

# Luscious Legume Recipes

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Compiled By Debbie Kent and Anita Baker

peaceofpreparedness.com

yellow-class demo gray-new recipes



## BREADS

### Bean Bread

1 cup bean puree	1/3 c. shortening	1/4 c. brown sugar
2 eggs, beaten	1/3 c. milk	2 T. molasses
1 3/4 c. flour, unsifted	4 t. baking powder	1/2 t. salt

Prepare bean puree following instructions below. Cream shortening with sugar. Add eggs, beans, milk and molasses, beating well. Fold in a mixture of flour, baking powder and salt. Pour into a well-greased 9x5 inch loaf pan. Bake at 350° F. for 1-1/2 hours or until bread tests done. Remove from pan and cool before slicing.

### Black Bean Cornbread

3 C baking mix(Bisquick)	2 T. canola Oil	1 C cornmeal
1/2 t, chili powder	3/4 C black beans, cooked	1/8 t ground cumin
3/4 C shredded cheddar cheese	1/2 t. oregano	1 C skim milk
2 medium tomatoes	4 eggs	4 oz. can diced green chilies

Drain chilies. Rinse and drain beans. Seed and chop tomatoes. Spray bottom of 9 x 9 pan. Dust with flour. Mix all ingredients; beat 30 strokes. Spread in pan. Bake 50 minutes at 350°. Cool 5 minutes. Cut into squares, and serve warm.

**Substitute:** 4 eggs for (8T. water + 4 T. egg powder)

### Blueberry Bean Muffins

2-15-oz cans kidney beans	1/3 cup milk	1 cup sugar
1/4 cup butter, softened	3 eggs	1 c. blueberries
2 t. vanilla	1 c. all-purpose flour	1 t. baking soda
1/2 c. whole wheat flour	1/2 t. salt	1 t. cinnamon
1/2 t. ground cloves	1/2 t. allspice	3/4 c. chopped pecans

Drain and rinse beans. 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.



### Indian Bean Bread

4 c. corn meal  
½ tsp. Soda

2 c. hot water

1 c. cooked beans

Put cornmeal in a bowl. Mix in drained beans. Make a hole in middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook about 45 minutes or till done.

### Pinto Bean Bread

Mike Lawrence

2 c. lukewarm milk

2 c. cooked pinto beans

3 T. sugar

2 t. salt

2 T. vegetable oil

1 ½ T. instant yeast

5- 6 c. all-purpose flour\*

3 T. Flax seeds (opt.)

Mash beans. Combine the milk, beans, sugar, salt and butter plus one Tbs. flour in a large bowl, add yeast and let sit for 10 minutes. Add flour one cup at a time and mix till it forms workable dough. Place on a counter and knead 5 to 10 minutes till smooth and satiny, adding flour if needed not to stick. Place in clean bowl with some oil to coat and cover with plastic and let rise till about double, 1 to ½ hours in a warm place. Punch down and repeat rising, about 45 minutes. Punch down and form into 2 loaves and place in Bread Loaf Pans and let rise till over the top of the pans. Bake at 350° for 30 to 40 minutes and 195 to 200° internal temperature. Cool one hour on rack, wrap in a clean towel for a softer crust.

\*Can use up to 3 c. whole wheat flour but will need to increase kneading time some.

### Spicy Oatmeal Muffins

(Country Beans)

1 c. oatmeal

2 ¼ c. whole wheat flour

1 c. warm water

2 T. dry milk powder

¾ c. mashed pinto beans

1 T. baking powder

2 egg whites

¼ t. salt

1 egg

1 t. cinnamon

¼ c. melted butter or applesauce

1/4t. nutmeg

1 c. chopped walnuts (opt)

1 c. honey (1c. sugar/1/4c. water)

½ c. raisins (opt)

In a large bowl, mix oats and warm water. Let stand 3 minutes. Meanwhile, measure and mix dry ingredients. Beat liquids into oat mixture until smooth. Add nuts, raisins and mixed dry ingredients and stir just until moistened. Fill muffin tins coated with cooking spray ¾ full or pour into a 9 x 13 pan. Bake at 350° for 20-25 minutes until done. Let cool 5 minutes before removing from pan.

