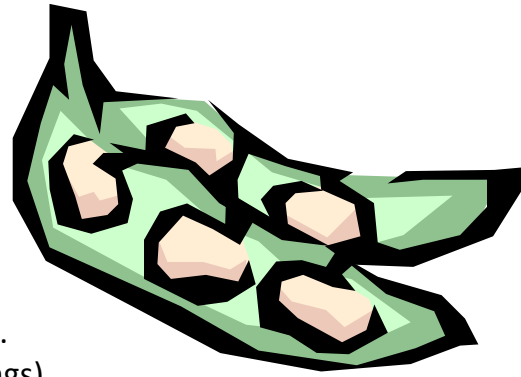


Bean Cuisine



Bean Information

1 Cup of most dried beans = 2 – 2 ½ cups cooked beans.

1 pound cooked = approximately 6 cups (about 4 servings)

2 cups of dried beans = 5 cups after soaking

1 cup of dried pinto beans yielded approx 2 1/8 cups bean flour

Bean Storage Lengths: (use clean, tightly covered containers)

Dry beans on pantry shelf: 1 year

Refrigerator: cooked and covered: 3-4 days

Refrigerator frozen food compartment: (cooked beans and bean dishes, prepared for freezing): 1 month

Freezer (cooked beans and bean dishes, prepared for freezing): 4 – 6 months to over a year

Some Different Ways to Eat Beans

- In the pod: string beans, snow peas, etc.
- Shelled, fresh: (lima beans, black-eyed peas, green peas)
- Reconstituted, cooked dry beans
- Sprouted (1/4 Cup of mung beans will yield 1 qt. of mung bean sprouts after 3 –4 days of sprouting)
- Bean flours--Replace up to 25% of flour in recipes with mild bean flours. Add extra leavening, or an extra egg.
- Use bean flour as a thickener in stews and gravies.
- Other variations: roasted, fried, etc.

Rinsing and Sorting Dried Beans

- Rinse beans in a colander, or sieve, (including split peas and lentils) before soaking or cooking, and remove any foreign material.

Soaking--beans will more than double in size after soaking!

- Long soak: Cover beans with three times their volume in water and soak overnight. Drain, and cook in fresh water.
- Quick soak: Cover beans with three times their volume in water and boil for 1 minute. Turn off heat and soak for 1 hour. Drain beans and cook in fresh water.
- 6 hours is enough time for soaking. Usually 4 hours is sufficient.
- Lentils and peas do not need to be soaked.

Cooking Beans

- Old beans require more time to cook.
- Hard water lengthens cooking times (acts like salt).
- Greasing the inside edge of the pot may prevent it from boiling over.
- Keep the pot partially covered during cooking time. Do not tightly seal the pot with a lid, or it will boil over.
- Onions, celery, and most vegetables can be cooked along with beans, if desired.
- Cook beans at a low temperature. Boiling causes the beans to split. Crockpots on low are ideal for cooking beans.
- Don't add salt until beans are tender. Salt stops the tenderizing process.
- Don't expect beans to cook in sauces.
- Don't add molasses until beans are tender.
- Cooking in a pot on the Stove: Place drained, soaked beans in a pot with just enough water to cover beans and bring the water to a simmer (low heat). Keep beans covered with water throughout the cooking time. Adding more water than this will cause the beans to be waterlogged and lose flavor.
- Pressure cooker. Most beans will be done in 20 – 30 minutes. Beans will not foam or clog the pressure vent if the cooker is no more than 1/3 full and if 1 T. of some type of fat or cooking oil is added. At the end of cooking time, remove cooker from heat and allow pressure to drop gradually. Review the manufacturer's literature for more specific instructions on cooking dried beans in your pressure cooker.

Don'ts!

- Don't add acidic ingredients (i.e. tomatoes, lemon juice, vinegar, etc.) until after the beans are tender because these ingredients will cause the beans to remain tough and will increase the cooking time.

