla strips. Top with ½ chicken, ½ sour cream mixture and ½ 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.
HEARTY RIBS & BEANS

Place ribs in an ungreased 13 inch x 9 inch x 2 inch baking dish, add water. Cover and bake at 350° for 1 1/2 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 1/2 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.

NEBRASKA RED BEANS & RICE

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.
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.

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**

**SOUTHWEST LEAN BEAN SCRAMBLE**

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

**SUNSHINE BEAN CASSEROLE**

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

**VEGETARIAN LASAGNA**

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


**SLOW COOKER LENTILS & SAUSAGE**

- 1 lb. Dry Richlea Lentils
- 1 can (16 oz) diced tomatoes, drained
- 2 cans (14 oz ea) beef broth
- 3 C water
- 1 carrot, chopped
- 2 lbs. garlic or Polish sausage, cut into 1/4 inch pieces
- 1 stalk celery, chopped
- 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.
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
BLACK-EYED BEAN SALAD - MALAYSIA

200 g Black-eye beans, soaked overnight & cooked
1 T oil
1/2 C cucumber, cubed
1/2 C tomato, cubed
1/4 C young ginger, cubed
1/4 C grated coconut
1 tsp mustard seeds
1/2 tsp turmeric powder
1 T oil
1/2 tsp turmeric powder
1 dry chili, cut into short lengths
1 sprig curry leaves
1/2 C chopped coriander
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

1 T olive oil
1 small onion, chopped
2 medium cloves of garlic, minced
1 medium red bell pepper, chopped
2 cans (15 oz ea) White beans, undrained
1 can (4 oz) green chiles, diced
1 1/2 tsp cumin
1 tsp chili powder
1 can (14 oz) chicken broth
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.
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.
8-10 sprigs cilantro (coriander leaf) fresh or frozen, not dried
½ small red or yellow sweet pepper (optional)
1 small or medium onion
3 C (700 ml) chicken broth or water
2 C (350 ml) white rice
½ tsp (2.5 ml) salt
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.
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.

Soak beans overnight in water. Drain, add fresh water to cover and simmer for 20 minutes. Drain and set aside. In a large pan, sauté 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

RED KIDNEY BEAN SOUP - CUBA

1½ C Red Kidney beans
120 g cartilage (bones without meat)
pork or lamb
100 g bacon, cooked and chopped
1 med sausage, sliced
3 med potatoes, diced
1 med onion, finely chopped

6 cloves garlic, shattered
2 med peppers, finely chopped
1 T tomato puree
1 bay leaf
1 pinch roasted, ground cumin
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
“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
CLASSIC REFRIDED BEANS

1 lb (2 C) dry Pinto beans, soaked 1½ C chopped onion
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.

BEANS FOR A CROWD

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

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

BLACK BEANS WITH TOMATOES & CILANTRO

1/2 tsp Tabasco sauce 1 1/2 T peanut or corn oil
1 can (15 oz) Black beans, 1 tsp garlic, chopped
  drained & rinsed 1/2 tsp salt
6 fresh plum tomatoes, peeled, 2 T fresh cilantro, chopped
  seeded & 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/remaining 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, salt & pepper
  rinsed & drained 3 tsp dried thyme leaves
1 large onion, chopped 6 eggs, fried or poached
3/4 C crumbled goat cheese 1 red bell pepper, chopped
Thinly sliced chives or 4 C cubed peeled sweet potatoes
  green onion tops 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.
HOPPIN’ JOHN BLACKEYES

1 C dry Blackeyes, soaked & drained 1⁄2 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 1⁄2 C of blackeyes and their liquid over 1⁄2 C rice. Serves 6-8.
Calories: 192, Carbohydrate: 32 grams, Protein: 5 grams, Fat: 5 grams

MONTEREY JACK’S PINTO BEANS

Baked in a tortilla crust.
3 T vegetable oil
1 can (28 oz) plum tomatoes, drained & chopped
3 cans (15 to 16 oz ea.) Pinto beans, drained & rinsed
1 large red bell pepper, diced
1 1/2 T finely chopped garlic
1 1/2 T chili powder

1 C finely ground or crushed tortilla chips
2 C chopped onion
1 tsp hot pepper sauce
1 large yellow bell pepper, diced
1/2 tsp salt
4 T chopped fresh cilantro, divided
2 C shredded Monterey jack cheese
1 1/2 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

#### NEBRASKA BAKED BEANS

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

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

#### NEW ORLEANS-STYLE RED BEANS

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

#### NORA’S EASY BEAN BAKE

- 1 lb dry Great Northern beans
- 1 tsp salt
- 1 lb sliced bacon, cooked & crumbled
- 1 C packed brown sugar
- 3 T molasses
- 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.
PASTA WITH WARM BLACKEYE SALSA

8 oz bow tie or elbow macaroni or other med sized pasta, uncooked
2 T olive oil
Freshly ground black pepper, to taste
1½ tsp ground cumin
1½ T fresh lime juice

1 can (15 oz) blackeyes, drained
¼ tsp salt
8 cherry tomatoes, quartered
¾ C chopped green onions
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.