### Spicy Bean Muffins

Marlene's Magic with Food Storage

1 C cooked pinto beans

2 t. baking powder

¾ C milk

1/2 t. baking soda

2 egg whites

½ t. salt

¼ C vegetable oil

½ t. cinnamon

½ C brown sugar

¼ t. nutmeg and cloves

1 ½ C flour

½ C raisins

Puree beans with milk in blender until smooth. Transfer to bowl. Beat egg whites, oil, and brown sugar. Combine remaining ingredients. Fold into bean mixture, mixing just until dry ingredients are moistened. Spoon into greased or paper-lined muffin cups. Bake at 400° for 15 minutes. Makes 12 muffins

### Split Pea Nut Bread

The Everyday Gourmet

2 C split peas, cooked	1 t. salt	2/3 c. shortening
½ t. baking powder	2 - 2/3 c. sugar	1 t. cinnamon
4 eggs	½ t. cloves	2/3 C water
½ t. nutmeg	3 1/3 C all purpose Flour	1 C chopped Walnuts
2 t. baking soda		

Puree soft cooked split peas in a food mill. In large bowl cream shortening, sugar together. Add eggs one at a time beating well. Add split pea puree and water. Stir in dry ingredients and nuts. Bake in 2 well-buttered loaf pans (9x5). Bake 350° for 60-70 minutes. Remove from pan and cool. Store in plastic airtight bag. Makes 2 loaves

**Substitute Eggs:** 8T water with 4T egg powder

### Zucchini Beany Bread

Debbie Kent

3 eggs	1 c. vegetable oil	2 c. sugar
3 c. grated zucchini	2 t. vanilla	2 ½ c. Ezekiel flour
½ c. bean flour	2 t. cinnamon	½ t. nutmeg
1 t. baking soda	1/4 t. baking powder	1 t. salt
½ c. chopped nuts	Topping (optional)	

Squeeze excess juice from zucchini and set aside. Beat 3 eggs until fluffy, beat in oil and sugar until fluffy. Add zucchini and vanilla. Stir in dry ingredients then nuts. Grease and flour 2 loaf pans. Pour mixture into pans. Sprinkle with topping if desired. Bake at 325° for 60-70 minutes. For muffins: 375° 15-20 minutes.

**Topping:** 1 c. brown sugar, 1 c. flour, 2 T. butter, 2 t. cinnamon, 1/2 c. chopped nuts

**Low-Fat:** Substitute ½ c. applesauce for ½ c. of oil.

**Optional:** Add ½ c. raisins and/or chocolate chips along with nuts.

**Hint:** Ezekiel flour (combo of whole grains and beans) can be substituted with whole wheat flour.

## BREAKFASTS

### Beans, Wheat And Rice Cereal

(Country Beans)

½ c. each white bean, wheat, and brown rice coarsely ground into flour

Add ½ c. above mix to 2 c. warm flour and ½ t. salt. Bring to a boil. Reduce heat to low, cover and cook 5 minutes, stirring occasionally. Serve with milk, honey/sugar and a little vanilla.

### Black Bean And Egg Burritos

Ways to cook Rice and Beans

1 ½ C cooked black beans	¼ C chopped green chilies	½ C salsa
salt and pepper to taste	¼ C chopped scallions	1 T butter
¼ C chopped fresh cilantro	4 (10-inch) flour tortillas	5 whole large eggs
½ C shredded Cheddar cheese	2 egg whites	1 T skim milk

In a saucepan, combine the beans, salsa, scallions, and cilantro and heat gently. In a bowl, beat together the eggs, egg whites, milk, chilies and salt and pepper to taste. Melt butter in a frying pan over medium heat. Warm each tortilla until pliable. Spoon ¼ the eggs in a strip down the center of each tortilla. Ladle ¼ of the bean mixture over the eggs, then about 2 T. of the cheese. Fold your burritos. Makes 4 servings

### **Black Bean – Potato Cakes**

Ways to cook Rice and Beans

2 C mashed potatoes	2 large eggs, lightly beaten	1 ½ C black beans
1 C fresh bread crumbs	½ C red bell pepper chopped	1–2 T. olive oil
¼ C chopped chives	Salt and pepper to taste	1 T. chopped cilantro

Salsa (optional)

Combine the potatoes, beans, bell pepper, chives, and cilantro in a bowl and mix well. Add eggs and salt and pepper to taste, then mix well. Form into eight 4-inch pancakes. Place bread crumbs in a shallow bowl and dip the pancakes into the crumbs. (Patting to make the crumbs adhere to pancakes.) Heat 1 T oil in skillet over medium heat and brown each cake on both sides. Serve hot with salsa if desired.