Anti-Flatulence Soaking Methods

- Reduce flatulence by 60% soaking method. (Method devised by the Department of Agriculture).
Soak beans for 4 or 5 hours (or overnight) in 9 cups of water for each cup of beans. Drain the beans. Add 9 cups of water for each cup of beans and cook for ½ hour and drain. If not completely cooked, add fresh water and complete cooking. Drain.
Disadvantages of this method: Time and labor intensive! Some water-soluble B vitamins leach out. (Since beans are high in these vitamins, beans soaked in this manner will still be a good source of B vitamins.)
- A less complicated method: Change the soaking water as often as you think of it. Cook beans in fresh water.

Flatulence Reduction Tips

- Beans cause gas because they contain a sugar that cannot be broken down by digestive enzymes. Bacteria in the colon convert the sugar to carbon dioxide, hydrogen and methane gas.
- Sprouting beans reduces the sugar that causes gas.
- Eating beans frequently will encourage your body to acquire the enzymes and friendly bacteria that will aid digestion. Using bean flours is a quick way to increase the consumption of beans. Mild bean flours can replace up to 1/4th the amount of wheat flour in recipes. You should also add extra leavening or an extra egg.
- Don't cook in the soaking water.
- Eating Beano® before eating beans supposedly will eliminate gas. More info: <http://www.beanogas.com/>
- A less expensive Beano® competitor: <http://www.bean-zyme.com/>

"Giving New Life to Old Beans"

"Should you throw out those dry beans that have hardened after years in storage? No! To salvage old beans, wash and sort them, removing any discolored beans or foreign material. To each cup of dry beans, add two and one-half cups of hot tap water and two teaspoons of baking soda. Soak the beans overnight. The next day, drain them and rinse them twice. Put them in a large pot, cover them with water, and cook them until they become tender—about two hours. As the beans cook, add more water as needed. Then use the beans in any recipe." Ensign, January 1990, p. 74.

Vegetarian Bishop's Bean Soup

2 C beans, soaked
1 C cooked or frozen corn
1 lb can stewed tomatoes
½ C long grain rice
4 cloves garlic
¼ C molasses
2 qt water

Slow cook until beans are tender. Add water as needed.

Bishop's Bean Chili

2 C beans, soaked
1 lb ground beef
4 cloves garlic, minced,
2 8-oz cans tomato paste

1 tsp ground sage
 ¼ C parsley flakes
 1 potato, peeled and grated (added at the end)
 1 qt water
 1 large onion, chopped
 2 1-lb cans stewed tomatoes
 1 Tbsp chili powder
 1 tsp red pepper flakes
 1 bay leaf

Slow cook beans till almost tender. Add grated potato and cook ½ hour longer. Serve with jalapeño peppers and grated cheddar cheese.

Bishop's Beans Soup Mix

This makes a colorful soup mix. Put it into a jar with a pretty label and recipes printed on cards or pretty paper, it makes a perfect holiday gift.

3 lbs each:

Great Northern Beans	Navy Beans
Pinto Beans	Black Beans
Jacob's Cattle Beans	Black-Eyed Peas
Kidney Beans	Large Lima Beans
Baby Lima Beans	Cranberry Beans
Lentils	Green Split Peas
Yellow Split Peas	Garbanzo (Chick peas)
Barley	

Possible substitutes: Pink beans, yellow-eyed beans, speckled lima beans, red lentils.

Makes approximately 18-1qt gift jars, or 36-2 C bags (Ziploc Baggies work well.)

Bishop's Bean Soup

Soak 2 Cups bean mix for 4 hrs or overnight. Drain and rinse. Put beans in a large saucepan with 8 C Water. Cook 4 hours with the following ingredients:

1 Large onion, chopped
 1 clove garlic
 1 large can stewed tomatoes
 1 lb chopped ham (or bacon slices, hock, or salt pork)
 1 green or red pepper (add the last 10 min of cooking)

Colorful Bean Bake

2c cooked kidney beans	1 1/2c. corn
1 1/2 c shredded jack cheese	1c tomato sauce
1/2c chopped green chilies, drained	1c water
dash of Tabasco sauce	1/4 c white bean flour
2c coarsely shredded zucchini	1/4c corn meal
1 Egg, beaten	

In 9"X13" baking dish, combine beans, corn, tomato sauce, chilies, Tabasco sauce and 1/2 of cheese; mix well. Top with zucchini.

Combine corn meal, bean flour, egg and enough water to make a pourable batter. Pour over top of veggie mixture. Bake at 350° for 20-25 mins. Top with remaining cheese. Bake an additional 2-3 minutes. Serves 4-6.

