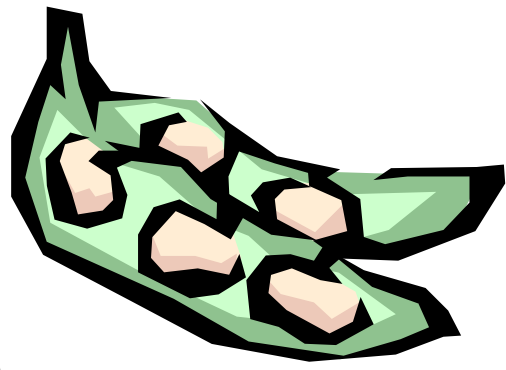


Bean Cuisine



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.

"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.

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/>

Fried Dried Fava Beans

These crunchy, golden-brown beans are eaten like peanuts or roasted pumpkin seeds.

1/4 lb peeled dried fava beans

Salt

Oil for deep frying

1. Wash the beans and leave to soak for 8 hours in plenty of water.
2. Remove any floating debris, drain the beans, peel them if necessary, roll them in salt, then dry with paper towels.

Heat oil in a deep-fat fryer until quite hot. Use a large slotted spoon to lower the beans, a few at a time, very slowly into the hot oil. Fry each batch until golden brown. Drain on paper towels and eat cold.

Garbanzo beans can be deep fried and eaten in exactly the same way.

Jamaican Red Bean Soup

6 Serrano or jalapeno chiles; chopped

2 c Dried kidney beans

1 med Onion; chopped

2 Stalks celery; chopped

1/4 lb Salt pork

1 1/2 qt ; water

Salt and pepper to taste

Combine all the ingredients in a large pot or slow cooker. Bring to a boil, reduce the heat, and simmer for 3 hours or until the beans are done. Add more water if necessary.

Puree until smooth and strain. The soup should be thick.

Reheat the soup before serving.

PINTO BEAN CREAM CAKE

2 C flour
1 1/2 C sugar
1 Tbsp baking powder
1 C buttermilk
1 C mashed pinto beans
1 C vegetable oil
1/2 C chopped pecans
3 whole eggs
1 tsp. cinnamon
1 tsp. Allspice
1 tsp salt

Mix all above and bake at 400 degrees for 30 minutes. Frost with below: Boil 1/2 cup orange juice, 1/2 cup sugar and 1 tablespoon white corn syrup for 10 minutes. Remove from stove and add 1 box powdered sugar. A little milk may be added to make spreading easy.

Perfect with Cream Cheese Icing:

8 oz package of cream cheese, softened
1/4 C. butter, softened
2 tsp. vanilla
2/3-1 lb. powdered sugar

Combine the butter, cream cheese and vanilla, mixing well. Gradually add confectioners' sugar, beating well until smooth. Spread on cooled cake.

Curried Lentil Sprout Salad

1 cup Lentil Sprouts	1/2 cup chopped parsley
1/4 cup mayonnaise	2 Tbs. ketchup
2 Tbs. olive oil	1/4 tsp. dill weed
1/2 smallish red onion – diced	1/2 - 1 Tbs. curry powder
salt + pepper to taste	1 tomato - diced

Mix all ingredients together. Sprinkle diced tomato on top and serve.

Creole Vegetable and Red Bean Jambalaya

2 Tbs Olive oil
1 green pepper, seeded and diced
1 onion, diced
1 tomato, diced
8-10 mushrooms, sliced
1 C diced eggplant
1 C diced zucchini
½ C diced celery
1-2 cloves garlic, minced
2 ½ C canned crushed tomatoes
¾ C Water or vegetable stock
½ C Chopped okra
8 broccoli florets
½ C cooked red or black beans
1 Tbs dried oregano
1 Tbs fresh minced parsley
1 tsp dried thyme
1-2 tsp red pepper sauce
½ tsp pepper
¼ tsp salt
1/8 tsp cayenne pepper
4 C cooked rice

Heat oil in a saucepan and add all fresh vegetables. Sauté over medium heat for 10-12 minutes. The vegetables should be slightly cooked but still firm.

Reduce heat to low and stir in the remaining ingredients except rice. Continue to cook, uncovered, for 15-20 minutes, stirring frequently. Reduce heat to a simmer as the sauce thickens. Serve over rice. Serves 4.