### **Orange Cranberry Breakfast Squares**

(Country Beans)

1 ½ c. whole wheat flour	½ c. white bean flour	1 ½ t. baking powder
½ t. salt	¼ c. dry milk powder	2 T. Tang
¾ c.+ 1 T water	¾ c. honey (¾c.sugar+¼c water)	1 egg
1 c. nuts (opt)	½ c dry cranberries/apples, soaked	
<u>Topping:</u>	2 c quick outs	¼ c. white bean flour
1 c. shredded coconut	4 T. melted honey/brown sugar	3 T. oil/butter

Mix topping ingredients and set aside. Soak fruit in 1 c. hot water 30 minutes, drain. Mix wet ingredients, add in dry ingredients. Stir in nuts and fruit. Spread into greased 9x13" pan, sprinkle topping evenly and place in preheated 350°. Bake 20-25 minutes or until done.

### **Spicy Honey Nuts**

(Country Beans)

2 ½ c. whole wheat flour	½ c. white bean flour	½ c. dry milk powder
½ c. brown sugar (opt)	1.2 t. salt	¼ t. ginger and cinnamon
¼ c. melted honey	2 t. vanilla	@ 6 T. water

Mix dry ingredients. Using mixer or egg beater, drizzle in honey and vanilla and only enough water to make a fine, crumble mixture (like grape nuts). DO NOT make a dough. Spread evenly on a large baking sheet and bake at 325° for 10 minutes. Stir to break up granules and bake 5-10 minutes longer, or until golden brown. Allow to cool. Store in air-tight container. Serve w/ milk.

## **DESSERTS**

### **Adzuki Beans With Honey And Apples**

1 C. dry Adzuki Beans	1-1/4 c. dried apples, chopped	1/3 cup honey
2/3 c. raisins/dried cherries	1/2 t. cinnamon	1 t. lemon juice

Vanilla ice cream

Soak and rinse the beans. Simmer in 3 cups of water for 1-1/2 hours. Drain, reserving liquid. Mix apples and raisins with 1-1/2 cups of the reserved bean liquid. Let stand for 15 minutes. Place beans in a nonstick saucepan. Add fruit mixture, honey, and cinnamon. Cover and simmer for 6 to 8 minutes. Stir in the lemon juice and serve warm over vanilla ice cream.

### **Beananza Bars**

1/2 c. flour	2/3 c. light brown sugar	2/3 c. quick oats
1 c. Grape Nuts)	1-15 oz (1 1/2 c) Pinto beans	3/4 cup dark raisins
3/4 cup chopped dates	1 cup flaked coconut	1/2 c. chopped nuts
7 T. melted margarine	1/2 cup honey	1 t. vanilla
1 t. ground cinnamon	1/8 teaspoon salt	

Combine flour, brown sugar, oats, cereal, beans, raisins, dates, coconut, and walnuts in large bowl. Add remaining ingredients, mixing well. Press mixture evenly into greased 13x9-inch baking pan. Bake at 350° F. until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting. Notes: 1 2/3 cups low-fat granola cereal can be substituted for oats and natural wheat and barley cereal. Use a pastry cutter to chop beans quickly and easily.

### **Black Bean Brownies**

I Dare You to Eat It

1 (19 oz) box brownie mix                      1 (15 oz) can black beans

Rinse and drain the black beans. Put the beans back into their can and fill the can with fresh water. Pour beans and water into a blender and puree until smooth. Add puree to the brownie mix and stir. Pour into a sprayed cake pan and follow the directions for baking as printed on the back of the brownie mix box. Only 2 points per brownie for Weight Watchers!

