

# Cooking with Beans & Legumes

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SCIENCES

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## Cooking With Beans and Legumes

Dry beans, soybeans, peas and lentils are all legumes. Pulse is another name for these foods in other parts of the world including Canada and England.

Legumes, including dry beans, are grown in 963 counties worldwide. The United States ranks sixth in the world for dry bean production. Eighteen states grow dry beans and North Dakota is the largest producer followed by Michigan, Nebraska, Minnesota, Idaho, Colorado, and California.

Most dry beans are grown in fields. They are left on the bush or vine until completely mature, dry and the pods turn yellow. Then the bean pods are harvested to remove the seeds or beans from the pod. Dry beans are stored in bins and elevators for future sale and use.

Pinto beans are the most popular bean with 4 times as much eaten as the second closest, navy or pea beans. Most American consumers buy canned beans for their convenience. People of Hispanic heritage buy and use the most dry beans.



### MyPlate and the 2010 USDA Dietary Guidelines

Dry beans are part of two food groups: **Vegetables** and **Protein**.

The **vegetable group** is divided into 5 subgroups: Dark Green, Orange, Legumes (dry beans), Starchy, and Other. Dry beans are part of the Legume group. An average 1800 to 2000 calorie level healthy eating plan may include 3 cups of beans a week. This would average out to ½ cup daily.

The **protein group** -it is recommended that those requiring 1600 to 1800 calories daily should consume 5 ounces from the protein group.

One ounce of cooked beans would be 1/4 cup. A serving can only be counted for one group.

### Bean Nutrition, It's Worth Bragging About

The new U.S. dietary guidance message says that “diets including beans may reduce your risk of heart disease and certain cancers.” Beans are one of nature’s healthiest foods.

#### Beans for a Healthy Heart

Beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. Research shows that a diet including beans may reduce your risk of heart disease.

#### Beans for Reduced Risk of Certain Cancers

Beans are a natural source of antioxidants and phytochemicals. Research indicates that a diet including beans may reduce your risk of certain cancers.

## Beans for Blood Sugar Management

Beans boast a low glycemic index and contain certain carbohydrates, which are digested slowly. These facts make beans a good choice for people needing to keep their blood sugar in the normal range.

**Protein:** Dry beans are a rich source of vegetable protein (21-27% when cooked). When beans are eaten as part of a varied diet that includes small amounts of animal protein (meat, dairy, or egg) or small amounts of grains (corn, rice, or wheat) daily, the protein from beans combined with the other sources will result in a complete protein equal to meat or other animal sources.

Protein is important in the body as it supplies the materials for building and repairing body tissues including muscles, bones, glands, skin and teeth.

**Beans for Vitality and Energy:** The complex carbohydrates in dry beans digest more slowly than simple carbohydrate foods thereby satisfying hunger. One-half cup of cooked beans contains less than 120 calories, providing long-lasting energy. The lean protein in beans helps maintain and promote muscle while beans complex carbohydrates provide a sustained energy source.

**Fiber:** Beans contain both types of fiber, soluble and insoluble. Increased fiber in your diet is recommended for a healthy diet. 1 cup of beans provides about one-third to one-half of the daily requirement for fiber. The 2010 Dietary Guidelines recommend 14 grams of fiber for every 1,000 calories or about 25 grams of fiber per day for women and 38 grams of fiber per day for men. Americans greatly under consume dietary fiber with the average intake of only 15 grams per day.

**Vitamins:** One serving of cooked dry beans supplies up to 40% of the minimum daily intake of folate which is essential for proper cell division and overall good health. It is critical because it helps reduce the risk of birth defects. During pregnancy, women need more folate. Expectant mothers who consume enough of the right nutrients can help reduce the risk of birth defects.

Fiber Content (grams per cup cooked beans)			
Lentils	16	Navy	12
Split Peas	16	Fava	12
Black	15	Great Northern	12
Pinto	14	Black Eyed Peas	11
Large Lima	14	White	11
Garbanzo	14	Baby Lima	10
Red	13	Soybean	10
Kidney	13		

Beans are also a good source of other B-vitamins.

## Minerals:

Beans contain iron to build red blood cells, calcium and phosphorus for strong bones and teeth and potassium for regulating body fluid balance. They also contain zinc and phytonutrients. Beans are high in fiber, contain no cholesterol and are low in sodium.

**Potassium:** ½ cup white beans is the 5<sup>th</sup> highest potassium rich food. ½ cup of kidney beans contains as much potassium as ¾ cup orange juice.

**Magnesium:** Beans are a good source.

**Calcium:** Beans are a good source of calcium, they are one of the 23 best “non-dairy” food sources.

**Iron:** ½ cup canned white beans contains 3.9 mg of iron

**Zinc:** Many types of beans are a good source of zinc, including white, kidney and chickpeas.

## Beans for People with Food Allergies and Intolerances

Beans are especially important for people with certain food allergies and intolerances. For example, some people can not tolerate gluten, a natural protein in wheat, barley and rye. Because beans don't contain gluten, or major allergens found in various grains, substituting beans can help provide the fiber and other nutrients that people on restricted diets may be missing.

## Beans for Weight Management

Beans are naturally low in fat, an excellent source of fiber, and a good source of protein. Research shows that people who eat more fiber tend to weigh less. Protein helps you feel full and promotes muscle building.

Average Nutrition Profile for cooked beans (pinto, navy, dark and light red kidney and black beans)			
Calories	118	Folate	147 mcg
Carbohydrates	22 g	Calcium	41 mg
Protein	7 g	Iron	2 mg
Fat	.5 g	Magnesium	47 mg
Dietary Fiber	7 g	Potassium	400 mg
Soluble Fiber	2.7 g	Sodium	2 mg

## Beans and Intestinal Gas

Beans contain 3 alpha-galactosides sugars. These cannot be broken down, or digested, by the human body. Dry beans also contain lots of food fiber, and some carbohydrates which are not absorbed.

When both the bean sugars and fiber reach the lower intestines, the resident bacteria react, producing gas. When dry beans are gradually added and habitually eaten as a part of the diet these side effects are normally eliminated as the bacteria in the intestinal tract adapt.

Most people who eat dry beans infrequently do have intestinal gas and/or belching when they eat more than a small serving. Vegetarians who eat dry beans daily for a protein source are not bothered by intestinal gas.

Solution: When beans are added to the diet gradually over a 3 to 8 week period and then eaten regularly—daily or several times a week, the effects disappear.

Slowly add beans to your meals, eat 2 tablespoons of canned beans each day for a week. Add another tablespoon each week for six weeks. Two months later, you're eating 3 cups a week.

Proper soaking and thorough cooking can break down starches making them more digestible. Chewing well and slowly aids digestion and may help minimize the problem. And last, but not least, drinking 6-8 glasses of water every day helps your gastrointestinal system handle the increased daily dietary fiber intake of 25-35 grams.

## Beano

Beano is a commercial product that contains a natural food enzyme that helps prevent gas before it starts. It works with your body's digestion to break down the complex carbohydrates in gassy foods, like fresh vegetables, whole grain breads and beans, making them more digestible. Beano enables you to enjoy your favorite healthy foods without worrying about gas. It is not a drug. It breaks down the complex carbohydrates found in gassy foods into simpler, easily digestible sugars before they reach the colon, preventing gas before it starts.

Beano is available in tablets or in Meltaways that can be found at supermarkets, pharmacies and many other stores. Take two chewable tablets before your first bite of food or put one Meltaway on your tongue before your first bite of food.



.....Did you know.. It can take 10-20 times of sampling a food before you will like it!  
When it's a good, healthy food, don't give up easily on yourself or your family.



## Types of Beans

There are over 1,000 varieties of beans to choose from. Here are some of the more common varieties.

**Adzuki beans:** Small, oval, reddish brown beans with a light, nutty flavor. They originated in China and Japan. They taste similar to kidney beans and can replace them in recipes. They have a sweet flavor and are particularly popular in Japanese cooking. Look for these in Asian markets or the Asian aisle of your grocery store. They are often found in paste form.



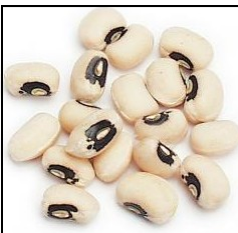
**Anasazi beans:** Kidney-shaped, burgandy-and-white heirloom speckled beans (the spots disappear when cooked). The Anasazi were Indians who lived in the four corners region (Colorado, Utah, Arizona, and New Mexico). These beans were one of the few crops cultivated by the Anasazi. Their sweet, full flavor make them excellent for Mexican dishes, especially soups. They also contain 25% less of the gas-causing carbohydrates compared to pinto beans. They are flavorful with a sweet taste.



**Black Beans:** These are also called Black Turtle, and are a staple in the Caribbean and parts of Central and South America. They are medium sized, black skinned with a creamy white interior. They have an earthy flavor that stands up well to bold seasonings. They turn a dark brown color when cooked. They tend to break up when cooked. Black beans are often used in soups and side dishes.



**Black-Eyed Peas:** Also called cowpeas, crowder peas and black-eyed Suzies. They are creamy colored with a small, dark brown to black spot on one side. They don't require pre-soaking and cook quickly. Found in traditional southern recipes, black-eyed peas pair well with strong-flavored greens such as spinach, chard and kale. Black-eyed peas



are one of the more easily digested beans. On New Year's Day in the South there's a tradition of black-eyed peas being made into Hoppin' John which has the reputation of bringing good luck.

