



COLORADO
Department of Public
Health & Environment

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40

The WIC Bean Book



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Desserts



Black Bean Brownies

- 4 squares unsweetened chocolate
- 1 cup margarine
- 2 cups sugar
- 4 eggs
- 1 cup pureed black beans
- 1 cup chopped walnuts

Melt chocolate and margarine in a small saucepan over very low heat. Set aside. Place sugar in a bowl. Beat in eggs, one at a time. Add the chocolate mixture and beat until well combined. Beat in the bean puree. With a spatula, fold in the walnuts. Pour the batter into a buttered 9 by 13-inch pan. Smooth the top. Bake at 350° for 45 minutes. Allow to cool completely in pan before cutting into bars.

Makes 24 brownies.

Very moist!



Desserts



Raisin Cinnamon Muffins

- | | |
|-----------------------------|-------------------------|
| 1¼ cups cooked kidney beans | 1 cup flour |
| ¾ cup skim milk | 2 tsp. baking soda |
| 1 egg, beaten | 1½ tsp. ground cinnamon |
| ¼ cup oil | ¼ tsp. ground nutmeg |
| ½ cup brown sugar | 1/16 tsp. ground cloves |
| ½ cup raisins | |
1. Puree beans in blender or food processor; gradually add milk to blend.
 2. Pour bean mixture into a mixing bowl. Stir in egg, oil and brown sugar. Add raisins.
 3. Mix dry ingredients together and add to bean mixture. Stir until just moistened.
 4. Put ¼ cup mixture in each paper-lined muffin cup
 5. Bake at 400° for 15 minutes until golden brown.

Makes 15 – 18 muffins.

Mock Pecan Pie

- | | |
|--------------------|----------------------------------|
| 2 cups sugar | ½ tsp. salt |
| ½ cup margarine | 1 cup cooked pinto beans, mashed |
| 4 eggs | 9-inch pie crust |
| 2 Tbsp. corn syrup | ¼ cup pecans |
| 2 tsp. vanilla | |
1. Cream sugar and margarine; add well-beaten eggs, corn syrup, vanilla, and salt.
 2. Beat in well-mashed beans.
 3. Pour into unbaked pie crust. Top with chopped pecans.
 4. Bake at 350° for about 50 minutes or until firm.

Makes 8 servings.

Tastes like pecan pie, but not so sugary sweet. You'd never know it had beans in it.

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Desserts



Lemony Garbanzo Bean Cake

2 cups cooked garbanzo beans (chick-peas), drained and rinsed

4 eggs

1 cup sugar

½ tsp. baking powder

Grated peel of 1 lemon

Juice of 1 lemon

Confectioners' sugar

1. Puree beans in a food processor. Add the eggs, sugar, baking powder, and lemon peel and pulse a few times to combine ingredients well.
 2. Butter a 9-inch cake pan. Cut waxed paper or parchment paper to fit bottom of pan, set it in place, and butter top side. Pour in batter.
 3. Bake at 350° on center rack of oven for 35-40 minutes or until a toothpick inserted in the center comes out dry.
 4. Set on wire rack to cool for 15 minutes, then remove cake from pan and cool on rack.
- Before serving, squeeze lemon juice over the cake and sprinkle generously with confectioners' sugar.



Makes 6 to 8 servings.

Fresh lemon juice gives it a wonderful taste.

Dips & Snacks



Spicy Roasted Soybeans

- | | |
|---------------------------|--------------|
| 3 cups whole dry soybeans | Garlic |
| Oil | Chili powder |
| Salt | |

1. Rinse and sort soybeans. Soak beans overnight in 9 cups water.
2. In the morning, drain beans and spread in a lightly oiled cookie sheet.
3. Sprinkle with salt, garlic and chili powder.
4. Bake in a 300° oven, shaking the pan every 15 minutes for about one hour or until soybeans are lightly browned.

Roasted soybeans will keep for several weeks.
Makes 6 cups.

Tastes even better a day or two after roasting.

Nachos

- | | |
|--------------------------------------|----------------------------------|
| 1 7-oz. bag tortilla chips | 2 green onions, chopped |
| 1 cup cooked mashed or refried beans | 1 cup salsa |
| 1½ cups shredded cheddar cheese | ½ cup sour cream or plain yogurt |
| 1 tomato, chopped | |

1. Put chips in a large baking dish and cover with beans and cheese.
2. Put baking dish in oven under the broiler for 5 minutes or until cheese has melted.
3. Top with tomatoes, onions, salsa, and sour cream or plain yogurt.

Makes 4 servings, about 2 cups each.