### **Candied Orange Beans**

2 Tbsp. Butter	1/4 cup honey	1 t. grated orange rind
4 c. cooked large lima beans, drained	Ginger, cinnamon or nutmeg to taste	

In a large skillet, melt butter; stir in honey and orange peel. Add beans; cook and stir gently until glazed Flavor with spices.

### **Chocolate Chip Cookies**

1/2 c. cooked white beans	1 c. brown sugar	4 eggs
1 t. vanilla	2 1/4 c. flour	1 t. baking powder
1/2 tsp. baking soda	1/2 tsp. salt	2 c. chocolate chips
1 c. pecans (or walnuts) chopped		

Beat beans and sugar together. Add eggs, vanilla. In separate bowl sift together flour, baking soda, baking powder and salt. Add flour moisture to bean/sugar mixture. Stir until well blended. Stir in chocolate chips, and nuts. Cover and refrigerate dough for 1 hour. Preheat oven to 350°. Drop by tablespoonfuls onto greased cookie sheet. Bake 10-15 minutes depending on size of cookies. Makes 4 dozen.

### **Chocolate Lover's Lentil Brownies**

Magic Beans

1/2 C. lentils, uncooked	2 t. vanilla	1 1/2 C. water
1 1/2 C. whole wheat flour	4 eggs	1/2 C. plus 2 T. cocoa
1 3/4 C sugar	1/2 t. salt	1/4 C corn oil
1/2 C. chocolate chips	3/4 C applesauce	1 C. marshmallows

Rinse the lentils, and combine with water in a pan. Bring to a boil. Reduce the heat, cover, and simmer for 40 minutes or until tender. Drain liquid. Beat eggs and sugar. Add oil, applesauce, vanilla, flour, cocoa, and salt to the sugar and eggs. Stir in the lentils, chocolate chips, and marshmallows. Press into a 9 X 13inch pan coated with cooking spray. Bake for 35 minutes at 350°. Cool and cut.

### **Dreamy Bean Bars**

#### **Magic Beans**

2/3 C. white beans  
3/4 C. whole wheat flour

1/3 C. margarine  
1/2 C. brown sugar

Rinse and drain beans. In a medium mixing bowl, blend beans, margarine, brown sugar, and flour. Press mixture into bottom of an 8" x 8" pan coated with cooking spray. Bake 350° for 20 minutes. Let cool slightly,

#### **Filling:**

1/2 C. white beans  
1/2 C. finely chopped walnuts  
1/4 C. chocolate chips

2 eggs  
3/4 C. coconuts

2/3 C. sugar  
1 t. vanilla

Rinse and drain beans. Mix all ingredients in a medium bowl until well blended. Spread mixture on top of crust. Bake for 30 minutes; cool. Cut into squares.

### **Fruit And Spice Pinto Bean Cake**

#### **Magic Beans**

2 C. canned pinto beans  
1/2 t. cloves  
1 C flour  
1 C. golden raisins  
1 t. cinnamon

1 t. allspice  
1/4 C. margarine(melted)  
1/4 C finely chopped walnuts  
1/4 t. salt  
1/4 C powdered sugar

1 egg  
2 C chopped apples  
1 t. baking soda  
2 t. vanilla

Rinse and drain beans. Spray a 10-inch tube pan with cooking spray. In a food processor or blender, puree the beans, egg, and melted margarine. In a medium bowl, mix the flour, baking soda, salt, cinnamon, allspice, and cloves. Mix dry ingredients into bean mixture and beat until well mixed. Add apples, walnuts, raisins, and vanilla. Stir until well blended. Pour into tube pan and bake at 375 degrees in center of oven for 50 minutes. Turn upside down onto wire rack to cool. Dust with powdered sugar.

### **Garbanzo Bean Chocolate Cake**

1 1/2 C chocolate chips  
1/2 t. baking powder

3/4 C white sugar  
4 eggs

1(19 oz) can garbanzo beans  
1 T. powdered sugar

Rinse and drain beans. Melt chocolate chips. Combine beans and eggs in a blender or food processor. Process until smooth. Add sugar and baking powder (pulse to blend). Pour in the melted chocolate and blend until smooth. Pour into a greased and floured 9 inch cake pan. Bake at 350° for 40 minutes. Cool in pan for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioner's sugar before serving.