**Butter Beans:** Large, cream-colored lima beans with a smooth, buttery texture and mild flavor. They're often served as a vegetable side dish or added to soups, main dishes and salads.



**Cannellini Beans:** These are large white beans, about ½ inch long, with a firm texture and skin and a nut-like flavor. Very popular in Italy, especially Tuscany. They are mild in flavor and hold their shape well. They are related to Kidney beans and are sometimes called white kidney beans. They are the basic ingredient in minestrone and Tuscan White bean soup. Cannellini beans are most commonly found dried.



**Cranberry Beans:** Medium-sized, white or cream in color with deep red or cranberry marks. They have a flavor similar to chestnuts. These beans fade during cooking, but still retain their nutty flavor. They are a favorite in Italian cooking and also known as "Roman beans". In the New England states they are often called shell beans. These beans freeze well.



**Designer Beans:** These beans are now stocked in many grocery stores and specialty food stores. They come in all shapes and colors and carry such names as : rattlesnake beans, Christmas beans, calypso beans, appaloosa beans, soldier beans and more. They are fun to mix and match in soups. 5



**Fava Beans:** Also known as broad beans, pigeon beans, horse beans, and Windsor beans. They are popular in Mediterranean cuisine. Fava beans have a distinct flavor and creamy texture that makes them a great addition to a wide variety of dishes. The small, young fava beans can be served in their pod while the older, more mature fava beans have to be removed from the pod. The skinless bean tends to fall apart so it is most often made into a puree. They are broad, flat and reddish brown in color.



**Garbanzo Beans:** Also called Chickpeas, they are light tan in color and have more of a square-ish, nutty look than the other beans. Considered a medium-sized bean, they go well in soups, salads and Mexican dishes. They are also the main ingredient in the popular Middle Eastern dip hummus. After cooking, this versatile bean remains nice and firm and has a nut-like flavor. Garbanzo beans are the most widely consumed legume in the world. They have a flavor somewhere between chestnuts and walnuts. In India there are red, black and brown chickpeas.



**Great Northern Beans:** Kidney-shaped white beans that resemble lima beans, as well as their cousins, navy beans. They have a mild flavor and can be used in any dish calling for white beans, such as casseroles, soups, stews, and baked beans. These are a North American bean, which is popular in France for making cassoulet (white bean cassoulet) and is also popular the Mediterranean.



**Kidney Beans:** Large pink or red kidney-shaped legumes, kidney beans are a mainstay of Mexican and Southwestern American Dishes, such as chile con carne and red beans and rice. They add color and texture to many



dishes. They are one of the more gas-producing beans. Dark red kidney beans have a deep glossy red color and are produced mainly in the northern USA. The light red kidney beans have more of a pink color. It is popular in the Caribbean region as well as in Portugal and Spain.

**Lentils:** Lentils are a separate branch of the legume family tree and look like small, flat round disks. Lentils come in a huge variety of colors and flavors including white, yellow, red, orange, green, brown and black.



Lentils need no presoaking, cook in only 45 minutes and have a pleasant, peppery flavor. Lentils are a very popular legume used throughout much of the world. Brown lentils don't hold their shape well after being cooked, however green lentils do.

Lentils have a high nutritional value second only to soy beans in protein content. They make a great soup all by themselves and can also be ground and made into meatless patties.

They have been a popular food in the Middle East for thousands of years.

**Lima Beans:** Also called butter beans, are a flat-shaped, creamy white-colored bean that come in two sizes—large and baby. They have a smooth, creamy, sweet flavor and cook up in 1 to 1 ½ hours. They are available frozen, canned, and dried.



This bean is named after Lima, Peru and are very popular in succotashes, casseroles, soups and multi-bean salads.

When cooked, lima beans are quite soft and won't hold their shape well if handled roughly.

**Marrow Beans:** The largest and roundest of the white beans, marrow beans have a creamy texture with the flavor of bacon. Great in soups.





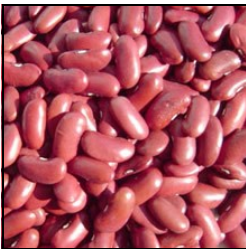
**Mung Beans:** These are best known here in the United States in their sprouted form. These sweet-flavored beans are native to India and are also popular in China. They are a small-greenish-brown, yellow or black legume. They cook quickly and soaking is not generally needed. Use them in place of lentils or peas in a recipe.



**Navy Beans:** Navy beans are also known as pea beans, or Yankee beans. These small white beans are used in commercially canned pork and beans and are used in traditional American dishes, such as Boston baked beans. They have a fine texture and skin but do not break up during cooking. These beans were named for their part of the U.S. Navy diet during the second half of the 19<sup>th</sup> Century.



**Pink Beans:** These beans have a beautiful pink color and are very popular in the countries of the Caribbean as well as in western United States. They are medium in size and have a refined texture and delicate flavor.



**Pinto Beans:** Pinto beans are the most widely produced bean in the United States and also one of the most popular in the Americas. It also contains the most fiber of all beans. They are medium sized with speckled reddish brown over a pale pink base. They have a solid texture and flavor. Their full-bodied, earthy flavor makes them a staple of southwestern and Mexican dishes such as chili, refried beans, burritos, etc.



**Red Beans:** Smaller than the pinto or kidney bean, the small red bean also called the Mexican Red Bean, holds its shape and firmness when cooked. Popular in Mexican, southwestern United States and Caribbean cooking. They hold their shape and firmness when cooked.



Most often used in salads, soups, chili and Creole dishes. Nearly all of the US crop is grown in Idaho and Washington.

**Soybeans:** This bean is higher in iron and protein than any other bean and is also high in fat. It is probably the most economically important bean in the world. Soybeans are the best source of lecithin which reduces cholesterol levels in the bloodstream. Soybeans are used in tempeh, textured vegetable protein, tofu, soy milk, soy nut, soy sauce, sprouts and other foods. Fresh soybeans are green in color and black or yellow when dried.



Edamame are the immature soybeans in the pod. These green soybeans are boiled together with condiments such as salt and served whole. Popular in Japan as a side dish. Rich in nutrients.

**Split Peas, Yellow or Green, Split or Whole:**

Whole green and yellow peas are part of the legume family. Whole dried peas have a history going back some 10,000 years. Originally from the Middle East, peas soon spread through the Mediterranean region and on to India and China. The cultivation of peas in Europe helped to stave off a famine in England in 1555. Peas are most commonly used in their split form.

Split peas have a mild flavor and soft texture. They often break down while cooking and therefore make an excellent choice for thick and hearty soups. Yellow split peas have a milder flavor than the green split peas. They do not need to be pre-soaked and cook quickly.



### **Bean Equivalents**

1 pound of dry beans = 2 cups dry and 5 to 6 cups cooked beans  
1 (15 oz.) can drained beans = 1 2/3 cups of cooked beans  
3 (15-16 oz.) cans drained beans = 1 pound (2 cups) dry beans  
Most bean recipes use the 3 cans of beans=1 pound dry beans equivalency

### **Cooking Dry Beans**

What is the first step when preparing to cook dry beans?

The first step is to remove beans from the package and pick them over, removing any small rocks or dirt pieces. Put the beans in a strainer, sieve, or colander. Rinse with fresh, cold water. If rocks and dirt are the same size as a bean, they can unintentionally slip through the sorting machine when they are processed and packaged. The processor does not normally rinse beans because it can result in a wrinkled, discolored skin and sprouting.

### **Soaking Methods**

With the exception of black-eyed peas, lentils and split peas, dried beans need to be soaked before cooking to soften and plump them. Soaking also makes beans more digestible by dissolving some of the sugars that cause intestinal gas.

After soaking dried beans, discard the water and cook the beans in clean, cold water. Remember most beans will rehydrate to triple their size, so start with a pot that's big enough.

Methods for soaking include the Traditional soak, Quick Soak, Hot Soak and Refrigerator Soak and Simmer. All of these methods work equally well; each has a different advantage that can be utilized depending on personal habits, time constraints and preference.

The Traditional Soak method starts the rehydration very slowly. The Quick Soak and Hot Soak accelerate that process by heating the bean with boiling water.

Soaking beans do not need to be refrigerated for food safety reasons.

#### **1. Traditional Soak**

Soak beans overnight, 16 hours maximum, at room temperature, in fresh cold water—6 cups water for each 2 cups of beans. Cover the container.

When beans are cooked in the soak water and both the water and beans are consumed, the most nutrients possible will be available. Drain and rinse soaked beans to remove gas producing sugars.

Dry beans have a natural 12-hour spoilage protection when they are covered with unheated water. After another 12 hours they will begin to sprout. Therefore, traditionally soaked beans do not need refrigeration for 12 hours. Once the bean is heated, the natural protection is lost.





## 2. Quick Soak

Heat 6 cups of water to a boil. Add one pound (2 cups), dry beans to the water and boil 2-3 minutes. Remove from heat, cover and let stand one hour to soak. The beans may then be simmered until tender OR drain and rinse beans, discard soak water. Cover beans with fresh cold water, add 1-3 teaspoons of salt. Simmer until tender, 10 minutes minimum.