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Dips & Snacks



Fresh Herb Bean Spread

3 cloves garlic	3½ cups cooked Great Northern beans
3 Tbsp. lime juice	2 Tbsp. olive oil
1 Tbsp. fresh thyme	2 Tbsp. coarsely chopped fresh basil
1 tsp. salt	½ tsp. black pepper

1. With the motor running, drop the garlic cloves into a food processor.
2. Add beans with a little of the bean juice, lime juice, and olive oil; puree until smooth.
3. Add basil, thyme, salt, and pepper. Pulse until mixed and the herbs are coarsely chopped.
4. Serve chilled.

Makes 4 servings.

This also makes a great sandwich spread. Top open-faced sandwiches with sliced tomatoes and cucumbers.

Dips & Snacks



Bean Dip - I

2 cups cooked pinto beans
¼ cup chopped onions
½ cup salsa

1. Mash cooked beans with a potato masher or a fork.
2. Stir in onions and salsa.
3. Serve with tortilla chips or flour tortillas.

Makes 4 servings.

Bean Dip - II

2 Tbsp. margarine
2 cups cooked pinto beans
1 tsp. cumin or chili powder
1 cup shredded cheese

1. Melt margarine in sauce pan. Add beans.
2. Stir and mash beans until heated.
3. Add cumin and cheese.
4. Stir over low heat until cheese is melted.
5. Serve with corn chips or crackers.

Makes 4 servings.

Recipes



Good Nutrition

Dried beans and peas are a good, inexpensive source of nutrition. Beans are low in fat, cholesterol, and salt, and a good source of protein and iron.

Add beans to your meals

- Add a cup of cooked kidney beans to the meat sauce when making lasagna.
- Add a few tablespoons of cooked garbanzos (chick-peas) or other beans to tossed salads.
- Add a cup of cooked kidney or pinto beans to tomato soup.
- Add a few teaspoons of mashed pinto beans to cupcake batter.
- Blend in ½ to 1 cup of garbanzo beans when making dips.
- Sprinkle cooked pinto beans on top of homemade pizza.
- Cooked beans and bean dishes freeze well. Save time and energy. Cook a large batch of beans and freeze half to use later.
- You can easily interchange the type of beans in most recipes.

Cooking Dry Beans

Sort and Rinse

Sort beans and remove pebbles or other debris

Rinse in water

Soak

Place 1 pound (2 cups) beans in a large kettle; cover with 10 cups water. Cover and let stand overnight.

-or-

Quick soak beans. Boil beans for 2 minutes then cover and let stand for 1 hour.

-or-

Cook beans without soaking first. They take longer to cook and need more water.

Cook

Drain the soaking water. Cover beans with 6 cups water.

Simmer on stove for 2-3 hours or until done.

-or-

Cook in a crock pot on high setting for 4-6 hours or until done.

-or-

Cook in a pressure cooker for 30 minutes.

Sandwiches & Wraps



Rockin' Moroccan Pita

1 Tbsp. ground cumin
1 tsp. chili powder
1 pound chicken breast, cut in 1-inch cubes
4 Tbsp. olive oil, divided
¼ cup lemon juice
¾ cups cooked garbanzo beans
3 green onions, thinly sliced
2 small cloves garlic, minced
1 red bell pepper, diced
¼ cup chopped parsley
Salt and pepper to taste
12 pita pockets
Plain yogurt, if desired

1. Combine cumin and chili powder in a plastic bag. Add chicken and shake to coat.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add chicken; cook 5 minutes or until chicken is no longer pink, stirring frequently. Take off heat, set aside to cool.
3. Combine remaining olive oil with the next 6 ingredients, mixing well. Stir in chicken. Add salt and pepper to taste.
4. Cut pitas pockets in half. Fill with garbanzo-chicken mixture and top with yogurt, if desired.

Makes 12 servings.

Hummus Sandwich Spread

1 cup cooked garbanzo beans (chick peas)
2 Tbsp. tahini (sesame seed paste)
1 clove garlic, minced
2 Tbsp. fresh lemon juice
¼ cup chopped fresh parsley

1. Blend in food processor until smooth.
2. Serve in pita bread with lettuce and sliced tomatoes.

Makes 2 servings.

Sandwiches & Wraps



Bean Burgers

¾ lb ground beef
1 cup cooked red beans, mashed

1 tsp. salt
Black pepper

1. Mix ground beef, beans, salt and pepper.
2. Form 6 patties about ¾ inch thick.
3. Brown slowly on each side in a small amount of oil.
4. Serve on hamburger buns

Makes 6 servings.

A new twist to an American favorite.