### **Grandma Raven's Pinto Bean Pie**

3 c. Pinto beans, cooked unseasoned and mashed fine  
4 Eggs  
2 T. Butter  
1/2 t. Cinnamon

1-1/2 c. Sugar  
1/4 t. Salt  
1/2 t. Allspice

1/2 c. Milk  
1/2 t. Nutmeg  
Pecan halves

Mix all the ingredients well. Place in an unbaked pie shell, top with pecan halves, and bake in a moderate oven 350° until done.

**Idaho's Pinto Bean Pie**  
(Cookin' w/ Beans and Rice)

1/2 c. sugar	1 c. brown sugar	1/2 c. butter
1 heaping c. mashed pinto beans	2 eggs, beaten	unbaked pie shell

Blend sugars, eggs and butter until creamy. Add pinto beans and blend well. Pour into 9 inch unbaked pie shell. Bake at 375 for 20 min. at 350 for additional 25 minutes or until done. (Tastes like Pecan Pie) Can be served with whipped cream or ice cream.

**Mock Pumpkin Pie**

3 eggs	2 T. light molasses	1/8 t. baking soda
1 t. salt	1/4 t. nutmeg	1/2 t. ginger
1/4 t. cloves	1/2 t. cinnamon	3/4 c. honey
2 c. warm water	2/3 c. dry milk powder	
2 c. cooked white beans, mashed		

Combine all ingredients in order into mixing bowl. Blend until smooth. Pour mixture into chilled pie shell. (Makes 1-10" or 2-8" pies) Bake for 10 minutes at 450°, then reduce heat to 350°. Bake an additional 20 to 50 minutes or until knife inserted into pie comes out clean.

**NOTE:** If crust gets done before the middle, bake covered.

**Navy Bean Bundt Cake**

1-2 c. cooked navy beans	1 c. butter	1 c. brown sugar
1 T. vanilla	2 eggs	2 c. flour
1 1/2 t. baking powder	1 t. baking soda	1 1/2 t. nutmeg
2 t. cinnamon	1 c. evaporated milk	1 c. water
1/2 c. chopped nuts	1-2 c. flaked coconut	

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla, beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl, combine flour baking powder, baking soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut, blend. Pour into greased bundt pan. Bake at 350 degrees for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

**Pinto Bean Apple Cake**  
(Cookin' w/ Beans and Rice)

1/2 c. butter or margarine	1 c. brown sugar	2 eggs
1 c. warm water	2 c. flour	1 t. baking soda
1 t. salt,	1 t. allspice	1 t. cinnamon
1 c. mashed pinto beans	1 c. sweetened applesauce	1 c. raisins (opt)
1 c. nuts (opt)	1 t. vanilla	

Cream butter, sugar and eggs. Add water and dry ingredients. Stir in beans, applesauce, raisins, nuts and vanilla. Bake in 2 greased loaf pans at 350 degrees for 40-50 minutes. Very good for freezing.

### **Pinto Bean Pecan Pie**

Marlene's Magic with Food Storage

½ C. sugar	¼ C. Karo syrup	¾ C. brown sugar
1 t. vanilla	½ C. butter	½ C. chopped nuts
1 C. cooked pinto beans	1-9" unbaked pie shell	2 eggs

Mash beans. Blend sugars, eggs, and butter until creamy. Add pinto beans, Karo syrup, and vanilla. Blend well. Pour into unbaked pie shell. Top with chopped nuts. Bake at 375 degrees for 20 minutes, then at 350° for an additional 25 minutes. Can be served with whipped cream or ice cream.

### **Soybean Pie**

(Taste like Pumpkin Pie)

1 ½ C. cooked soybeans	1 ¼ t. ginger	1 2/3 C. milk
¾ t. cloves	¾ C evaporated milk	1 ½ t. nutmeg
1 C. brown sugar	3 t. grated lemon peel	1 ½ t. cinnamon
2 eggs lightly beaten		

In a blender, whirl together cooked soybeans, milk, and evaporated milk. Add sugar and spices and lemon peel. Add to eggs and mix well. Pour into an unbaked pie shell. Bake at 400° for 15 minutes. Turn oven down to 350° and continue baking for 45 minutes or until done.