## 3. Hot Soak

In a large pot, heat 10 cups of water to boiling. Add one pound (2 cups), dry beans and boil 2-3 minutes to blanch. Remove from heat, cover and let stand 4-16 hours. Drain and rinse both beans and pan, discard soak water. Cover beans with fresh cold water; add 1-3 teaspoons of salt. Simmer until tender, 10 minutes minimum.

The Hot Soak rehydrates the beans much more completely before cooking begins; therefore cooking time is shortened rather dramatically.

There will be a small loss of color and taste when the soak water from blanched beans is drained, but with a 4 hour soak time 75% of the indigestible sugars are eliminated and with a 20-24 hour soak time 90% of the indigestible sugars are eliminated.

Another reason to discard the soak water is to increase iron absorption. Phytates from beans are released into the soak water. Phytates bind iron, so a decrease in phytates will increase absorption of iron.

## 4. Refrigerator Soak

Dry beans may be refrigerated soaked for 1 to 5 days. Add 3 cups of water to each cup of beans, cover and refrigerate. Benefits are comparable to the Traditional Soak without the time constraint.

## 5. Steam and/or Simmer

Dry beans may be cooked without soaking for maximum vitamin, mineral and flavor retention in the finished product. Heat 6 cups of cold water to boiling. Add 1 pound (2 cups) of dry beans and 1-3 teaspoons of salt. Simmer until tender, minimum of 10 minutes. The cooking time will usually be 1-2 hours.

## Beans in the Slow Cooker

A slow cooker would seem to be the perfect place to cook beans but the actual heat in a slow cooker can be too low to fully cook the beans—unless you leave them 16-24 hours and then sometimes the beans will still be hard, not fully rehydrated to a tender state and off-flavored.

For best results it is recommended to add beans to boiling water and simmer for 10 minutes on the stove top, before adding to a slow cooker and cooking on LOW.

Another satisfactory method is cooking on HIGH for 1-2 hours in the slow cooker and then set on LOW for the remaining time.

Note: Soaked dry beans must be simmered a minimum of 10 minutes before they are digestible. Dry red kidney beans have a natural toxicant and must be cooked at least 10 minutes to make them safe to eat.

## Beans-- Frequently Asked Questions

**Q How do I tell if my beans have cooked long enough?**

A Taste test when beans no longer look dry and feel soft when stirred. The skins don't need to be broken for the beans to be fully cooked, although some may be.

**Q Soaking the beans first before cooking seems like a waste of time. Can dry beans just be put in a pot and simmered until done?**

A Some cooks do just that, but the cooking time will be greatly extended. The fact is that rehydration is an essential part of dry bean cookery. They need to absorb water in order to be edible.



**Q Should salt be added to dry beans when they are cooking?**

A According to USDA research, dry beans cook faster when salt is added to the cooking water because salt helps break down the cell walls. Beans may be cooked with or without salt, depending on your personal taste. It can be added either at the beginning of the soaking or cooking time or with the other ingredients.

**Q Canned beans are high in sodium. Will rinsing remove this sodium?**

A Yes, you can reduce the sodium content of canned beans by 41% by draining and rinsing before using.

**Q Many bean recipes call for the addition of cooking oil or shortening. What is the purpose of this?**

A Adding a little oil will help prevent boiling or foaming over the edge of the pot while the beans are cooking.

**Q I read that beans have a natural toxicant. Is that correct?**

A Yes, the U.S. government food safety website lists a food hazard warning for uncooked red kidney beans. Eating soaked raw or under cooked, less than 10 minutes simmered or boiled, red kidney beans causes RK Bean poisoning due to the production of Phytohaemagglutinin. As few as 4 or 5 raw, soaked beans can bring on symptoms with extreme nausea, vomiting, diarrhea within 3 to 4 hours.

It is common knowledge that raw ground meat is not safe to eat until thoroughly cooked; the same rule applies to uncooked or partially cooked beans.

**Q I have heard that I should add baking soda to the water when cooking beans. Is this correct?**

A Adding 1/8 teaspoon of baking soda per cup of dry beans was originally advocated to lesson the increased cooking time some cooks experienced when using hard water to cook beans. There are two problems with this. Hard water contains calcium. Calcium will combine with the pectin in the beans and prevent the beans from becoming tender. The second part of the problem comes with the philosophy of “if a little is good, more is better.” When more than 1/8 teaspoon of baking soda per cup of beans is used in cooking there will also be significant loss of the B vitamin-Thiamine and an off flavor in the cooked beans.

A better solution: Use bottled water, a hot soak, and/or increased cooking time. The disadvantages of adding baking soda out weigh any benefit.

**Q My recipe states to add molasses to my beans after they are tender. Why?**

A Molasses contains both calcium and acid and, therefore, should not be added to a dry bean dish before the beans are tender. Calcium makes it difficult or impossible to tenderize beans during cooking.

**Q When should I add acidic ingredients when cooking beans?**

A Acidic ingredients such as tomatoes, ketchup, chili sauce, molasses, wine, vinegar and lemon juice retard the cooking and rehydration of dry beans. If you would like to successfully cook dry beans do not add any ingredients containing acid or calcium before your beans are tender.

**Q When can onions and other vegetables be added to a bean dish?**

A Onions may be added anytime. If they are added early any definitive onion flavor will be gone. If onions are added during the last half hour, expect a full onion flavor in the finished dish.

Many cooks like to add herbs and other vegetables, to enhance the flavor of bland foods, especially if they will be used as a side dish or in salads. This method can also be used when cooking dry beans. Some examples would include:

- . onions studded with 2 or 3 cloves
- . a stalk of celery with leaves
- . a carrot or two
- . 4-6 peppercorns
- . a peeled clove of garlic
- . bay leaf
- . parsley

If using dry herbs rather than fresh, tie them in a small piece of cheesecloth so that the herbs will not disperse into the liquids and can be easily removed when the cooking is finished.

**Q How should I store my leftover beans?**

A Any dish prepared with dry beans may be cooked and eaten, and/or refrigerated for up to 5 days. Cooked beans and bean dishes may be frozen in their own liquid for up to 6 months with little or no loss of quality.

Freeze beans in 1-2 cups portions for ease in thawing and use airtight, moisture proof containers. Thaw beans slowly for maximum quality retention. There are two methods to thaw frozen beans.

1. Use the microwave defrost cycle
2. Thaw in the refrigerator overnight.

The microwave works especially well for reheating beans because less stirring is required and scorching is not as likely when they are reheated on top of the range.



**Q How long can I store dry-packaged beans?**

A Uncooked dry-packaged beans can be stored in a tightly sealed container in a cool, dry area, away from sunlight up to 12 months. If kept for more than 12 months, dry-packaged beans will lose moisture and may require longer cooking times. If they are stored for longer than 12 months or exposed to unfavorable storage conditions, beans may never soften sufficiently, no matter how long they are soaked or cooked. On the other hand, some beans can cook up tender after years of storage. Nutrient value is not lost with age.

**Q Are there any food safety rules to use when serving beans?**

A Yes, beans are a low acid food. They should be handled with care, keeping hot dishes HOT (140 - 165 degrees F) and cold dishes COLD (under 40 degrees) The temperature range between 45 and 115 degrees F is the most dangerous because bacteria and toxin producing microorganisms may double their populations every 15 to 30 minutes.

The other basic rule for food safety is to always wash hands with soap and water before you handle food—whether you’re eating or cooking.

**Q If my recipe calls for pintos, can I substitute a different bean?**

A Generally, you may substitute one type of bean for most other beans. Some beans, such as black beans, may add a slightly different taste and color.

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## Methods of Cooking Beans

### Starting With One Pound of Dry Beans (Cooking on stove top)

1. In a large pot, heat 10 cups of water to boiling.
2. Add dry beans and boil 2-3 minutes.
3. Remove from heat, cover and let stand 4-16 hours.
4. Drain, discarding soak water, rinse beans and pan.
5. Cover beans with fresh cold water; add 1-3 teaspoons salt. (Allow at least 1 cup of water per cup of soaked beans)
  - For Soups, add vegetables and seasonings. Increase water to 1 ½ cups per cup of beans
  - For Chili, add sautéed onions and garlic, cumin, chili powder, and oregano
  - For general uses, such as salads, salsas, bean dips, etc.—Season with a little garlic powder, a bay leaf, thyme, oregano and basil.
  - Do not add large amount of salt, vinegar, tomatoes or other acid as these ingredients will toughen the outer skin of the bean. Add these after the beans have cooked.Simmer until tender—Start checking after 45-60 minutes of simmering.  
*(Boiling beans will break the skins and leave you with a mushy meal)*  
Hard water may cause beans to need a little longer cooking time.
6. When beans are tender, drain and use in recipes; or for later use Cool quickly. Cool beans quickly by submerging the pot in cold water or in a sink full of ice water until cool, then drain and freeze in 1-2 cup packages.

### Approximate Cooking times for Beans (1 cup dried)

Exact cooking times depend upon altitude, bean variety, water hardness, and the age of the beans. Generally, most beans will cook to the desired firmness in 1 to 1 ½ hours. Test frequently by tasting, or mashing a bean against the side of the pot with a spoon or fork. Cooking beans in a slow cooker takes about 8 hours or overnight.