Mexican Barley and Bean Soup

1 Tbs olive oil
2 C chopped onions
3-4 large cloves garlic, minced
2 Tbs mince jalapeño or other spicy pepper
1 Carrot, diced
1 turnip, diced
1 ½ tsp ground cumin
½ tsp ground coriander
5 C bean or vegetable stock

2 C cooked anasazi or black beans
2 C cooked barley
1-2 tsp lemon juice, or to taste
½ Tsp salt
½ C finely chopped cilantro

Hearty Vegan Split Pea Soup

14 C water
2 C diced onions
4 C thinly sliced green onion
2 C diced celery
2/3 C fresh parsley, minced
2 cloves garlic, minced
3 Tbs lima beans
3 Tbs adzuki beans
1/3 C each yellow and green split peas
1 Tbs powdered vegetable broth

Bring water to a boil in a large soup pot. Add the ingredients in the order given. Return soup to a boil, skimming off any foam or scum that come to the surface with a large spoon. Repeat until no more forms. Cover and reduce heat to medium low.

Simmer soup 2 ½ hrs, stirring periodically to ensure the peas don't stick or scorch. At the end of cooking, add salt and pepper to taste.

Cream of Chicken Soup Substitute

In any recipe calling for concentrated Cream of Chicken Soup, the following can be substituted:

1 ¾ C Water
5 Tbs white bean flour
4 tsp chicken bouillon or soup base

Bring water and base to a boil. Whisk in bean flour. Mixture will be thick in 1 minute. Reduce heat and cook over medium low for 2 more minutes. Blend 2 minutes high speed. Mixture thickens as it cools.

This mixture can be refrigerated up to 1 week and used in place of canned soup.

Spicy Black Bean Taco Salad

1 lg tomato, chopped
1 small red/green bell pepper
3 green onions, finely chopped
1 4 ½ oz. Can chopped olives
½ C cooked brown rice
2 C cooked, drained black beans
½ C alfalfa sprouts
1 head shredded romaine lettuce
1 C grated cheese
Corn chips or flour tortillas

Mix salad ingredients and place over corn chips. Or wrap in heated flour tortillas or spoon into pita pockets. Tap with taco sauce or spicy hot Ranch Dressing.

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.

Marinated Bean Salad

Makes 8 servings

2 cups, each drained blackeyes, red kidney, and large lima beans (one 16-oz. can each)
½ cup julienne carrot strips, about 2 inches x ¼ inch, blanched
¼ cup each green pepper and sliced celery
¾ cup fat-free Italian dressing
Lettuce wedges or slices

Combine beans, carrot strips, green pepper and celery. Pour salad dressing over bean mixture. Cover and refrigerate 4 hours or longer. Drain bean mixture; reserve dressing. Place on serving platter with lettuce wedges; pass reserved dressing.

Blueberry Bean Muffins

Makes 1 dozen

2 15-ounce cans red kidney beans, drained & rinsed
1/3 cup milk
1 cup sugar
¼ cup butter or margarine, softened
3 eggs
2 teaspoons vanilla
1 cup all-purpose flour
½ cup whole wheat flour
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground allspice
½ teaspoon ground cloves
1 cup fresh or frozen blueberries
¾ cup chopped pecans

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

Bake muffins in preheated 375° F oven until toothpick inserted in center comes out clean, 20 to 25 minutes. Cool in pans on wire racks 5 minutes; remove from pans

Winter Beans & Roasted Vegetables

Makes 12 side dish Servings (about 3/4 cup each).

This recipe is delicious served with grilled or roasted turkey, chicken, lean beef or pork. Any type of beans can be used.

Olive oil cooking spray

2 large carrots, sliced

1 small parsnip, sliced

2 medium potatoes, unpeeled, halved, sliced

2 medium onions, cut into wedges

1 can (15 ounces) Great Northern beans, drained and rinsed

1 can (15 ounces) Pinto beans, drained and rinsed

1 pound winter yellow squash (hubbard, butternut, acorn), peeled, seeded, cut into 1 1/2-inch pieces

1 1/2 teaspoons dried basil leaves

1/2 teaspoon dried thyme leaves

3 tablespoons white wine vinegar

1 1/2 tablespoons olive oil

1/2 cup minced parsley

Salt

Pepper

Line large jelly roll pan with aluminum foil; spray with cooking spray. Combine fresh vegetables and beans on pan; spray generously with cooking spray, sprinkle with herbs and toss. Bake uncovered at 425°F until vegetables are tender, about 30 minutes.

Spoon vegetables into bowl. Mix vinegar and oil; drizzle over vegetables, add parsley and toss. Season to taste with salt and pepper.