Soybean Burgers

2 Tbsp. vegetable oil
¼ cup chopped onion
¼ cup finely chopped green pepper
¼ cup finely chopped celery
1 cup cooked soybeans

1 cup brown rice
¼ cup flour
Salt and pepper to taste
Sesame seeds (optional)

1. In a small skillet, heat the oil over low heat. Add the onion, green pepper and celery and sauté until tender.
2. Place the vegetables in the work bowl of a food processor. Add soybeans, rice and flour.
3. Pulse until mixture has the consistency of sandwich filling.
4. Season to taste with salt and pepper.
5. Heat a large non-stick skillet. Drop spoonfuls of mixture onto skillet and shape into six patties.
6. If desired, coat the patties with sesame seeds, then flip over and coat the other side.
7. Cook until golden.

Serve the patties hot, with or without hamburger buns, and garnish as desired.

Makes 6 patties.



Cooking Tips

- Lentils, split peas, and black-eyed peas can be rinsed and cooked without soaking.
- Increase cooking and soaking time in hard water or high altitude.
- Add one tablespoon of oil during cooking to reduce foaming.
- Simmer gently to prevent skins from bursting.
- Stir occasionally to prevent sticking.
- Add more water if needed as beans cook.
- Bite-taste a few beans to test for doneness. They should be tender, but not overcooked.
- Add salt only after beans are cooked to tender.
- Don't add tomato, lemon, or vinegar until beans are cooked. Beans won't get soft after acidic foods are added.
- Any of the following can be added during the last ½ hour of cooking.
 - Minced onion, garlic, or green pepper
 - Diced carrots or celery
 - Chopped tomatoes or cooked meat

Bean Arithmetic

- 1 pound dry beans = 2 cups dry beans
- 1 pound dry beans = 5-6 cups cooked beans
- 1 cup dry beans = 2 ½ - 3 cups cooked beans
- 1 15-oz. can beans = 1 ½ cups cooked beans

Soups & Stews



Quick Black Bean Soup

½ cup chopped onion
1½ cups vegetable stock
1½ cups cooked black beans
Salsa, to taste

1. Simmer onion in the stock until tender.
2. Add beans and heat through.

Serve with salsa.

Makes 3 cups.

Yellow Split Pea Soup

1 Tbsp. olive oil
1 carrot, chopped
1 small onion, chopped
1 stalk celery, chopped
1 tsp. curry powder
4 cups water
1 cup dry yellow split peas
1 tsp. salt

Heat olive oil in a large saucepan. Sauté carrot, onion, celery, and curry for about 5 minutes. Add the water, peas and salt.

Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Makes 6 servings.

If you like curry, you'll love this soup!

Sandwiches & Wraps



Tacos

1 lb. ground beef
1 packet (1.25 oz.) taco seasoning mix
12 corn tortillas
1½ cups refried beans
1 cup shredded cheese
¼ head lettuce, shredded
¼ cup chopped onion
2 medium tomatoes, chopped
¾ cup salsa
Sour cream (optional)

1. Brown ground beef in a skillet.
2. Add packet of taco seasoning mix, following directions on package.
3. Warm tortillas in a dry (non-greased) skillet. Stack on a plate and cover with a cloth or paper towel to keep warm.
4. Fill tortillas with ground beef, beans, cheese, lettuce, onion, tomato, salsa, and sour cream.

Makes 12 tacos.

Tostadas

1 dozen corn tortillas	3 cups chopped lettuce
¼ cup vegetable oil	2 tomatoes, chopped
2 cups refried beans	¾ cup salsa
1 cup shredded cheese	Sour cream (optional)

1. Fry tortillas on both sides, one at a time, in vegetable oil until crisp. Drain on towel.
2. Spread each tortilla with beans and top with cheese, lettuce, tomatoes, salsa, and sour cream.

Makes 12 tostadas.

Sandwiches & Wraps



Easy Refried Beans

3 cups cooked pinto beans
½ package (half of 1.25 oz.) taco seasoning mix

1. Blend pinto beans with seasoning mix.
2. Add bean cooking liquid as needed for desired consistency.

Makes about 3 cups.

Use as a filling for burritos, tacos, and tostadas.

Bean and Cheese Burritos

2 cups refried beans
1 cup shredded cheddar cheese
Chopped onion (optional)
8 10-inch flour tortillas

1. Spoon ¼ cup beans, 2 tablespoons cheese, and chopped onion (optional) on center of each tortilla. Fold tortilla into burrito shape.
2. Place in a single layer in a baking pan. Heat burritos for 15 minutes at 350°.
3. Serve hot with salsa, if desired.

Makes 8 burritos.