Type of Bean	Simmer Time	Yield
Lentils	15 - 20 minutes	2 - 3 cups
Adzuki	30 - 45 minutes	2 - 3 cups
Mung, Split Peas Baby Limas, Red Beans	45 - 60 minutes	2 - 2 1/2 cups
Black-eyed Peas, Butter Cannelli, Great Northern Lima, Navy, Pinto	1 - 1 1/2 hours	2 - 2 1/2 cups
Anasazi, Black, Fava, Kidney	1 - 2 hours	2 cups
Garbanzo	2 - 2 1/2 hours	2 cups
Soybeans	3 - 4 hours	2 cups

### Slow Cooker Beans Starting with One Pound of Dry Beans

1. Sort dry beans, removing any small rocks or dirt pieces. Put the beans into a strainer. Rinse with cold water.
2. In a large pot, heat 6 cups of water and 1 teaspoon salt to boiling.
3. Add beans, simmer for 10 minutes on the stovetop.
4. Pour beans and hot liquid into slow cooker and cook on LOW overnight (8-12 hours)
5. Use beans in a recipe or freeze in 2-cup containers.
6. This cooking method consistently cooks beans well but does not reduce intestinal gas causing complex carbohydrates.

### Slow Cooker Beans Starting with One Pound of Dry Beans (This method reduces intestinal gas causing complex carbohydrates)

*A four to sixteen hour Hot Soak, drain and rinse will reduce the “gassy sugars” in beans by 75% or more. Eating cooked beans 3-7 times a week, gradually increasing the amount, allows the digestive system to adapt to the complex carbohydrates/sugars and increased fiber.*

1. In a large pot, heat 10 cups of water and 1 teaspoon of salt to boiling.
2. Add cleaned dry beans, boil 2-3 minutes.
3. Remove from heat, cover and let stand 4-16 hours.
4. Drain, discarding soak water, rinse beans with fresh, cold water.
5. Pour beans into slow cooker and cover with fresh, cold water. Add 1 teaspoon salt. Cook on LOW for 8-12 hours or until tender.
6. Use in a recipe, refrigerate or freeze.



## Beans Cooked in the Pressure Cooker

One of the common reasons that cooks give for not using dry beans is that they take too long to cook. The pressure cooker can be an easy and efficient way to solve that problem. The new modern pressure cookers, whether the kind you use on top of the stove or the new electric pressure cookers can be used to cook beans quickly and easily. The new cookers have many built in safety devices. Follow the manufacturer's directions that come with your pressure cooker to cook beans.

General Steps:

1. Beans should be soaked at least 4 hours before cooking
2. Rinse the soaked beans before pressure cooking.
3. Add enough water, to cover the beans by 2 inches, but do not fill the pressure cooker more than  $\frac{1}{2}$  full.
4. Add 1-2 tablespoons of oil or fat to minimize foaming.
5. Taste and adjust seasoning, salt, condiments, acidic ingredients after the beans are cooked.
6. Lock the lid in place and cook at 15 psi or on HIGH on the electric pressure cookers
7. Allow the pressure to drop naturally on its own accord. This adds another 18 to 20 minutes of cooking without "tending the pot" and finishes the process.

## Pressure Cooking Guidelines for Dried Beans

Name	Soak	Cooking Time on High (15psi)
Adzuki	No	8 minutes
Anasazi	4 hrs. minimum	8 minutes
Black	4 hrs. minimum	12 minutes
Black eyed peas	No	10 minutes
Canellini	4 hrs. minimum	12 minutes
Cranberry	4 hrs. minimum	10 minutes
Fava	8 hrs. minimum	4 minutes at 8-10psi
Garbanzo	8 hrs. minimum	20-25 minutes
Great Northern	4 hrs. minimum	12 minutes
Lentils	No	7 minutes
Kidney, Lima	4 hrs. minimum	12 minutes
Mung	4 hrs. minimum	9 minutes at 8psi
Navy	4 hrs. minimum	10 minutes
Split peas	No	10 minutes
Pink beans	4 hrs. minimum	10 minutes
Pinto	4 hrs. minimum	12 minutes
Red beans	4 hrs. minimum	10 minutes
Soy beans	8 hrs. minimum	35 minutes

Pressure cooking times vary according to the quality and age of the beans. If they are still hard after pressure-cooking for the recommended time, cook for a few more minutes.

If you did not soak your beans first, simply allow for a longer cooking time. You can also speed soak your beans by cooking them on high pressure for 1 minute and then release the pressure using the quick release method. Drain the water, rinse the beans and soak in fresh water for 1 hour. Then pressure cook the beans normally using the standard "soaked bean" cooking times.

## Use Beans to Help Stretch the Family Budget

Beans can help stretch your family food budget. Despite the ups and downs of food prices and inflation, dry beans still rank as one of the most economical sources of protein. Because beans are high in protein, you can use less meat, chicken, or fish in meals that include beans.



One ounce equivalent of protein (1/4 cup beans) costs 6 cents for cooked dry beans and 18 cents for canned beans. A family of four who makes just one weekly meal using dry beans can save \$2.40 a week or \$124.80 per year.

The average retail prices in 2011 per pound were: Pinto beans–81 cents, Black beans–\$1.07 , and Limas–\$1.33.

### **Tips for Adding more Beans to your Daily Diet**

- Keep beans in your pantry. If you don't have time to cook packaged, dry beans, use canned beans instead.
- Use beans instead of, or in addition to, meat in your main dish, or in soups, salads, stuffings, and rice and pasta dishes.
- Top salads with beans – add about 1/4 cup per person.
- Mix beans with rice.
- Stir beans into your favorite pasta sauce. Add about 1/3 cup beans for each cup of sauce.
- Fill a tortilla or a flat bread with beans and other ingredients–rice, meat, cheese, vegetables.
- Use convenient bean spreads, or make your own by mashing cooked beans and adding spices for healthful, low-fat, high-fiber dips and spreads.
- Use chopped or mashed beans in brownie and cookie recipes, replacing part of the fat ingredient with beans to add protein, fiber, texture and flavor while lowering fat, cholesterol and calories.
- Use plenty of beans when you make chili.



## Black Bean Quesadillas

1	15-oz	can black beans, drained, rinsed	8	6 inch	whole-wheat tortillas
1/4	cup	chopped tomato	4	ounces	soy cheese/jalapeno jack, shredded
3	tablespoons	chopped cilantro	32		spinach leaves, shredded

Preheat oven to 350°. Mash beans. Stir in tomato and cilantro. Spread evenly onto four tortillas. Sprinkle with cheese, spinach and salsa. Top with remaining tortillas. Bake tortillas on ungreased cookie sheet for 12 minutes. Cut into wedges and serve.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	250
	% Daily Value
<b>Total Fat</b> 8g	<b>12%</b>
<b>Cholesterol</b> 32mg	<b>11%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrates</b> 32g	<b>11%</b>
Fiber 6g	<b>24%</b>
<b>Protein</b> 11g	<b>22%</b>

## Hummus

1 1/2	cups	cooked or canned garbanzo beans, rinsed & drained	1	tablespoon	lemon juice
1/2	cup	nonfat plain yogurt	1	tsp	cumin
1	tsp	minced garlic	1	tsp	sesame oil (optional)

Place all ingredients in blender or food processor, Blend until smooth. Refrigerate until ready to use.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	65
	% Daily Value
<b>Total Fat</b> 1.5g	<b>2%</b>
<b>Sodium</b> 14mg	<b>&lt;1%</b>
<b>Total Carbohydrates</b> 10g	<b>3%</b>
Fiber 2.5g	<b>10%</b>
<b>Protein</b> 3.5g	<b>7%</b>

### Source

Source: Food & Health Communications, Inc.

## Bean Dip

1/2	cup	canned vegetarian baked beans, drained	2	large	carrots cut into diagonal slices
3	tablespoons	shredded cheddar cheese	1	medium	red or green pepper, cut into chunks
2	tablespoons	regular or hickory-smoked barbecue sauce			Whole-grain crackers or baked chips (optional)

Place beans in a small microwavable bowl; mash slightly with fork. Stir in cheese and barbecue sauce. Cover with plastic wrap and vent slightly microwave on high for one minute; stir. Microwave for 30 seconds or until hot. Serve with vegetables, chips or crackers.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	60
	% Daily Value
<b>Total Fat</b> 2g	<b>3%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrates</b> 10g	<b>3%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 0g	

## Super Simple Bean Dip

- 2 16 oz cans refried beans
- 1 11-oz can condensed nacho cheese soup
- 1/2 cup bottled salsa
- 1/4 cup sliced green onions

- 1 In a 1 1/2 quart slow cooker combine refried beans, nacho cheese soup, and salsa. Cover and cook for 3 1/2 to 4 hours.
- 2 Sprinkle with green onions. Serve dip with tortilla chips.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	53
	% Daily Value
<b>Total Fat</b> 1g	<b>2%</b>
<b>Cholesterol</b> 2mg	<b>&lt;1%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrates</b> 8g	<b>3%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 3g	<b>6%</b>