Mock Pecan Pie

"This is an interesting dessert for the Holidays. You won't believe this delicious pie is made from pinto beans! Easy to make and comes out perfectly every time."

1 cup pinto beans, cooked or canned, unseasoned
1 1/2 to 2 cups sugar
4 ounces (1/2 cup) butter or margarine (not diet)
4 large eggs, beaten
2 tablespoons molasses or dark corn syrup
3 teaspoons vanilla extract
1/2 teaspoon salt
1 (9-inch) unbaked pastry pie shell
1/2 cup chopped pecans for topping

Cook the uncooked, unseasoned beans in water until soft. Cool, drain and measure 1 cup. If using canned beans, drain and measure them. Mash 1 cup of pinto beans.

Next, cream butter and sugar together in a medium-sized bowl. Add the vanilla, molasses, salt and well beaten eggs. Add mixture to the beans, mixing well.

Pour the mixture into an unbaked pie shell and sprinkle chopped pecans on top. Bake for 45 to 60 minutes in a 350°F (175°C) oven, until pie is firm or a knife inserted into the middle of the pie comes out clean. Makes 8 servings.

Crock pot taco soup

1 lb browned ground beef
1 pkg. taco seasoning
1 can cream of potato soup
1 can kidney beans, un-drained
1-16 oz can diced tomatoes
1 can beef broth
1 can black beans (optional)
1 med can tomato sauce

Pour all ingredients into the slow cooker and cook on high heat all day. When ready to serve, garnish with corn chips, cheese, and sour cream. Salsa or red hot sauce also compliment well

Greek Lentil Soup

2 C Dried lentils
8 C Water

Bring to a boil, cover, reduce heat and simmer for 30 min. In the meantime, prepare remaining ingredients:

2 Stalks celery, sliced
2 Carrots, peeled and sliced
1 Onion, diced
2 Cloves garlic, minced
½ lb Italian sausage, sliced ¼"
1 C small shells, elbow macaroni, or other small pasta
1 Can Tomato sauce
3-4 Tbsp. Lemon juice
1 box frozen spinach, shredded (finely sliced)
Salt to taste

Add all remaining ingredients and bring to a boil again. Cover, reduce heat and simmer 15-20 min, until pasta is cooked.

Instant Refried Bean Mix

INGREDIENTS:

- 3 cups dried beans, any variety
- 1 tsp. ground cumin
- 1 tsp. chili powder

- 1 tsp. salt
- 1 Tbsp. dried minced onion
- 1/2 tsp. cayenne pepper
- 1/4 tsp. pepper

In a coffee grinder, food mill or blender, grind beans until they resemble flour. Mix all ingredients together in a medium bowl until they are well blended. Store mix in a large airtight container or jar in a cool, dry place.

Refried Beans:

3/4 cup Instant Refried Beans Mix
2-1/2 cups boiling water

Combine bean mix and water in a medium-sized saucepan. Mix with a wire whisk until combined. Mixture may be lumpy. That's okay; they will just add texture to the finished product. Bring mixture to a boil, stirring frequently, and cover pan, reduce heat to low, and simmer for 4-5 minutes or until thickened. Mixture will thicken more as it cools.

HUMMUS

1 can chickpeas (14 fl oz; circa 300 grams drained)
2 TBS lemon juice
1 clove garlic
Coriander (or other herbs) to taste

Throw all into a food processor, and whirl until you get a paste of the desired consistency. I usually rinse the canned beans to get rid of the extra salt. Depending on how well it's been drained, I might need to add a couple extra TBS of water. On the other hand, I also like it a little dry, so I'll forgo the extra water and process it so that it's a little chunky.

Humus II

A delicious and healthy Mediterranean recipe, easy, cheap and fast to make (10 min). Humus is a cream of chickpeas with garlic, lemon and olive oil, from Lebanon.

- 1 can of chick peas (standard, 850ml 530 g). Drain and rinse.
- Put the peas in a blender or food processor.
- Add ¼ C lemon juice
- Let it turn for a while. When it becomes "creamy"
- Add ¼ C olive oil

- Let it turn until the cream is “perfect”. While it turns:
- prepare four big garlic cloves,
- Stop the blender, crunch the garlic with a garlic-cruncher on top of humus, wait 2-3 min for garlic to “mature”, and mix again the humus
- Serve it cold, with mint leaves as ornament (optional). Spread it on bread (or take a spoon!)