Soups & Stews



Black Bean Soup with Cumin

1 cup dry black beans, soaked overnight
7 cups broth (vegetable, chicken or beef)
1 Tbsp. vegetable oil
1 cup chopped onion
1 large clove garlic, minced
¼ cup diced celery
½ cup diced carrots
¾ tsp. crushed cumin seed
¼ tsp. black pepper
¼ tsp. salt (if desired)

1. Drain soaked beans. Place beans and broth in a large pot and bring to a boil. Reduce heat to low. Simmer for 2-3 hours or until cooked.
2. Heat oil in a skillet. Add onion and garlic and cook until transparent. Add celery and carrots and cook for a few minutes longer. Add vegetables to beans.
3. Season soup with cumin, pepper, and salt and simmer 30 minutes more.

Makes 6 servings.



Soups & Stews



Split Pea Soup

1 pound (2 cups) dry split peas 1 cup chopped celery
2 quarts water 2 cups chopped carrots
1 bay leaf ¼ tsp. thyme
1 cup chopped onions Salt and pepper to taste
2 cloves minced garlic

1. Rinse the split peas and place in a kettle with the cold water.
2. Add the bay leaf, onions, garlic, celery, carrots, and thyme and cook until the split peas are soft, about 1½ hours. Add salt and pepper to taste.
3. Remove bay leaf and discard.
4. Puree soup in a food processor or blender.

Makes 6 servings.

Fresh ground pepper gives a wonderful flavor

Tortilla Soup

1 can (15 oz.) tomato sauce
1½ cups water
1 cup salsa
1 cup frozen whole-kernel corn
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. instant minced garlic
1 can (15¾ oz.) chicken broth
1½ cups cooked kidney beans
1 cup (4 oz.) shredded sharp cheddar cheese
30 tortilla chips

1. Combine first 9 ingredients in large saucepan. Bring to a boil, cover, reduce heat and simmer 12 minutes.
2. Serve with cheese and tortilla chips.

Makes 2 quarts soup, about 6 to 8 servings.

Salads



Bean and Pasta Salad

1½ cups cooked pink or red beans
2 cups small shell macaroni, cooked and drained
2 cups frozen peas and carrots, thawed and drained
½ cup sliced celery

Dressing:

¼ cup Italian dressing
¼ cup mayonnaise
2 Tbsp. chopped parsley

1. Combine beans, macaroni, peas and carrots, and celery.
2. Mix Italian dressing, mayonnaise, and parsley.
3. Toss with the macaroni mixture. Mix well.

Makes 8 servings.

This will remind you of tuna salad.

Mandarin Orange-Kidney Bean Salad

1½ cups cooked kidney beans
1 can (11 oz.) mandarin oranges, drained well
2 stalks celery, sliced
¼ cup poppy seed dressing
2 Tbsp. sugar
Lettuce leaves

1. Combine ingredients (except lettuce) in a bowl.
2. Stir, cover, and chill several hours or overnight.
3. Serve on lettuce leaves.

Makes 4-6 servings.

Salads



Marinated Bean Salad

- 1 can (15 oz.) or 1½ cups cooked kidney beans
- 1 can (15 oz.) or 1½ cups cooked pinto beans
- 1 can (15 oz.) or 1½ cups cooked garbanzo beans
- 3 cups halved cherry tomatoes
- 1½ cups chopped red and yellow bell peppers
- ½ cup thinly sliced celery
- ½ cup chopped red onion
- ½ cup minced cilantro
- ¼ cup minced parsley
- ¼ tsp. pepper
- ¾ cup citrus vinaigrette – recipe below

1. Rinse and drain beans. Mix all ingredients except vinaigrette in a large bowl.
2. Mix citrus vinaigrette; pour over salad and toss.

Note: a balsamic or red wine vinaigrette may be used in place of the citrus vinaigrette.

Makes 6 servings – about 1 1/3 cups each.

Delicious! Very pretty salad.

Citrus Vinaigrette

- 3 Tbsp. vinegar
- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- ½ tsp. dried basil, crushed
- ½ tsp. paprika
- ¼ tsp. dry mustard -OR- 1 tsp. Dijon mustard (optional)
- 1/8 tsp. black pepper

1. Mix all ingredients in a screw-top jar.
2. Cover and shake well.

Soups & Stews



Hearty Lentil Stew

- ½ pound (1 cup) dry lentils
- 5 cups water
- 1 small onion, chopped
- ¼ cup rice
- 1 tsp. salt
- 1 small garlic clove, minced, or ½ tsp. garlic powder
- ½ tsp. dried parsley flakes (optional)
- 1 can (14 oz.) chopped tomatoes
- 2 medium carrots, chopped
- ½ package (10 oz.) frozen spinach, thawed and drained

1. Wash and sort lentils; drain well.
2. In a large pot, combine lentils, water, onion, rice, salt, garlic and parsley. Bring to a boil. Cover and simmer for 25 minutes.
3. Add tomatoes, carrots, and spinach. Simmer 20 more minutes or until lentils are tender.