## Spicy Chicken-Bean Dip

- 2 8-ounce tubs cream cheese with chive and onion
- 1 10 oz can chopped tomatoes and green chile peppers, undrained
- 1/4 cup milk
- 1 teaspoon ground cumin
- 1/2 teaspoon fajita seasoning
- 2 cups finely chopped cooked chicken
- 2 cups shredded American cheese
- 2 cups shredded Monterey Jack cheese
- 1 15-oz can white kidney (cannellini) or small white beans, rinsed and drained
- 2 tablespoons snipped fresh cilantro
- Pita wedges, toasted, and/or tortilla chips

- 1 In a 3 1/2 or 4 quart slow cooker combine cream cheese, tomatoes, milk, cumin, and fajita seasoning. Stir in chicken, American cheese, Monterey Jack cheese, and kidney beans.
- 2 Cover and cook on low-heat setting for 2 1/2 to 3 hours. Serve immediately or keep warm on low-heat setting for up to 2 hours.
- 3 Just before serving, stir in cilantro. Serve dip with toasted pita wedges and/or chips.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	153
	% Daily Value
<b>Total Fat</b> 11g	<b>17%</b>
<b>Cholesterol</b> 39mg	<b>13%</b>
<b>Sodium</b> 323mg	<b>13%</b>
<b>Total Carbohydrates</b> 5g	<b>2%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 8g	<b>16%</b>



## Bean and Bacon Fiesta Dip

8 slices	bacon	1 jar	Thick 'N Chunky Salsa
1 can	refried beans	1 1/2 cups	shredded Mexican cheese blend
1 can	chopped green chilies, drained		sour cream, if desired
1 cup	frozen corn, thawed, drained		tortilla chips
1 can	black beans, drained, rinsed		

- 1 Cook bacon until crisp; drain on paper towels. Set 2 slices of bacon aside; crumble remaining 6 slices.
- 2 Spray 8-inch square (2 quart) microwavable dish with cooking spray. In medium bowl, mix refried beans, green chilies and crumbled bacon. Spread mixture evenly in dish. Sprinkle frozen corn and black beans evenly over refried bean mixture. Pour salsa over top. Sprinkle cheese over salsa. Crumble remaining 2 slices of bacon; sprinkle over cheese.
- 3 Microwave uncovered on High 10 to 15 minutes or until cheese is bubbly and mixture is thoroughly heated. Garnish with spoonfuls of sour cream. Serve warm dip with tortilla chips.

Servings: 22

### Nutrition Facts

Serving size: 1/22 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	100
	% Daily Value
<b>Total Fat</b> 4g	<b>6%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrates</b> 11g	<b>4%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 6g	<b>12%</b>

### Source

Source: Betty Crocker

## Black-Eyed Pea Salad

Ingredients		Dressing	
6 ounces	small shell pasta, cooked and drained	3 tablespoons	canola oil
1 can	black-eyed peas, rinsed and drained	1/4 cup	red wine vinegar
1 cup	sliced green onions	1 teaspoon	sugar
3/4 cup	diced seeded peeled cucumber	1 teaspoon	dried basil
3/4 cup	diced green pepper	1 teaspoon	chili powder
3/4 cup	diced seeded tomato	1 teaspoon	hot pepper sauce
1 small	jalapeno pepper, seeded and finely chopped	1/2 teaspoon	seasoned salt

In a large salad bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, basil, chili powder, hot pepper sauce and seasoned salt; shake well. Drizzle over salad; toss to coat. Cover and refrigerate for at least 2 hours before serving.

Servings: 6

### Cooking Times

Preparation Time: 15 minutes

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
<b>Calories</b>	186
	% Daily Value

Nutrition information provided by the recipe author.

<b>Total Fat</b> 6g	<b>9%</b>
<b>Sodium</b> 269mg	<b>11%</b>
<b>Total Carbohydrates</b> 28g	<b>9%</b>
Fiber 4g	<b>16%</b>
<b>Protein</b> 6g	<b>12%</b>

### Source

Source: Taste of Home

## Colorful Corn 'n' Bean Salad

1 can	black beans, rinsed and drained	1/2 cup	chopped celery
1 jar	corn relish	1/4 cup	chopped sweet orange pepper
1/2 cup	canned kidney beans, rinsed and drained	1/4 cup	sliced pimiento-stuffed olives
1/2 cup	quartered cherry tomatoes	2 teaspoons	minced fresh parsley

In a large bowl, combine all ingredients. Cover and refrigerate until serving.

Servings: 12

### Cooking Times

Preparation Time: 15 minutes

### Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	80
	% Daily Value
<b>Total Fat</b> 1g	<b>2%</b>
<b>Sodium</b> 217mg	<b>9%</b>
<b>Total Carbohydrates</b> 16g	<b>5%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 2g	<b>4%</b>

### Source

Source: Taste of Home

## Greek Garbanzo Bean Salad

2 cans	garbanzo beans, drained	1 ounce	crumbled feta cheese
2	cucumbers, halved lengthwise and sliced	1/2 cup	Italian-style salad dressing
12	cherry tomatoes, halved	1/2	lemon juiced
1/2	red onion, chopped	1/2 teaspoon	garlic salt
2	cloves garlic, minced	1/2 teaspoon	ground black pepper
1 can	black olives, drained and chopped		

Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

Servings: 8

### Cooking Times

Preparation Time: 10 minutes

Total Time: 2 hours and 10 minutes

### Source

## Avocado and Black Eyed Pea Salsa

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- |     |   |     |          |                                |
|-----|---|-----|----------|--------------------------------|
| 2   | ripe but firm avocados, diced           | 1/4 | cup      | red wine vinegar               |
| 1/2 | cup chopped green onion tops            | 1/4 | cup      | olive oil                      |
| 1/2 | cup chopped fresh cilantro              | 1   | teaspoon | ground cumin                   |
| 1   | cup chopped Roma tomatoes               | 1/2 | teaspoon | minced garlic                  |
| 1   | can shoepeg corn, drained               |     |          | salt and black pepper to taste |
| 1   | can black-eyed peas, rinsed and drained |     |          |                                |

- 1 Lightly mix together avocados, green onion, cilantro, tomatoes, corn, and black-eyed peas in a salad bowl until well combined.
- 2 Whisk together red wine vinegar, olive oil, cumin, and minced garlic in a bowl, and pour over the salad. Season to taste with salt and pepper, and lightly toss the salad again. Chill for 1 hour before serving, to blend the flavors.

Servings: 12

### Cooking Times

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Preparation Time: 20 minutes

Total Time: 1 hour and 20 minutes

### Source

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Web Page: <http://allrecipes.com>

## Three-Bean Salad

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- |     |             |   |     |             |                      |
|-----|-------------|---|-----|-------------|----------------------|
| 1   | can         | cut wax beans, black beans, or garbanzo beans, rinsed and drained | 2   | tablespoons | salad oil            |
| 1   | can         | cut green beans or lima beans, rinsed and drained                 | 1/2 | teaspoon    | celery seeds         |
| 1   | can         | red kidney beans, rinsed and drained                              | 1/2 | teaspoon    | dry mustard          |
| 1/4 | cup         | vinegar   | 1   |             | clove garlic, minced |
| 2   | tablespoons | sugar   |     |             |                      |

- 1 In a large bowl combine wax beans, green beans, kidney beans, sweet pepper, and onion.
- 2 For dressing, in a screw-top jar combine the vinegar, sugar, oil, celery seeds, dry mustard, and garlic. Cover and shake well. Pour over vegetables; stir lightly. Cover and chill for 4 to 24 hours, stirring often.

Servings: 6

### Cooking Times

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Preparation Time: 15 minutes

Total Time: 4 hours

### Nutrition Facts

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Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	120
	% Daily Value
<b>Total Fat</b> 5g	<b>8%</b>
<b>Sodium</b> 491mg	<b>20%</b>
<b>Total Carbohydrates</b> 17g	<b>6%</b>
Fiber 5g	<b>20%</b>
<b>Protein</b> 4g	<b>8%</b>

## Calico Corn Salsa

1 1/2 cups	frozen corn, thawed	1/3 cup	chopped red onion
1 cup	frozen peas, thawed	1/4 cup	lime juice
1/2 teaspoon	ground cumin	1 tablespoon	Dijon mustard
1/8 teaspoon	dried oregano	1	garlic clove, minced
1 tablespoon	olive oil	1/2 teaspoon	salt
1 can	black beans, rinsed and drained	2 tablespoons	minced fresh cilantro
1 medium	tomato, chopped		tortilla chips

- 1 In a large bowl, combine the corn and peas. In a nonstick skillet, cook cumin and oregano in oil over medium heat for 2 minutes. Pour over corn mixture; stir to coat evenly. Stir in the beans, tomato and onion.
- 2 In a small bowl, whisk the lime juice, mustard, garlic and salt. Stir in cilantro. Pour over corn mixture and stir to coat. Serve with tortilla chips. Refrigerate leftovers.