FALAFEL

1 can (15 ounces) Garbanzo beans or 1 1/2 cups cooked dry-packaged Garbanzo beans, rinsed, drained

1 medium onion, coarsely chopped

1/4 cup packed parsley leaves

2 cloves garlic, minced

1/2 teaspoon ground cumin

3/4 teaspoon dried oregano leaves

2 to 3 teaspoons lemon juice

Salt and pepper, to taste

1 cup dry plain bread crumbs, divided

1 egg yolk

Olive oil cooking spray

Tomato-Cucumber Relish (recipe on pg 8)

Process Garbanzo beans, onion, parsley, garlic, cumin, and oregano in food processor until smooth; season to taste with lemon juice, salt, and pepper. Stir in 1/2 cup bread crumbs, and egg yolk.

Form bean mixture into 16 patties, using about 1 1/2 tablespoons for each. Coat patties with remaining 1/2 cup bread crumbs.

Spray large skillet with cooking spray; heat over medium heat until hot. Cook falafel over medium heat until browned on the bottom, 2 to 3 minutes. Spray tops of falafel with cooking spray and turn; cook until browned on the bottom, 2 to 3 minutes. Serve with Tomato-Cucumber Relish. Makes four servings.

Fava Bean Dip

The ingredients are:

1 large Tomato, coarsely chopped 1 medium Onion, coarsely chopped 1 Hot chili pepper, halved 2 Cloves of garlic 2 tbsp Soy sauce 4 tbsp Chili powder 2 tbsp Ground cumin 2 cup Cooked pinto beans OR - fava beans

The recipe yield is:

2 cups

Place tomato, onion, pepper, garlic, soy sauce, chili powder and cumin in a blender. Process on medium speed until smooth. Add 1 cup of beans & process on medium until well blended. Add remaining beans and blend again until smooth. Serve with Tortilla chips or crackers. Yield 2 cups

Feijoada (Brazilian Black Beans)

2 C Black beans—soak overnight

5 C Water

Simmer beans about 1 hr, until almost tender.

In a saucepan, sauté in olive oil

¾ C Chopped onion

3 garlic cloves, minced

½ tsp. Salt (to taste)

¼ tsp pepper

1 tsp cumin

2 Tbsp. Chopped chili (fresh or canned)

A variety of meats—beef cubes, pork, sausage and/or venison.

Add onions and all remaining ingredients to beans and simmer another ½ hr or until meat is cooked and beans are tender. Serve over rice with shredded, cooked kale, collards or other greens on the side.

Minestrone

1 ½ C dry navy beans

2 Cans (16 oz) tomatoes, cut up

1 C chopped carrots

6 slices bacon

2 tsp salt

1 tsp dried basil

½ tsp dried sage

¼ tsp pepper

1 C chopped onion	1 C chopped celery
3 oz. fine egg noodles (1 ½ C)	2 med zucchini sliced (2 C)
1 clove garlic, minced	9 C water
2 C. finely shredded cabbage	

Rinse beans. Combine beans and water, bring to a boil. Reduce heat and simmer 2 minutes. Remove from heat. Cover; let stand 1 hr. Do not drain.

Add carrots, cover and simmer 2 ½ -3 hrs.

Cook bacon until crisp, drain, reserve 2 Tb drippings. Crumble bacon and set aside.

Cook onion, celery and garlic in bacon drippings until almost tender. Add to beans, along with undrained tomatoes and remaining ingredients. Bring to a boil. Stir in noodles. Reduce heat and simmer 20-25 minutes or until noodles are tender. Stir in bacon. Serves 8

Chalupa

1 lb pinto beans
 3 lbs pork roast
 7 C water
 ½ C chopped onion
 2 cloves garlic, minced
 1 Tb salt
 2 Tb chili powder
 1 Tb cumin
 1 tsp oregano
 1 can (4 oz) chopped green chilies
 Corn Chips

Put all ingredients except corn chips in a heavy kettle, cover and simmer about 5 hours, or until roast fall apart and beans are done. Cut meat from bone, discard bone. Cook, uncovered, about ½ hr until mixture thickens.