Makes 3½ quarts soup.



Soups & Stews



Tomato and Lentil Soup

1 cup dry lentils
3½ cups water
1 14.5-oz. can (1¾ cup) vegetable stock
1 bay leaf
1 large onion, chopped
1 28-oz. can tomatoes
Salt and pepper to taste

1. Wash and sort lentils; drain well.
2. In a large pot, combine lentils, water, vegetable stock, bay leaf, and onion. Bring to a boil. Cover and simmer for 30 minutes until the lentils are tender.
3. Add the tomatoes (with juice) and simmer 20 more minutes. Season to taste with salt and pepper. Remove bay leaf before serving.

Makes 7½ cups soup.

Wait until the lentils are cooked before adding the tomatoes or the lentils won't get soft.

Pinto Bean Noodle Soup

2 cups water	1 green pepper, diced
3 cups cooked pinto beans	8 oz. tomato sauce
1 cup shredded carrots	1 can (10 oz.) condensed tomato soup
1 cup diced onions	1 cup diced celery
Salt and pepper to taste	8 oz. package dry noodles

1. Combine all ingredients except noodles and cook for an hour or more. The longer it cooks the better the flavor. Add more water as needed.
2. Half an hour before serving, add noodles and cook until noodles are tender.

Makes 12 cups soup.

Salads



Bean Chicken Salad

2 cup cooked, cubed chicken
(season with salt and pepper when cooking)
2 cups cooked kidney beans
½ cup sliced celery
2 Tbsp. fresh parsley
2 Tbsp. sliced green onion

1. Combine chicken, beans, celery, parsley, and green onion.
2. Mix dressing ingredients together then add to bean mixture.
3. Cover and refrigerate.

Makes 4 servings.

Very tasty and colorful with white chicken, red beans, and green celery.

Lentil Patio Salad

1 cup dry lentils, rinsed	2 hard-cooked eggs, chopped
2½ cups water	3 green onions, chopped
1/3 cup plain yogurt	1 tomato, diced
¼ cup Italian dressing	1 cup chopped celery
1 Tbsp. prepared mustard	1 cup chopped zucchini or cucumber
½ tsp. dill weed	

1. Combine lentils with water in saucepan. Cover. Bring to boil, then reduce heat and cook for about 15-20 minutes or until tender. Drain.
2. Combine with yogurt, Italian dressing, mustard and dill weed. Add chopped vegetables and egg.
3. Chill for at least six hours or overnight.

Makes 8 servings.

Dressing:

1/8 tsp. black pepper
2 Tbsp. oil
1 Tbsp. lemon or lime juice
1 clove garlic, minced
¼ tsp. salt
2 Tbsp. apple cider vinegar

Casseroles & Main Dishes



Hoppin' John

1 cup dry black-eyed peas	2/3 cup uncooked brown rice
4 cups water	1 tsp. dried chili pepper
5 cloves garlic, minced	½ cup dried tomatoes
1 onion, chopped	4 cups vegetable broth or water
1 Tbsp. oil	2 Tbsp. red wine vinegar
½ cup fresh parsley, chopped	Salt to taste

1. Soak the black-eyed peas in 4 cups of water overnight or for 5 hours, and drain.
2. In a soup pot, combine black-eyed peas, rice, chili pepper, dried tomatoes, and broth or water. Bring to a boil, cover, and simmer for one hour.
3. Sauté the garlic and onion in oil until soft, and add to the peas and rice when they are done.
4. Add the vinegar, parsley, and salt and simmer, uncovered, for 5 minutes.

Makes 6 servings.

This dish is traditionally served with corn bread on New Year's Day to ensure good health and prosperity for the year ahead.

Caribbean Black-Eyed Pea Stir-Fry

1½ cups chopped onions	1 cup pineapple tidbits
1 green pepper, chopped	¼ cup pineapple juice
1 cup diced celery	2 Tbsp. soy sauce
1 cup chopped carrots	2 cups cooked brown rice
¾ cup raw cashews	3 cups cooked black-eyed peas
1 cup fresh or frozen green peas	
1 tsp. olive oil	

1. In a large skillet, sauté the onions, peppers, celery, carrots, cashews, and peas in the olive oil for 3-5 minutes.
2. Add the remaining ingredients and mix well. Simmer for several minutes and serve hot.