Servings: 16

### Cooking Times

Preparation Time: 25 minutes  
Total Time: 25 minutes

### Nutrition Facts

Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	107
	% Daily Value
<b>Total Fat</b> 2g	3%
<b>Sodium</b> 317mg	13%
<b>Total Carbohydrates</b> 18g	6%
Fiber 4g	16%
<b>Protein</b> 5g	10%

### Source

Source: Taste of Home

## Yankee Bean Soup

1 1/2 cups	dried navy beans	4 cups	water
1/2 pound	sliced bacon, diced	2 cups	milk
3/4 cup	chopped onion	2 teaspoons	molasses
1/2 cup	chopped carrots	1 1/2 teaspoons	salt
1/3 cup	chopped celery leaves		

- 1 Place the beans in a Dutch oven; add water to cover by 2 inches. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.
- 2 Drain and rinsed beans, discarding liquid. Set beans aside. In the same pan, cook the bacon over medium heat until crisp. Using a slotted spoon, remove bacon to paper towels; drain, reserving 2 tablespoons drippings.
- 3 In the drippings, sauté the onion until tender. Stir in carrot and celery leaves. Return beans to the pan. Add water. Bring to a boil. Reduce heat; cover and simmer for 1 3/4 to 2 hours or until the beans are tender.
- 4 Stir in the milk, molasses, salt and bacon. Remove about 2 1/2 cups of soup; cool slightly. Place in a blender or food processor; cover and process until pureed. Return to the pan; heat through.

Servings: 6

## Confetti White Chili

3	cans	Great Northern, pinto, and/or white kidney (cannellini) beans	1/2	teaspoon	salt
1 1/2	cups	chopped red, green, and/or yellow sweet peppers	2		cloves garlic, minced
1	cup	coarsely shredded carrots	2	cans	chicken broth
1/2	cup	sliced green onions	2 1/2	cups	chopped cooked chicken or turkey
2	teaspoons	dried oregano, crushed			shredded Monterey Jack cheese (optional)
1	teaspoon	ground cumin			

- 1 Rinse and drain two cans of beans and place in a 3 1/4 or 4 quart slow cooker. Using a potato masher or fork, mash beans. Rinse and drain remaining can of beans (do not mash). Stir unmashed beans, sweet peppers, carrots, green onions, oregano, cumin, salt, and garlic into mashed beans in cooker. Stir in chicken broth.
- 2 Cover and cook on low-heat setting for 6-8 hours or on high-heat setting for 3-4 hours.
- 3 If using low-heat setting, turn to high-heat setting. Stir in chicken. Cover and cook about 15 minutes more or until chicken is heated through.
- 4 If desired, sprinkle each serving with Monterey Jack cheese.

Servings: 6

### Cooking Times

Preparation Time: 25 minutes

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	397
	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b>
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Sodium</b> 846mg	<b>35%</b>
<b>Total Carbohydrates</b> 51g	<b>17%</b>
Fiber 12g	<b>48%</b>
<b>Protein</b> 35g	<b>70%</b>

## Beefy Bean Soup (Gluten Free)

1	tablespoon	vegetable oil	1	bay	leaf
3/4	pound	beef stew meat, cut into 1-inch pieces	2	cans	navy, lima or great northern beans, rinsed and drained
1	medium	onion, chopped	4	medium	carrots, cut into 1-inch pieces
3	cups	beef broth	2	medium	celery stalks, cut into 1-inch pieces
1	cup	dry white wine or beef broth			chopped fresh parsley, if desired
2	tablespoons	chopped fresh thyme leaves or 2 teaspoons dried thyme leaves			crumbled cooked bacon, if desired
1/4	teaspoon	pepper			

- 1 Heat oil in Dutch oven over medium-high heat. Cook beef and onion in oil about 15 minutes, stirring frequently, until beef is brown.
- 2 Stir in broth, wine, thyme, pepper and bay leaf. Heat to boiling; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beef is almost tender.
- 3 Stir in beans, carrots and celery. Cover and simmer about 30 minutes, stirring occasionally, until vegetables are tender. Remove bay leaf. Sprinkle with parsley and bacon.

Servings: 8

### Cooking Times

Preparation Time: 20 minutes

Total Time: 3 hours and 30 minutes



## Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	210
	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b>
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 670mg	<b>28%</b>
<b>Total Carbohydrates</b> 27g	<b>9%</b>
Fiber 8g	<b>32%</b>
<b>Protein</b> 19g	<b>38%</b>

## Source

Source: Betty Crocker

## Kielbasa Split Pea Soup

2	celery ribs, thinly sliced	2	medium	potatoes, peeled and cubed
1	medium onion, chopped	1	tablespoon	minced fresh parsley
1	package dried green split peas	1	teaspoon	dried basil
9	cups water, divided	1 1/2	teaspoons	salt
1	package smoked turkey kielbasa, halved and sliced	1/2	teaspoon	pepper
4	medium carrots, halved and thinly sliced			

- 1 In a Dutch oven coated with cooking spray, cook celery and onion until tender. Stir in split peas and 6 cups water. Bring to a boil. Reduce heat; cover and simmer for 25 minutes.
- 2 Stir in the kielbasa, carrots, potatoes, parsley, basil, salt, pepper and remaining water. Return to a boil. Reduce heat; cover and simmer for 20-25 minutes or until peas and vegetables are tender.

Servings: 12

## Flavorful Taco Soup

1/2	pound	lean ground beef	4 1/2	teaspoons	ranch salad dressing mix
1	can	pinto beans, rinsed and drained			<b>Toppings</b>
1	can	diced tomatoes with mild green chilies, undrained	1/2	medium	ripe avocado, peeled and cubed
1	can	whole kernel corn, drained	2	tablespoons	shredded cheddar cheese
1 1/2	cups	water	2	teaspoons	minced fresh cilantro
2	tablespoons	taco seasoning			tortilla chips

- 1 In a large saucepan, cook beef over medium heat until it is no longer pink; drain. Stir in the beans, tomatoes, corn, water, taco seasoning and salad dressing mix. Bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until heated through.
- 2 Spoon into bowls; top with avocado, cheese and cilantro. Serve with tortilla chips.

Servings: 4

## Hearty Bean Soup

1	large	onion, chopped	2	cans	pinto beans, rinsed and drained
1/2	cup	chopped green pepper	2	cans	condensed bean with bacon soup, undiluted
2	tablespoons	butter	2	cups	diced fully cooked ham
2		garlic cloves, minced	2	cups	water
2	cans	great northern beans, rinsed and drained	2	tablespoons	canned diced jalapeno peppers.

In a small skillet, sauté onion and green pepper in butter for 3 minutes. Add the garlic; cook 1 minute longer. Transfer to a Dutch oven or soup kettle. Stir in the remaining ingredients. Cover and cook over medium-low heat for 20 minutes or until heated through, stirring occasionally.

Servings: 10

## Beefy Bean Soup

1	can	tomato puree	3/4	cup	uncooked elbow macaroni
1	can	diced tomatoes, undrained	1/2	pound	lean ground beef
1	cup	water	1	cup	chopped celery
1	cup	beef broth	1/2	cup	chopped onion
4 1/2	teaspoons	chicken bouillon granules	1/2	teaspoon	dried minced garlic
3/4	teaspoon	salt	1	can	kidney beans, rinsed and drained
3/4	teaspoon	dried basil	1	can	great northern beans, rinsed and drained
3/4	teaspoon	dried oregano			

- 1 In a Dutch oven, combine the first eight ingredients. Bring to a boil. Stir in the macaroni. Reduce heat simmer, uncovered, for 10-15 minutes or until the macaroni is tender.
- 2 Meanwhile, in a large skillet, cook the beef celery, onion over medium heat until meat is no longer pink. Add the garlic; cook 1 minute longer. Drain. Add to the tomato mixture. Stir in the beans heat through.

Servings: 8

### Source

Source: The Ultimate Soup Cookbook

## Beans & Franks

3	16 oz	cans pork and beans in tomato sauce	1/4	cup	molasses
1	16 oz	package frankfurters, cut into 1-inch pieces	1	tablespoon	prepared mustard
1/2	cup	catsup	4		slices bacon, crisp-cooked, drained, and crumbled
1/4	cup	chopped onion	1/4	cup	sliced green onions (optional)

- 1 In a 3 1/2 or 4 quart slow cooker combine pork and beans, frankfurters, catsup, onion, molasses, and mustard.
- 2 Cover and cook on low-heat setting for 6-8 hours or on high-heat setting for 3 to 4 hours. Sprinkle with crumbled bacon and, if desired, green onions.

Servings: 6

### Cooking Times

Preparation Time: 10 minutes

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	549
	% Daily Value
<b>Total Fat</b> 26g	<b>40%</b>
<b>Cholesterol</b> 57mg	<b>19%</b>
<b>Sodium</b> 2182mg	<b>91%</b>
<b>Total Carbohydrates</b> 61g	<b>20%</b>
Fiber 11g	<b>44%</b>
<b>Protein</b> 22g	<b>44%</b>

## Saucy Baked Beans with Sausage

- 2 15-oz cans Great Northern beans, rinsed and drained
- 2 15-oz cans small red beans, rinsed and drained
- 12 ounces cooked smoked sausage, cut into 1/2 inch slices
- 1 1/4 cups catsup
- 1 medium red onion, finely chopped
- 1/2 cup pure maple syrup or maple-flavored syrup
- 1/4 cup packed brown sugar
- 2 tablespoons prepared mustard
- 1/4 teaspoon black pepper

- 1 In a 3 1/2 or 4 quart slow cooker combine Great Northern beans, red beans, sausage, catsup, red onion, maple syrup, brown sugar, mustard, and pepper.
- 2 Cover and cook on low-heat setting for 5-6 hours or on high-heat setting for 2 1/2 to 3 hours.