Serve with chips and choice of toppings: chopped tomato, avocado, onion, shredded lettuce, grated cheese, taco sauce.

TOASTED BEAN SANDWICH

2 C cooked pinto beans
 2 Tb minced onion
 2 Tb pickle relish

6 slices bread
6 slices cheddar cheese

Mix beans, onion and relish.

Toast bread. Spoon 1/3 c bean mixture on each slice.

Broil until the beans are hot. Add a slice of cheese on top and broil until cheese melts.
Variation: make open-faced sandwiches with thick slices of sourdough bread.

Serves 6

Chili

1 lb hamburger
½ C chopped onion
½ green pepper, chopped
2 C cooked soft red beans
2 C. (16 oz can) whole tomatoes, un-drained
2 C tomato juice
1 – 2 tsp chili powder

Brown hamburger, onion and pepper in a large pan. Drain off fat.

Add remaining ingredients. Cover and simmer 30 minutes.

Lentil Tacos

1 c. chopped onion
1 clove garlic, minced
1 tsp. canola oil
1 c. lentils, rinsed
1 Tbsp. Chili powder
2 tsp. ground cumin
1 tsp. dried oregano
2 1/2 c. chicken broth (I use water & bouillon cubes)
1 c. Salsa
12 Taco shells (I use whole wheat flour tortillas)
1 1/2 c. shredded lettuce
1 c. fresh tomatoes, chopped
1 1/2 c. grated Cheese

6 Tbsp. Sour Cream (I use plain yogurt)

In a lg. skillet, sauté onion & garlic in oil until tender. Add lentils, & spices. Cook & stir for 1 min. Add broth; bring to boil and then reduce heat. Cover & simmer 25 - 30 mins. Uncover & cook 6-8 mins. until it thickens. Mash the lentils slightly, stir in Salsa. Spoon 1/4 c. into Taco shell & top with lettuce, cheese, tomato, & sour cream.

Country Taco Soup

2 pounds ground beef (or leftover meatloaf)
2 cups chopped onion
1 package taco mix
1 package ranch seasoning dressing mix
2 cans tomatoes (homegrown is fine)
2 can pinto beans (or leftover beans)
2 can corn, or hominy drained
1 can green chilies, chopped
2 can kidney beans (un-drained)
1/2 teaspoon salt

Directions:

Cook onion until clear, add meat. Drain off fat. Add remaining ingredients. Simmer for 20 min.

Black Bean Fiesta Salad

- 1/2 cup olive oil
- 6 tablespoons fresh lime juice
- 1/4 cup chopped cilantro
- 1 teaspoon ground cumin
- 4 cups cooked black beans
- 2 medium red bell peppers diced
- 1 medium red onion diced
- 1 1/2 cups cooked corn kernels
- 1 or 2 jalapeno peppers seeded -- diced (opt)
- salt and pepper

In a large bowl mix everything except beans and vegetables. Add beans and vegetables and toss well. Taste and adjust seasoning if needed. Garnish black bean salsa with extra cilantro. Serves eight.

Cocoa Lentil Cake

1/3 C lentils, rinsed
1 C water
¾ C sugar
¼ C oil
1 egg
¾ tsp vanilla
1 C whole wheat flour
2 Tb cocoa
¾ tsp baking soda

Place lentils in a saucepan with water and bring to boil. Cover, reduce heat and simmer 40 min. Drain and reserve 3 Tb of the liquid. Place lentils in food processor or blender and add 2 Tb of reserved liquid. Puree, and then add remaining liquid to get smooth puree.

Preheat oven to 350°. Lightly grease and flour 8x8 square baking pan.

Place sugar, oil and egg in large bowl and beat 2 minutes. Add vanilla and pureed lentils. Mix well.

Sift flour, coca and baking soda into bowl with lentils. Beat mixture 2 minutes. Pour mixture into prepared pan and bake 30 minutes. Cool Serve plain or with a dusting of powdered sugar or powdered sugar and cocoa powder mixed. Makes 9 servings.