Bean-Stuffed Cabbage Rolls

Excellent served with barley or rice pilaf or French bread and salad.

12 large cabbage leaves (regular or napa cabbage)

½ pound mushrooms, sliced*

1 cup chopped onion

2 tablespoons butter or margarine

2 cups cooked**, drained small white beans or one 16-oz. Can, drained

1 ¼ cups shredded mozzarella cheese

¾ cup shredded carrot

2 tablespoons chopped parsley

½ teaspoon salt

¼ teaspoon crushed oregano

1/8 teaspoon pepper

Prepared meatless spaghetti or tomato sauce, thoroughly heated

Cook cabbage leaves, a few at a time, in boiling water 2 minutes or until softened. Drain and cool. Sauté mushrooms and onion in butter until onion is tender; stir in beans, cheese, carrot, parsley and seasonings. Spoon onto cabbage leaves; roll up. Place seam-side down in shallow 2-quart baking dish. Cover and bake at 350° F 30 minutes. Serve with sauce.

* Two cans (4-oz. Each) sliced mushrooms may be substituted for fresh mushrooms. Drain before using.

Bean Vegetable Lasagna

3 cups cooked great northern beans

2 Tbs. butter or margarine

2 Tbs. flour

1 qt. skim milk, divided

1 cup frozen mixed vegetables, thawed

3 cups shredded low fat mozzarella cheese

12 oz lasagna noodles, uncooked

1 1/2 cups ricotta cheese

1/4 cup grated Parmesan cheese

1 tsp. dried thyme, crushed

1 Tbs. minced parsley

1/2 tsp. salt & 1/4 tsp. pepper

Melt butter in saucepan, stir in flour, add 2 cups milk. Cook and stir over medium heat until thick. Combine beans, vegetables, remaining 2 cups milk, white sauce, parsley, thyme, salt, pepper; mix well. Cover bottom of greased 13x9x2 pan with 1/4 of the noodles and 1/4 each of bean mixture, ricotta, and mozzarella cheese. Repeat layers 3 times. Sprinkle Parmesan cheese on top. Cover pan and bake 375F, 1 to 1 1/4 hrs or until noodles are tender. Remove cover, bake 10 minutes or until top browns. Let stand 15 min.

Tips: Canned beans maybe used. Noodles may be cooked before assembling lasagna. Bake 350F 30-45 min. or until heated. Prepared marinara sauce may be served with lasagna.

Zesty Red Bean Dip with Vegetables

1 15-ounce can dark red kidney beans, undrained
1/2 teaspoon garlic salt
1/2 teaspoon black pepper
1/2 teaspoon cumin
1/2 cup fresh dill, roughly chopped
Dash hot sauce
1/2 cup plain, low-fat yogurt
1 red bell pepper, hollowed out (with top and seeds removed)
1 medium bell pepper, seeded and sliced into strips
Raw vegetables for dipping—carrots, celery, tomatoes, etc.

Discard two tablespoons of liquid from the can of beans, and then puree the remaining beans and bean liquid in a blender with salt, pepper, cumin, and hot sauce. Stir in yogurt, and then mound the dip in the hollowed-out bell pepper. Sit the pepper "bowl" in the center of a medium plate and surround with bell pepper strips, grape tomatoes, carrots, and broccoli florets.

Red Herring Hash

2 onions, chopped
2 teaspoons red wine
2 cloves garlic, minced
1 jalapeno pepper, seeded and minced
1 sweet potato, peeled and diced
4 teaspoons cumin
1/2 teaspoon salt
3/4 cup frozen corn
15 ounces black beans, drained and rinsed
fresh-ground black pepper
fresh cilantro for garnish

Sauté the onions in the oil over medium heat, using a large heavy skillet (a well-seasoned cast-iron skillet is ideal; if you don't have one, you may want to prepare your skillet with a light spritz of cooking spray). Stir often, cooking for about 5 minutes or until onions are softened. Next add the sweet potato. Stir often, cooking for 3-4 minutes or until the potatoes begin to brown. Add the garlic, jalapeno, cumin, and salt. Stir well and cook for about 30 seconds. Add 3/4 cup water and stir well to scrape any browned bits from bottom of pan. Continue cooking until potatoes are completely tender, about 5 minutes. Add the corn and beans last, and cook until heated through, stirring occasionally. Serve hot, with a garnish of minced cilantro and a bit of freshly-ground pepper.