Makes 6-8 servings.

Soups & Stews



Chili Con Carne

1½ cups dried pinto beans	1 pound ground beef
2 Tbsp. oil	28-oz. can diced tomatoes
1 clove garlic, minced	2 Tbsp. chili powder
1 onion, chopped	1 tsp. each salt, cumin,
1 green pepper, chopped	black pepper

1. Cover beans with water and soak overnight.
2. The next day cook until tender; drain.
3. Heat oil in skillet and sauté garlic, onion, green pepper, and beef until browned. Drain grease.
4. Add remaining ingredients and simmer for at least 2 hours. Add cooked beans the last 10 minutes of cooking.

Makes 8-10 servings.

Best made the day before.

Vegetable Soybean Soup

2 Tbsp. oil	1 cup whole kernel corn
2 onions, chopped	2 quarts vegetable broth
1 clove garlic, chopped	1½ cups cooked soybeans,
2 carrots, sliced	divided
2 stalks celery, diced	½ tsp. thyme
¼ small head cabbage, chopped	2 tsp. dried parsley flakes
2 cups canned tomatoes with juice	Salt and pepper to taste

1. Heat oil in a small skillet; sauté onion and garlic until tender.
2. Place vegetables in 4-quart saucepan with broth and onion mixture.
3. Mash ½ cup soybeans and stir into soup mixture. Add seasonings.
4. Bring to a boil, then simmer and cook until vegetables are tender.
5. Add remaining cup of soybeans and simmer an additional 10 minutes.

Makes 8 to 10 servings.

Soups & Stews



White Chili

- 1 pound dry great northern beans
- 1½ pounds ground turkey
- 2 tsp. garlic powder
- 1 medium onion, chopped
- ½ tsp. pepper
- 1 tsp. salt
- 2 tsp. cumin
- 1 can (4 oz.) diced medium or hot green chili peppers
- 4 oz. Monterey Jack cheese, shredded

1. Soak beans overnight.
2. The next morning, drain, cover with cold water, and simmer until tender.
3. Brown ground turkey; drain off any fat.
4. Combine in a crock pot: beans, and bean cooking liquid, ground turkey, garlic, onion, pepper, salt, cumin, and chili peppers. Stir, cover, and cook on low for 3 hours.
5. Add more chili peppers to taste if desired.
6. Ladle into soup bowls and top with shredded cheese.

Makes 8 servings.

Casseroles & Main Dishes



Bean and Cheese Enchiladas

- 1 green pepper, chopped
- 1 large onion, chopped
- 1 Tbsp. vegetable oil
- 2 cups cooked kidney or pinto beans
- 1 Tbsp. chili powder
- ½ tsp. garlic powder
- 1 tsp. salt (optional)
- 1 12-oz. can (1½ cups) enchilada sauce
- 8 corn tortillas
- 1 cup grated cheddar cheese

1. Cook green pepper and onion in oil until soft.
2. Mash beans and combine with green pepper, onion, chili powder, garlic powder, and salt. Mix well.
3. Spoon about ½ cup enchilada sauce into a 9x12-inch baking dish and spread to cover pan.
4. Warm tortillas in a dry skillet over medium heat.
5. Dip tortillas in remaining enchilada sauce.
6. Place ¼ cup bean mixture on each tortilla. Roll up and place in baking dish, seam side down.
7. Pour remaining sauce over enchiladas and sprinkle with cheese.
8. Bake at 350° for 25 minutes until cheese melts.

Makes 8 servings.



Casseroles & Main Dishes



Bean Vegetable Lasagna

- 2 Tbsp. oil
- 2 Tbsp. flour
- 1 quart skim milk, divided
- 3 cups cooked Great Northern beans
- 1 cup frozen mixed vegetables, thawed
- 1 Tbsp. minced parsley
- 1 tsp. dried thyme, crushed
- ½ tsp. salt
- ¼ tsp. black pepper
- 12 oz. lasagna noodles, cooked
- 1½ cups ricotta cheese
- 3 cups shredded lowfat mozzarella cheese
- ¼ cup grated Parmesan cheese

1. Mix oil and flour in saucepan; add 2 cups milk. Cook and stir over medium heat until thick. Add remaining 2 cups milk and stir until blended.
2. Add beans, vegetables, and seasonings; mix well.
3. Cover bottom of greased 13x8x2-inch pan with ¼ of the noodles and ¼ each of bean mixture, ricotta, and mozzarella cheese.
4. Repeat layers 3 more times. Sprinkle Parmesan cheese on top.
5. Cover pan and bake at 350° for 30-45 minutes.
6. Remove cover; bake 10 minutes or until top browns.
7. Let stand 15 minutes before serving.