PESTO & PASTA Made with white beans & carrots.

1 C canned Great Northern beans
2 C vegetable or chicken stock
2 C cold water
2 large carrots, diced
1 bay leaf
8 oz penne or ziti

4 T pesto sauce
½ tsp each salt and pepper

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

ROSEMARY’S WHITE BEANS
Seasoned with Italian parsley, rosemary & white wine

6 C canned Great Northern beans, rinsed & drained
1 C coarsely chopped plum tomatoes
1 med onion, halved & thinly sliced
2-3 cloves garlic, minced
1 T chopped fresh rosemary, OR 1 tsp dried
3 T chopped fresh Italian parsley
1⁄3 C extra virgin olive oil
salt to taste
1⁄2 C chicken stock
¼ 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
½ C brown sugar
½ tsp garlic powder (optional)
½ C cider vinegar
1 can Green Lima beans, drained
1 can Dark Red Kidney beans, drained
4 large onions, sliced in rings
1 tsp dry mustard
1 tsp salt
2 cans lima beans, drained
1 can baked beans, undrained


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
½ C dark brown sugar
¼ C molasses
1 t salt
4 C canned Great Northern beans, drained & rinsed
1 C sour cream
2 T Dijon mustard

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.
“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
PEPPERMINT AQUAFABA MERINGUES

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.

BAVARIAN INN’S COCONUT BEAN BAR

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.


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

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

Combine all ingredients in a blender. Blend, serve and drink up!
**SWEETS & SNACKS**

**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.*

**BLACK HILLS CHOCOLATE TORTE**

1 C Black Bean Puree* 3 eggs, separated
4 sq semi-sweet chocolate, ⅓ C walnuts, ground
   melted with 2 T coffee 1 T vanilla extract
¼ lb butter, unsalted ¾ C plus 1 T sugar
Confectioner’s sugar for garnish

* 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

BLUEBERRY BEAN MUFFINS

2 cans (15 oz ea) Red Kidney beans, drained & rinsed 1 C all-purpose flour
1/2 tsp salt 1 tsp baking soda
1/3 C milk 1 tsp ground cinnamon
1 C sugar 1/2 tsp ground allspice
1/4 C butter or margarine, softened 1 C fresh or frozen blueberries
3 eggs 3/4 C chopped pecans
2 tsp vanilla 1/2 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.

BROWN’S BEST HOLIDAY NUT BREAD

1 C Brown’s Best green split peas, cooked, drained, reserve 1/4 C liquid 2/3 C water
*Cool slightly and place peas & 1/4 C liquid in blender to puree. 3 1/3 C sifted flour
Cool completely.
2 C pea puree 1 C chopped nuts
3/4 C margarine 1 tsp salt
1 1/4 C white sugar 1/2 tsp baking powder
1 1/4 C brown sugar 2 tsp baking soda
4 eggs 1 tsp cinnamon

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

COFFEE BEAN BROWNIES

6 T cocoa
1/2 C margarine
2 C sugar
4 eggs

1 C Black Bean Puree*
1 T instant coffee powder
1/2 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 1 1/2 x 2” bars. Makes 48 pieces.

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

RED RIVER BEAN CAKE

CAKE:

6 T cocoa
2 T butter
3 C Kidney Bean Puree*
1/2 tsp baking soda
3/4 tsp baking powder

3 eggs
1 1/2 C sugar
3/4 C salad oil
1/2 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:

1/2 C margarine
1 lb powdered sugar

8 oz cream cheese, softened
1/2 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**

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

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

**PEAS ‘N’ CARROT CAKE**

- 3⅜ C all purpose flour
- 2 tsp baking powder
- 1⅓ tsp baking soda
- 1 tsp salt
- 1 C chopped pecans
- 2 C sugar
- 1 C cooked or canned Blackeyes, drained
- 2 C (three medium) finely shredded carrots, lightly packed
- ½ C orange juice
- 2 tsp grated orange rind
- 2 tsp cinnamon
- ½ C butter, softened
- Powdered sugar
- 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.*
PECAN PRALINE CHEESECAKE
(Drizzled with maple syrup and topped with fresh pecans)

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

Preheat oven to 350°. Combine crumbs, sugar and melted butter; press into bot-
tom 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
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