SPLIT PEA, HAM & VEGETABLE SOUP

2 qts water
1 small onion, chopped
1 stalk celery and leaves, chopped
2 tsp chopped parsley
3 small potatoes, diced
2 med. Carrots, diced
1 ½ - 2 C ham diced,
½ lb split peas, washed (1 –1 ½ C)
1 tsp salt
½ tsp pepper
1 ½ - 2 C chopped cabbage

Combine all ingredients (except cabbage) in large pot. Simmer 1 hr. Add cabbage, simmer another 20 minutes.

Hamburger Vegetable Lentil Soup

1lb hamburger
4 C water
1 C lentils
1 C diced carrots
1 C diced cabbage
1 C chopped celery
½ C chopped onion
1 tsp salt
½ tsp pepper
1 tsp green pepper or flakes (optional)
1 bay leaf
1 48oz. Can tomato juice

Brown hamburger and drain excess fat. Add water and other ingredients except tomato juice. Bring to a boil, reduce and simmer 1 ½ hrs. Remove bay leaf and add tomato juice, simmer another 10 min. Freezes well.

Lentil Soup

2 C lentils
1 - 1 ½ lb ham hocks
1 small onion, diced
½ C celery, diced
1 clove garlic, minced
3 qts water

Rinse lentils and drain. Put all ingredients into 4 qt pot. Simmer until tender, about 2 hrs. Serves 6

Tomato Cucumber Relish

1/2 cup chopped tomato
1/2 cup chopped cucumber
1/3 cup fat-free plain yogurt
1/2 teaspoon dried mint leaves (optional)
Salt and pepper, to taste

Combine tomato, cucumber, yogurt, and mint leaves in small bowl; season to taste with salt and pepper. Makes about 1 cup.

Black Bean Dip

2 15-ounce cans black beans
2 teaspoons chopped garlic
2 tablespoons chopped fresh cilantro (or 1 T dried)
2 small tomatoes, chopped
2 teaspoons crushed red pepper (or to taste)
1 teaspoon cumin
Juice of 1 lime
1 small onion, finely chopped
Salt and pepper

In a food processor, coarsely chop the black beans, garlic, cilantro and 1 tomato. Transfer to a serving bowl. Add the red pepper, cumin, lime juice, onion, 1 chopped tomato, and salt and pepper. Chill, allowing the flavors to blend. Serve with chips and jicama scoops. Makes about 3 cups.

Lima Bean Cheese Bake

3 C. cooked dried lima beans, drained
¼ C chopped sweet red pepper
3 Tb ketchup
3 Tb flour
1 ½ C. shredded Cheddar cheese
1 ½ C milk
¼ C slivered almonds
2 Tb butter

Combine beans, pepper, ketchup, flour in a greased shallow 2 qt. Baking dish, add 1 C. cheese. Pour milk over mixture, sprinkle remaining cheese, sprinkle with almonds and dot with butter.

Bake uncovered at 350° for 30 min until sauce is bubbly and thickens. As it cools, sauce will thicken further.

Variation: 1 ½ C pre-made Medium White Sauce can replace milk and flour. Reduce cooking time to 20 min. Almost any bean can be substituted for lima beans.

Spanish Style Chickpeas

1 lb dried chick peas, cooked
¾ C brown rice
1 C. cracked wheat or buckwheat

2 T. oil
1 med green pepper, chopped
1 med red sweet pepper, chopped
1 hot chili pepper, chopped
1 large onion, chopped
1 large clove garlic, chopped
1 T. minced parsley
4C. chopped tomatoes
1 tsp salt

Start with cooking chickpeas—it takes about 2 ½ hrs (after soaking overnight) And hour or so before serving, cook the rice and wheat separately.

Heat oil and sauté peppers, onion and garlic until tender. Add tomatoes, parsley and salt and simmer 30 min, until reduced to a thick sauce. Add to chickpeas. Mix grains together and serve beans over grains.

Creamy Lima Bean Soup

4 C water
1 C lima beans
Bring to a boil cover and remove from heat. Let stand 1 hr. Cook beans until tender. Add:
½ C chopped celery
1 chopped onion
2 C. chicken bullion or broth

When vegetables are tender, puree soup in a blender. Add:

1 C. yogurt

Salt and pepper to taste

If desired, reserve 1 C. of beans to put back into soup after it is pureed.