Garbanzo Bean Burgers

These hearty burgers are a great way to convince the family they won't miss the beef when they cut back on saturated fat.

2 cups cooked chickpeas, drained and mashed
1 stalk celery, finely chopped
1 carrot, finely chopped
1/4 cup small onion, peeled and finely chopped
1/4 cup whole wheat flour
salt and pepper to taste
2 teaspoons vegetable oil

Mix all ingredients (except the cooking oil) together in a large bowl. Divide to form 6 burger-shaped patties. Fry in a lightly-oiled nonstick skillet over medium-high heat until golden brown on one side. Turn and brown the other side. Serve on whole wheat rolls with lettuce and tomato or your favorite condiments.

Indian-Style Chick Peas

A popular ingredient in Indian cuisine, the chickpea, or garbanzo bean, is a highly versatile legume and a rich source of cholesterol-lowering fiber. This light and flavorful recipe is one of our favorite ways to enjoy them.

1 large onion, chopped coarsely
4 cloves garlic, minced
1 chili, finely diced (optional)
1/2 teaspoon cumin
2 15-ounce cans chickpeas, reserve half the liquid
juice of 1/2 lemon
3 tablespoons tomato paste
2 teaspoons peanut butter
2 cups cooked Basmati rice

Directions

Sauté onion, garlic and chili (optional) in nonstick pot until slightly browned. Add cumin and cook about 30 seconds, or until spices start to give off wonderful smells and turn slightly brown.

Add chick peas and the reserved liquid. Add lemon juice and tomato paste. Cook for about five minutes. Place half of the chickpea mixture in a blender and blend for about 15-20 seconds. Add it back to the pan and cook for an additional 5 minutes, until heated through. Stir in peanut butter and cook a few minutes more.

Season with salt and pepper to taste. Serve over basmati rice.

Becky's White Chili

2 Cans white beans, drained and rinsed
1 lg onion, chopped
½ C butter, divided
¼ C flour
1 C Chicken broth
2 C half and half
1 tsp Tabasco or to taste
1 tsp chili powder
½ tsp cumin
½ tsp salt
1 4oz can chopped chilies
2 lbs chicken, cooked and cut into ½" chunks
6 oz Monterey Jack cheese, grated
1 can corn, drained
½ C sour cream

Cook onion in 2 Tbsp butter till soft.

In large pan, melt remaining 6 Tbsp butter over low heat and whisk in flour to make a roux. Cook roux, whisking constantly for 3 minutes. Stir in onion, gradually add broth, ½ and ½, stirring constantly. Bring mixture to a boil and simmer, stirring occasionally, 5 min till thick.

Add remaining ingredients except for sour cream. Cook over moderate low heat for 20 minutes. Stir occasionally. Take off heat and stir in sour cream. Serve with salsa and garnish with cilantro if desired.

3 minute Chicken Soup

6 cups boiling water
1 cup fine white bean flour
4 T. chicken or Vegetable soup base
Optional ingredients: Canned chicken (1 can), ¾ cup frozen peas, ½ cup rehydrated carrots, 1 tsp onion pwd., 2 tsp. garlic pwd., 1 bay leaf, 2 cups cooked rice.

In medium saucepan over medium heat, whisk bean flour into boiling water and add base. Stir and cook 3 minutes. Continue stirring for 1-2 minutes and add other ingredients.

Black Bean Salsa

1/3 c. red wine vinegar (or white vinegar, if preferred)
¾ tsp. salt
1 medium green pepper, chopped
3 cloves garlic, crushed
1 10 oz pkg frozen corn
1/3 c. olive oil
½ tsp pepper
1 purple/red onion, chopped
3 cans black beans (or 3 cups cooked), rinsed

Combine vinegar, oil, salt, pepper and garlic. Let stand 30 minutes. Combine beans, corn, onion, and red and green peppers. Toss to coat. Cover and chill 8 hours. Serve with chips or crackers.

Pinto Bean Fudge

1 cup cooked soft pinto beans (drained and mashed)
1/4 cup milk
1 Tbsp vanilla
6 oz. unsweetened chocolate
6 Tbsp butter or margarine
2lbs. powdered sugar
nuts (optional)

In a large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir in bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into 1-1/2 inch rolls. Chill 1-2 hours.

The mashed beans will be lumpy, so I've found I really need the nuts when using mashed beans. But for a smooth fudge, I grind up pinto beans (make bean flour) and reconstitute the flour for the cooked beans.