Makes 12 servings.

Variations:

- Use uncooked noodles. Bake at 375° for 1-1¼ hours or until noodles are tender.
- Serve prepared marinara sauce with lasagna.

Casseroles & Main Dishes



Red Beans and Rice

- 1 pound dry red beans
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 1 large yellow onion, grated
- 2 Tbsp. chopped parsley
- 1 or 2 large bay leaves
- Black pepper, salt, and Tabasco® to taste

3-4 cups cooked rice



1. Rinse and sort beans. Soak them overnight in 8 to 10 cups of cold water. Do not change the water.
2. The next morning, bring the water to a soft boil. As the water heats, sauté the garlic and celery in oil.
3. Add to beans along with onion, parsley, bay leaves, and seasonings. Cover and boil gently, stirring occasionally, for 2 to 3 hours. It will thicken as the water reduces.
4. Serve with rice.

Makes 6 to 8 servings.

Variations: Cook rice with chicken broth instead of water. Add cooked sausage to beans along with vegetables.

Casseroles & Main Dishes



Overnight Beans and Ham

¾ cup dry beans, mixed 2 cups chopped ham
¾ cup soybeans 2 tsp. salt
1 cup diced carrots 2 Tbsp. parsley flakes
1 cup diced celery ½ tsp. thyme
1 cup chopped onion

1. Soak beans overnight in water.
2. Next day, cook in a crock pot on high setting for 4 hours.
3. Add remaining ingredients, and cook 2-3 more hours until done. Add more water as needed.

Makes 8 servings.

You'll need to start this one the night before.

Pinto Bean Goulash

1 pound lean ground beef 1 16-oz. can tomatoes
1 medium onion, chopped 3 stalks celery, chopped
1 can (6 oz.) tomato paste 2 Tbsp. chili powder
3 cans (6 oz.) water 2 tsp. salt
8 oz. cooked macaroni 1 cup grated sharp cheddar cheese, divided
2 cups cooked pinto beans

1. Brown beef and drain.
2. Add onion, tomato paste, and water. Cover and simmer 5 minutes.
3. Add macaroni, beans, tomatoes, celery, chili powder, salt, and ½ cup cheese.
4. Simmer until done, about 1 hour.
5. Pour into a casserole dish, sprinkle with remaining cheese, and heat in a 350° oven until cheese melts.

Makes 8 servings.

Casseroles & Main Dishes



Southwest Lasagna

1 pound lean ground beef
1 onion, chopped
2 cloves garlic, chopped
1-2/3 cup cooked pinto beans
1 (14½ oz.) can diced tomatoes
1 (4 oz.) can diced green chilies
2 tsp. ground cumin
¼ tsp. black pepper
1 dozen corn tortillas
16 oz. lowfat cottage cheese
1 cup shredded Monterey Jack cheese
1 egg
Optional toppings: shredded cheddar cheese, chopped fresh tomatoes, chopped green onions, sliced black olives, and lettuce.

1. Brown beef; drain.
2. Sauté onion and garlic until soft.
3. Add beans, tomatoes, green chilies, cumin, and pepper. Heat through.
4. Layer tortillas between damp paper towels and microwave until warm.
5. Put layer of tortillas in bottom of greased 9x13-inch baking dish.
6. Pour beef mixture over tortillas.
7. Put another layer of tortillas on top. Set aside.
8. Combine cottage cheese, Monterey Jack cheese, and egg; pour over tortillas and bean mixture.
9. Bake at 350° for 30 minutes.
10. Remove from oven and sprinkle rows of cheddar cheese, fresh tomatoes, green onions, olives, and lettuce diagonally across casserole.

Makes 12-15 servings.

Tastes like a cross between lasagna and enchiladas.

Casseroles & Main Dishes



Macho Beans

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| 2 cups dry lima beans | 1 tsp. salt |
| 1 pound ground meat | ½ cup sliced onions |
| 2 cloves garlic, crushed | 1 tsp. red pepper |
| 2 Tbsp. cooking oil | 1 15-oz. can cut tomatoes, plus liquid |
| 1 Tbsp. chili powder | ½ cup grated sharp cheddar cheese |

1. Cover beans with 6 cups cold water, bring to a boil, then reduce heat and simmer for 1 hour. Add salt the last half hour.
2. Drain and reserve 1 to 2 cups liquid.
3. Brown meat, onion, garlic, and pepper in oil. Add tomatoes, chili powder, lima beans, and cheese.
4. Put in a greased baking dish. Add enough of the reserved liquid to barely cover beans.
5. Bake at 350° for 1 hour.