### **Raisin Spice Lentil Cookies**

Magic Beans

¾ C. lentils, uncooked	¼ t. salt	1 ½ C. water
1 t. baking powder	2 eggs	1 t. cinnamon
½ C honey	¼ t. nutmeg	¼ C. margarine
¼ t. ginger	1 t. vanilla	¼ t. orange peel
1/3 C canned pumpkin	1 C. chopped walnuts	½ C. unbleached flour
½ C. raisins	1 ½ C whole wheat flour	

Rinse lentils, and combine with water in a pan. Bring to a boil. Reduce the heat, cover, and simmer for 40 minutes or until tender. Drain off excess liquid. In the meantime, beat eggs, add honey and margarine. Cream until smooth. Add vanilla, pumpkin, and cooked lentils. In large bowl combine flours, salt, baking powder, cinnamon, nutmeg, ginger, and orange peel. Add lentil mixture and mix well. Fold in walnuts and raisins. Drop by rounded tablespoons on to cookie sheet sprayed with cooking spray. Bake 350° for 10 minutes.

## **MAIN DISHES**

### **Bean Burgers**

By Mike Lawrence

3 cans or 4 c. cooked black/kidney beans	½ c. bread crumbs
2 eggs, beaten	½ c. reconstituted mixed vegetables
½ c. chopped red or yellow onions	3 T. chopped cilantro or basil, fresh (opt)
2 cloves mashed garlic or 1 t. granulated garlic	2 t. ground cumin
1-2 t. crushed red pepper	1 t. salt
½ t. black pepper	½ c. chopped walnuts (opt.)

Drain, and rinse beans. Mash ½ of the beans by hand or in a food processor. Add remaining beans and rest of ingredients. Form into 3 inch diameter patties. Place on a plate, cover with plastic wrap and refrigerate at least 15 minutes. Fry in dry or oiled skillet, over medium heat about 4 minutes on each side till golden brown. Serve on hamburger buns with all the fixin

### **Black Bean Lasagna Rolls**

8 Lasagna noodles, uncooked      1/8 t. salt      1 c. Monterey Jack Cheese  
2 c. drained, black beans      1 (15 oz.) ricotta cheese      Cooking Spray  
1 (4.5 oz.) can chopped green chilies      1 jar of salsa, drained      1/2 t. chili powder

Cook lasagna noodles according to package directions, omitting salt and fat, drain well. Combine cheeses and next 3 ingredients, stirring well. Spread cheese mixture over one side of each noodle. Spoon black beans evenly over cheese mixture. Roll up noodles, jellyroll fashion, beginning at narrow ends. Place lasagna rolls, seams down, in an 11 X 7 X 1/2 - inch baking dish coated with cooking spray. Cover and bake at 350° for 25 minutes or until thoroughly heated.

### **Black And Red Chili**

(Cookin' w/ Beans and Rice)

1/2 lb. ground beef      2 c. diced onion      1 c. chop. green pepper  
1 1/2 T. chili powder      2 t. ground cumin      1 1/2 t. dried oregano  
1 t. sugar      1/4 c. celery powder      3-8-oz cans tom.sauce  
1-15oz can black beans      1-14 oz can diced tomatoes      1-15 oz. can red beans

Cook meat in a large saucepan over medium heat until browned, stirring to crumble. Add onion and bell pepper; sauté 3 minutes or until tender. Add chili powder and remaining 8 ingredients; bring to a boil. Reduce heat, and simmer, uncover, 30 minutes, stirring occasionally.

### **Black Beans and Rice**

Soak 2 c. of black beans overnight and drain in the morning. Place in the crockpot with a handful of dried onions, 2 T. chili powder, and 2 T. cumin. Add enough water to cover beans by 2". Cook on high about 8 hrs. Salt when beans are soft. Serve over rice. Top with fresh chopped green peppers, tomatoes, onions and jalapenos.