Servings: 10

### Cooking Times

Preparation Time: 15 minutes

### Nutrition Facts

Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	372
	% Daily Value
<b>Total Fat</b> 12g	<b>18%</b>
<b>Cholesterol</b> 23mg	<b>8%</b>
<b>Sodium</b> 1261mg	<b>53%</b>
<b>Total Carbohydrates</b> 54g	<b>18%</b>
Fiber 10g	<b>40%</b>
<b>Protein</b> 18g	<b>36%</b>

## Enchilada Caser-Ole!

- 1 pound lean ground beef
- 1 large onion, chopped
- 2 cups salsa
- 1 can black beans, rinsed and drained
- 1/4 cup reduced-fat Italian salad dressing
- 2 tablespoons reduced-sodium taco seasoning
- 1/4 teaspoon ground cumin
- 6 flour tortillas (8 inch each)
- 3/4 cup reduced-fat sour cream
- 1 cup (4 ounces) shredded reduced-fat Mexican cheese blend
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1/4 cup minced fresh cilantro

- 1 In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. Place three tortillas in a 2-qt baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.
- 2 Cover and bake at 400° for 25 minutes. Uncover; bake 5-10 minutes longer or until heated through. Let stand for 5 minutes before topping with lettuce, tomato and cilantro.

Servings: 8

### Cooking Times

Preparation Time: 25 minutes

Cooking Time: 30 minutes

Total Time: 55 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Amount Per Serving	
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Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

<b>Calories</b>		357
		% Daily Value
<b>Total Fat</b>	12g	<b>18%</b>
<b>Saturated Fat</b>	5g	<b>25%</b>
<b>Cholesterol</b>	45mg	<b>15%</b>
<b>Sodium</b>	864mg	<b>36%</b>
<b>Total Carbohydrates</b>	37g	<b>12%</b>
<b>Fiber</b>	3g	<b>12%</b>
<b>Protein</b>	23g	<b>46%</b>

## Source

Source: Taste of Home

## Simple Succotash with Ham

- |     |       |  |     |          |                       |
|-----|-------|--|-----|----------|-----------------------|
| 1   | 16 oz | package frozen baby lima beans, thawed     | 1/2 | cup      | chopped celery        |
| 1   | 16 oz | package frozen whole kernel corn, thawed   | 1/4 | teaspoon | black pepper          |
| 2   | cups  | diced cooked ham                           | 2   |          | cloves garlic, minced |
| 1   | cup   | coarsely chopped red or green sweet pepper | 1   | 14 oz.   | can chicken broth     |
| 1/2 | cup   | chopped onion                              |     |          |                       |

- In a 3 1/2 or 4 quart slow cooker combine lima beans, corn, ham, sweet pepper, onion, celery, black pepper, and garlic. Pour chicken broth over mixture in cooker.
- Cover and cook on low-heat setting for 7-9 hours or on high-heat setting for 3 1/2 to 4 1/2 hours. Serve with a slotted spoon.

Servings: 8

## Cooking Times

Preparation Time: 15 minutes

## Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

<b>Amount Per Serving</b>		
		% Daily Value
<b>Calories</b>		19
<b>Total Fat</b>	4g	<b>6%</b>
<b>Cholesterol</b>	21mg	<b>7%</b>
<b>Sodium</b>	719mg	<b>30%</b>
<b>Total Carbohydrates</b>	26g	<b>9%</b>
<b>Fiber</b>	5g	<b>20%</b>
<b>Protein</b>	15g	<b>30%</b>

## Beef and Bean Taco Casserole

- |       |         |                                    |     |        |  |
|-------|---------|------------------------------------|-----|--------|--|
| 1     | pound   | lean ground beef                   | 4   | medium | green onions, sliced                     |
| 1     | 16 oz   | can refried beans                  | 2   | medium | tomatoes, chopped                        |
| 1     | jar     | 16 oz. Thick 'n Chunky salsa       | 1   | cup    | shredded Cheddar or Monterey Jack cheese |
| 1     | package | 40% less-sodium taco seasoning mix |     |        |  |
| 2 1/2 | cups    | coarsely broken tortilla chips     | 1/4 | cup    | sliced ripe olives                       |
| 1/2   | medium  | green bell pepper, chopped         | 1   | cup    | shredded lettuce                         |

- Heat oven to 350°F. In 12-inch skillet, cook beef over medium-high heat 5-7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in refried beans, salsa and taco seasoning mix. Reduce heat to medium. Heat to boiling, stirring occasionally.
- In ungreased 2-quart casserole, place 2 cups of the broken tortilla chips. Top evenly with beef mixture. Sprinkle with bell pepper, onions, 1 cup of the tomato, the cheese and olives.

- Bake uncovered 20 to 30 minutes or until hot and bubbly and cheese is melted. Top baked casserole with lettuce, remaining 1/2 cup tomato and remaining 1/2 cup tortilla chips.

Servings: 5

### Cooking Times

Preparation Time: 20 minutes

Total Time: 50 minutes

### Nutrition Facts

Serving size: 1/5 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	510
	% Daily Value
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 10g	<b>50%</b>
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 1720mg	<b>72%</b>
<b>Total Carbohydrates</b> 44g	<b>15%</b>
Fiber 7g	<b>28%</b>
<b>Protein</b> 29g	<b>58%</b>

### Source

Source: Betty Crocker

## Shortcut Baked Beans

- |     |       |                                     |   |             |                     |
|-----|-------|-------------------------------------|---|-------------|---------------------|
| 2   | 16 oz | cans pork and beans in tomato sauce | 2 | tablespoons | cooked bacon pieces |
| 2   | 15-oz | cans red kidney beans, drained      | 4 | teaspoons   | dried minced onion  |
| 1/2 | cup   | catsup                              | 4 | teaspoons   | prepared mustard    |
| 1/4 | cup   | packed brown sugar                  |   |             |                     |

- In a 3 1/2 to 4 quart slow cooker combine pork and beans, kidney beans, catsup, brown sugar, bacon pieces, dried onion, and mustard.
- Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

Servings: 8

### Cooking Times

Preparation Time: 10 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	235
	% Daily Value
<b>Total Fat</b> 2g	<b>3%</b>
<b>Cholesterol</b> 9mg	<b>3%</b>
<b>Sodium</b> 894mg	<b>37%</b>
<b>Total Carbohydrates</b> 49g	<b>16%</b>
Fiber 12g	<b>48%</b>
<b>Protein</b> 14g	<b>28%</b>



## Pioneer Beans

8	ounces	sliced bacon, chopped	1	24 oz.	bottle catsup
1 1/2	cups	chopped green sweet peppers	1/2	cup	packed brown sugar
1	cup	chopped onion	1/2	cup	molasses
1	31 ounce	can pork and beans in tomato sauce	2	tablespoons	vinegar
2	15-oz	cans red kidney beans, rinsed and drained	2	tablespoons	prepared mustard
2	15-oz	cans butter beans, rinsed and drained			

- 1 In a large skillet cook bacon, sweet peppers, and onion until vegetables are tender. Drain off fat.
- 2 Transfer bacon mixture to a 4 1/2 to 6 quart slow cooker. Stir in pork and beans, kidney beans, butter beans, catsup, brown sugar, molasses, vinegar, and mustard.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

Servings: 24

### Cooking Times

Preparation Time: 25 minutes

### Nutrition Facts

Serving size: 1/24 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	196
	% Daily Value
<b>Total Fat</b> 3g	<b>5%</b>
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 767mg	<b>32%</b>
<b>Total Carbohydrates</b> 36g	<b>12%</b>
Fiber 6g	<b>24%</b>
<b>Protein</b> 8g	<b>16%</b>

## Meaty Baked Beans

8	ounces	lean ground beef	1/2	cup	packed brown sugar or granulated sugar
8	ounces	bulk pork sausage			
1	cup	chopped onion	1/4	cup	water
2		cloves garlic minced	4	slices	bacon, crisp-cooked, drained, and crumbled
2	16 oz	can pork and beans in tomato sauce	2	tablespoons	lime juice
2	15-oz	can butter or black beans rinsed, and drained	2	tablespoons	prepared mustard
2	15-oz	can red kidney or pinto beans rinsed and drained.	1	teaspoon	chili powder
1	cup	bottled barbecue sauce	1/4	teaspoon	black pepper

- 1 In a large skillet cook ground beef, sausage, onion, and garlic until meat is brown. Drain off fat.
- 2 Transfer meat mixture to a 4 1/2 to 6 quart slow cooker. Stir in pork and beans, kidney beans, butter beans, barbecue sauce, sugar, water, bacon, lime juice, mustard, chili powder, and pepper.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

Servings: 12

### Cooking Times

Preparation Time: 25 minutes

### Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie

Amount Per Serving	
<b>Calories</b>	379

diet.

Nutrition information provided by the recipe author.