Makes 8 servings.

Baked Beans

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| 1 pound dry navy (white) beans | 2 Tbsp. yellow mustard |
| 2 cups bean liquid | 1/3 cup ketchup |
| 1 cup diced onion | ½ cup molasses |
| 1 tsp. garlic powder | 1/3 cup brown sugar |

1. Sort and rinse beans; place in crock pot, cover with 6 cups water, and cook overnight on low setting.
2. Discard all but 2 cups bean liquid; mix with remaining ingredients.
3. Pour into a 2-quart baking dish.
4. Bake at 300° for 45 minutes until thick but not dry.

Makes 6 1-cup servings.

Casseroles & Main Dishes



Fiesta Bean Cornbread

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| ½ cup chopped onion | <u>Batter</u> |
| 1 clove garlic, minced | 2/3 cup cornmeal |
| 2 Tbsp. vegetable oil | ½ tsp. salt |
| 1 Tbsp. flour | ¾ tsp. baking soda |
| 1½ cans (16 oz. each) whole tomatoes, undrained | 1 egg, beaten |
| 1 can (4 oz.) chopped green chilies | ¼ cup milk |
| 3 cups cooked small red, pinto, or pink beans | ¼ cup vegetable oil, |
| 2 cups grated Monterey Jack cheese | 1 cup whole kernel corn, drained |

1. In a large kettle, sauté onion and garlic in 2 tablespoons oil until soft. Blend in flour.
2. Stir in tomatoes, chilies and beans, breaking up tomatoes. Cook and stir until boiling. Set aside.
3. Combine batter ingredients to make batter.
4. Pour two-thirds of the batter into a greased 2-quart casserole. Sprinkle with two-thirds of the cheese. Top with bean mixture.
5. Spoon remaining batter around edge. Sprinkle with remaining cheese.
6. Bake in preheated 350° oven for 30 to 35 minutes or until cornbread is done.

Makes 8 servings.

Delicious!



Casseroles & Main Dishes



Lima Bean Casserole

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| 1 cup dry lima beans | ¼ cup sour cream |
| ¼ cup butter | 1½ tsp. molasses |
| 1 tsp. salt | 1/3 cup packed brown sugar |
| 1½ tsp. dry mustard | |

1. Cover beans with water and soak overnight. Drain beans and refill pot with water to cover beans. Bring to boil and simmer until soft, about 1 hour. Drain.
2. In crock pot, mix beans and butter.
3. Mix together brown sugar, salt, and mustard. Sprinkle on beans.
4. Stir molasses and sour cream together; pour over beans and mix all together.
5. Cover and cook in crock pot on low until heated through, about 30-45 minutes.

Makes 6 ½-cup servings.

Chili-Chicken Casserole

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| 4 ounces crushed tortilla chips | 1 cup shredded cheddar cheese |
| 5 boneless chicken breast halves | 1 cup shredded mozzarella cheese |
| 1 small onion, diced | ½ tsp. black pepper |
| 1 Tbsp. oil | 2-3 Tbsp. chili powder |
| 1 can (15 oz.) tomato sauce | 1½ cups cooked kidney beans |
| 1 can (17 oz.) whole kernel corn, drained | |

1. Place crushed chips in bottom of 13x9x2-inch baking pan.
2. Cut the chicken breasts into 1-inch pieces; cook with onion in oil until onions are tender and chicken is cooked.
3. Stir in tomato sauce, corn, beans, and seasonings. Pour over the chips in the baking pan.
4. Sprinkle the cheese over the top.
5. Bake in a 350° oven for 30 minutes or until heated through and cheese melts.

Makes 8 servings.

For smaller families, use two 8-inch pans and freeze one casserole.

Casseroles & Main Dishes



Dove Creek Anasazi Beans®

- 1 pound Anasazi Beans® or pinto beans
- 6 cups water
- ¾ cup chopped lean cooked ham
- ¾ cup chopped onion
- 2 cloves garlic, minced
- 1½ Tbsp. chili powder
- ½ tsp. black pepper
- ½ tsp. salt
- 1 can (14½ oz.) diced tomatoes
- 1 can (7 oz.) diced green chilies, undrained

1. Sort and wash beans. Cover with water 2 inches above beans. Let soak 8 hours or overnight.
2. Drain and return to kettle. Add water and next 6 ingredients. Bring to boil, reduce heat and simmer 2 hours or until beans are tender.
3. Add tomatoes and chilies and simmer 15 minutes longer.

Makes 8 one-cup servings.

The green chilies add a special flavor.