### **Black Beans & Rice**

1 c chopped onion      1 c chopped green bell pepper      2 t chopped garlic  
1 1/2 t ground cumin      1 t dried thyme leaves      1/2 t crushed red pepper  
1 bay leaf      1 T olive oil      1 c rice  
1-15 oz black beans      2 c water      1 T apple cider vinegar  
1/2-1 t salt      1/2 t black pepper

1-14 1/2 oz diced tomatoes w/ green chilies

Sauté onion, bell pepper, garlic, cumin, thyme, crushed red pepper, and bay leaf in olive oil until onion is tender, about 5 minutes. Stir in rice, tomatoes, black beans, water, vinegar, salt and pepper. Heat to boiling. Reduce heat and simmer, covered, until rice is tender, about 20 minutes. Let stand 5 minutes before serving.

### **Black Bean Turkey Chili**

1-15 1/2 oz black beans      1-14 1/2 oz. Tomatoes      1-14 oz. chili beans,  
1 stalk celery, chopped      1 small onion, chopped      1 T. chili powder  
1 t. ground cumin      1/2 pound ground turkey

Rinse and drain black beans. Brown turkey, drain the add the remaining ingredients. Bring to a boil, reduce heat and simmer 20 minutes. Serve with sour cream, sliced green onions, shredded Cheddar cheese, chopped cilantro or sliced jalapeno peppers, if desired.

## **Black Beans Quesadilla**

Eatwheat.com

1 can black beans  
1 clove garlic, minced  
8 large flour tortillas  
1 T. oil  
1 med bell pepper, chop  
1 c. shredded cheese (your choice)  
1 small onion, finely diced  
1 can corn, drained

Rinse beans and drain. Heat oil on medium high; cook onion, garlic, bell pepper until tender. Add drained beans and corn; heat all. For each quesadillas: sprinkle one tortilla with 2 T. cheese, top with one-fourth of bean/veg mixture, then sprinkle with 2 more T. cheese; place on hot griddle, top with one tortilla. Heat; turn over carefully, heat other side. Ready to serve.

## **Blue Ribbon Bean Enchiladas**

Magic Beans

Quick Sauce:

1 T. olive oil  
1 T. chili powder  
1 ½ T. flour  
1 ½ C. water  
1 t. vinegar  
½ t. garlic powder  
½ t. onion powder  
¼ t. cayenne pepper  
¼ t. oregano

Enchiladas:

½ C cottage cheese  
¾ C. refried beans  
2 T. chopped green chilies  
1 C. Jack cheese  
1 medium onion, finely chopped  
8 corn tortillas  
1 C. sour cream  
4 T. chopped green onions

Sauce: Heat oil, chili powder, and flour in a small saucepan to make a paste. Add water gradually to make a smooth sauce; add vinegar, garlic powder, onion powder, pepper, and oregano. Bring to a boil. Lower heat; simmer uncovered for about 3 minutes.

Enchiladas: Preheat oven to 350°. Mix cottage cheese, beans, chilies, 2/3 C. cheese, and onion in a bowl. Warm the tortillas in the oven or microwave. Place ¼ C. of the bean filling down the center of each tortilla. Roll up, and place seam side down in a shallow baking dish. Pour sauce over filled enchiladas, and sprinkle with remaining cheese. Bake for 20 minutes or until bubbly. Top with sour cream and green onions before serving.

## **Bulk Burritos**

Sara Owen

36-10" flour tortillas  
2 c. uncooked rice  
7 c. pre-cooked beans (Pinto, Anazasi, Pink, and/or Red)  
4 med. Tomatoes  
¼ c. pre-soaked DH peppers

Take 4-5 cups of beans with sauce and puree in the blender. Add whole beans to paste. Cut tomato stem core out and cut in half. Don't remove the skin or seeds. Place in a slow cooker on high for 6-7 hours. Season the tomatoes with 1 tsp garlic salt and 3 tablespoons chili powder seasoning or taco seasoning half way through the day. Slightly over-season as the flavor will be diluted. Taste for seasoning and add more if desired. Carefully pour the seasoned tomatoes in a blender and puree. Add tomatoes to beans. In the blender puree pre-soaked dehydrated onions Divide in half and add 1/2 to each mixing bowl. Mix the pureed beans, whole beans, rice, pureed tomato sauce and pureed bell and onions together to form a thick mixture. Place 1/3 - 1/2 cup of mixture into the middle of a tortilla. Add 1 tsp. of sour cream and 1/8 - 1/8 grate cheese on top. Roll narrowly and tightly. Wrap in plastic wrap. Place two side by side in a freezer bag until bag is full. Freeze for future use. Allow an hour to defrost. Heat slowly. Top with diced tomatoes, lettuce, salsa, etc.