	% Daily Value
<b>Total Fat</b> 11g	<b>17%</b>
<b>Cholesterol</b> 31mg	<b>10%</b>
<b>Sodium</b> 1279mg	<b>53%</b>
<b>Total Carbohydrates</b> 52g	<b>17%</b>
Fiber 11g	<b>44%</b>
<b>Protein</b> 17g	<b>34%</b>

## Source

Source: Perfect of Potlucks

## Maple Baked Limas

2 1/2 cups	dry baby lima beans	1	tablespoon	Worcestershire sauce
1 1/2 cups	chopped onions	1		bay leaf
1 1/2 cups	chopped celery	3/4	teaspoon	salt
3/4 cup	pure maple syrup or maple-flavored syrup	1/8	teaspoon	black pepper
1/2 cup	catsup			bacon, crisp-cooked, drained, and crumbled (optional)

- 1 Rinse beans. In a Dutch oven combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.
- 2 In a 3 1/2 or 4 quart slow cooker combine beans, onions, celery, maple syrup, catsup, Worcestershire sauce, bay leaf, salt, and pepper. Stir in 3/4 cup fresh water.
- 3 Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3 1/2 to 4 1/2 hours. Remove bay leaf. If desired, sprinkle each serving with bacon.

Servings: 10

## Cooking Times

Preparation Time: 25 minutes

## Nutrition Facts

Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	241
% Daily Value	
<b>Total Fat</b> 1g	<b>2%</b>
<b>Sodium</b> 361mg	<b>15%</b>
<b>Total Carbohydrates</b> 51g	<b>17%</b>
Fiber 10g	<b>40%</b>
<b>Protein</b> 10g	<b>20%</b>

## Red Beans and Rice

1/2 pound	dried kidney beans, rinsed	1	cup	celery chopped
1/2 pound	dried pinto beans, rinsed	1	4 oz	can diced green chilies
4 cups	water	1/4	cup	snipped fresh parsley
4 cups	chicken broth	1/4 to 1/2	teaspoon	crushed red pepper flakes
2	garlic cloves, minced	1/4 to 1/2	teaspoon	ground cumin
2	bay leaves	1/4 to 1/2	teaspoon	hot pepper sauce
1	14 1/2 oz. can diced tomatoes, undrained	1	teaspoon	paprika
1	jar chopped pimientos, drained	1	teaspoon	salt
1	large green pepper, chopped	1	tablespoon	vinegar
1	large sweet red pepper, chopped			Hot cooked rice
1	large onion, chopped			

Place beans in a Dutch oven with water. Bring to a boil; simmer 2 minutes. Remove from the heat. Cover and let stand 1 hour. Drain and rinse beans. Return to Dutch oven with broth, garlic and bay leaves; bring to a boil. Reduce heat; cover and simmer for 1 1/4 hours. Stir in all remaining ingredients. Cover and simmer for 1 hour or until beans and vegetables are tender and gravy is thick. Remove bay leaves. Serve over rice. This dish keeps well.

Servings: 12

### Cooking Times

Preparation Time: 10 minutes  
 Cooking Time: 1 hour and 10 minutes  
 Total Time: 1 hour and 20 minutes

### Nutrition Facts

Serving size: 1/12 of a recipe.  
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
 Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	160
	% Daily Value
<b>Total Fat</b> 1g	<b>2%</b>
<b>Sodium</b> 604mg	<b>25%</b>
<b>Total Carbohydrates</b> 30g	<b>10%</b>
Fiber 9g	<b>36%</b>
<b>Protein</b> 10g	<b>20%</b>

### Source

Source: Taste of Home

## Surprise Chocolate Fudge

- |     |       |                                     |       |            |                      |
|-----|-------|-------------------------------------|-------|------------|----------------------|
| 1   | 15-oz | can pinto beans, rinsed and drained | 1     | tablespoon | vanilla extract      |
| 1   | cup   | baking cocoa                        | 7 1/2 | cups       | confectioners' sugar |
| 3/4 | cup   | butter, melted                      | 1     | cup        | chopped walnuts      |

In a microwave-safe dish, mash beans with a fork until smooth; cover and microwave for 1 1/2 minutes or until heated through. Add cocoa, butter and vanilla. (Mixture will be thick.) Slowly stir in sugar; add nuts. Press mixture into a 9-inch square pan coated with cooking spray. Cover and refrigerate until firm. Cut into 1-inch pieces.

Servings: 81

### Cooking Times

Preparation Time: 20 minutes

### Nutrition Facts

Serving size: 1/81 of a recipe.  
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
 Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	76
	% Daily Value
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 4mg	<b>1%</b>
<b>Sodium</b> 20mg	<b>&lt;1%</b>
<b>Total Carbohydrates</b> 13g	<b>4%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 1g	<b>2%</b>

### Source

Source: Taste of Home

## Gluten-Free Brownies

1 1/4 cups	semisweet chocolate chips	1 1/2 teaspoons	vanilla extract
1 15-oz	can garbanzo beans or chickpeas, rinsed and drained	1/2 cup	packed brown sugar
3	egg whites	1/2 teaspoon	baking powder
1	egg		Dash salt
2 tablespoons	instant coffee granules, optional	1/2 cup	chopped walnuts, optional
2 tablespoons	canola oil		

- 1 In a microwave, melt chocolate chips; stir until smooth. Cool slightly.
- 2 Meanwhile, place the beans, egg whites, egg, coffee granules if desired, oil and vanilla in a food processor. Cover and process until smooth.
- 3 In a small bowl, combine the brown sugar, baking powder and salt; add to bean mixture. Cover and process until combined. Gradually add the chocolate; process until blended.
- 4 Pour batter into a 9-inch square baking pan coated with cooking spray. Sprinkle with walnuts if desired. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out with moist crumbs (do not overbake). Cool completely on a wire rack.

Servings: 12

### Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

### Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	184
	% Daily Value
<b>Total Fat</b> 9g	<b>14%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Cholesterol</b> 18mg	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrates</b> 26g	<b>9%</b>
<b>Fiber</b> 2g	<b>8%</b>
<b>Protein</b> 4g	<b>8%</b>

### Source

Source: Taste of Home

## Black Bean Brownies

1/2 cup	cocoa	4	eggs
1/2 cup	butter or margarine	2/3 cup	all-purpose flour
2 cups	white sugar	1 teaspoon	salt
1 cup	canned or home-cooked black beans	1/2 teaspoon	baking powder

- 1 Drain black beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed.
- 2 Mix cocoa, butter, sugar, black bean puree and eggs together in a bowl until well blended.
- 3 Mix flour, salt and baking powder together in a small bowl and stir into wet mixture.
- 4 Grease a 9x13 inch pan with cooking spray. Pour the batter into pan.
- 5 Bake 40 minutes at 350° or until brownies test done with a toothpick.
- 6 Frost with a sprinkling of powdered sugar. Cut into 24 bars.

Servings: 24

## Nutrition Facts

Serving size: 1/24 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	143
	% Daily Value
<b>Total Fat</b> 5g	<b>8%</b>
<b>Sodium</b> 177mg	<b>7%</b>
<b>Total Carbohydrates</b> 24g	<b>8%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>

## Raisin Cinnamon Muffins

1	15-16 ounce	light red kidney beans or home-cooked beans*	1	cup	all-purpose flour
			2	teaspoons	baking powder
3/4	cup	skim milk	1/2	teaspoon	baking soda
2		egg whites (or 1 whole egg)	1	teaspoon	ground cinnamon
1/4	cup	canola oil	1/4	teaspoon	ground nutmeg
1/2	cup	brown sugar	1/16	teaspoon	ground cloves
1/2	cup	raisins (if raisins are dry, microwave with 1 tablespoon water until warm)			

- 1 Drain and rinse beans. Puree beans in food processor or blender, gradually adding milk.
- 2 Pour bean mixture into mixing bowl. Stir in egg whites, oil and brown sugar; add raisins.
- 3 Measure and combine dry ingredients; add to bean mixture. Stir until just moistened.
- 4 Use a 1/4 cup measure to fill paper-lined muffin cups with dough.
- 5 Bake at 400° for 15 minutes, until golden brown.
- 6 \*Any leftover, unseasoned cooked dry beans may be used.

Servings: 16

## Nutrition Facts

Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	144
	% Daily Value
<b>Total Fat</b> 4g	<b>6%</b>
<b>Sodium</b> 114mg	<b>5%</b>
<b>Total Carbohydrates</b> 24g	<b>8%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 4g	<b>8%</b>

## Navy Bean Oatmeal Chocolate Chip Cookies

1	cup	canned or home-cooked navy beans	2	cups	all-purpose flour
1/2	cup	butter or margarine	1	teaspoon	baking soda
1	cup	white sugar	1	teaspoon	baking powder
1	cup	brown sugar	1/2	teaspoon	salt
2		eggs	2	cups	quick-cooking oatmeal
1	teaspoon	vanilla	6	ounces	(1 cup) chocolate chips

- 1 Drain navy beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed. Set aside.
- 2 Cream butter and sugar with mixer; add navy bean puree and continue to cream.
- 3 Add eggs and vanilla; blend well.
- 4 Mix flour, baking powder and soda in a small bowl. Add to mixture.
- 5 Stir in oatmeal and chocolate chips. Refrigerate dough for several hours.
- 6 Preheat oven to 375°.



- 7 Drop rounded tablespoons of dough onto a greased cookie sheet.
- 8 Bake 15-17 minutes or until golden brown.

Servings: 54

### Nutrition Facts

Serving size: 1/54 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	94
	% Daily Value
<b>Total Fat</b> 3g	<b>5%</b>
<b>Sodium</b> 91mg	<b>4%</b>
<b>Total Carbohydrates</b> 16g	<b>5%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>