### **Chicken, Hominy And White Beans**

2 (15oz) cans white beans	1 (15oz) can hominy	1 (12oz) can chicken chunks
3 c. water	¼ c. dried minced onion	2 t. chicken bouillon
½ t. cumin	½ t. dry, minced garlic	¼ t. coriander
¼ t. oregano	2 T. bottled lime juice	1 t. hot pepper sauce

Combine all ingredients in saucepan and simmer 10-15 minutes. Serves 5-6.

### **Chalupas**

3 lbs. Chuck roast	1 lb. Pinto beans	6 – 7 c. water
1 chopped onion	2 minced garlic	1 T. cumin
2 T. chili powder	4 oz can chopped green chilies	

Clean and soak beans in water overnight. Combine with beef and seasonings and cook slowly for about 5 hours between 250° and 300° in covered porcelain roaster. When the beef is very tender, break up and serve over flour tortillas or corn chips. Sprinkle grated cheese and enjoy!

### **Chili**

1½ c. dry red, kidney or pinto beans	1 ½ quarts cold water	1/3 c. dried minced onions
12oz of beef chunks or TVP	2 c. canned tomatoes	1 ½ t. salt & dash pepper
½ C. tomato powder	1 bay leaf	½ to 1 T. chili powder

Rinse beans and then soak overnight in cold water. The next day: Leave beans in same water and add 1 tsp of salt. Simmer until tender. Add the remaining ingredients to the cooked beans. Simmer again for 1 ½ hours adding water if needed. Remove bay leaf before serving. Serves 6.

### **Corn Chip Enchiladas**

1 lb hamburger	1-15 oz can pinto beans	1-15 oz can enchilada sauce
2 c cheddar cheese, grated	1-4 oz can chop green chilies	1 1/2 c corn chips, crushed
1 T dried minced onion	1 c. sour cream	

Drain and rinse beans. Cook hamburger, drain. Add remaining ingredients all but the sour cream 1 cup of the cheese. Cover and heat until thoroughly warm. Top with rest of cheese and sour cream. Heat again until cheese is melted. Serve with extra chips.

### **Easy Cheesy Enchiladas**

1 c. Chopped Onions	1/2 t. Oregano	2 T. Chili Powder
1 T. Beef Soup Base	3-1/2 c. Water	3/4 c. Black Bean Flour
1 c. Tomato Sauce	2 c. cooked Pinto Beans	1/4 t. Tabasco Sauce
12 Corn Tortillas	2 c. Monterey Jack Cheese, Shredded	

Simmer onions, tomato sauce and seasonings in water for 3-5 minutes. Whisk in black bean flour and cook for 1 minute. Add cooked pinto beans and hot sauce. Cook for an additional 2-3 minutes. Ladle some sauce into the bottom of 9x13" baking dish, layer 3 tortillas and some cheese. Repeat with layering process until sauce, cheese and tortillas are used up. Ending with sauce and cheese on top of baking dish. Bake at 400° for 20-30 minutes until bubbly and heated through. Garnish with cilantro and chopped tomatoes. Serve with a cold salad.

### **Ethiopian Bean Stew**

(Food Storage for the Clueless)

1 c. dried navy beans	3 medium carrots, sliced	1 lb. beef stew meat, cubed
1 c. frozen corn	2 T. oil	1 t. curry powder
1 large onion, chopped	1 ½ t. salt	2 large potatoes, cubed
1 box frozen peas	3 ribs celery, sliced	

Soak beans overnight, drain and rinse or use quick soak method.

Brown meat in hot oil; add onion and cook until brown. Add meat and onion mixture and all other ingredients except peas; add one cup boiling water. Simmer for 75 minutes; add peas; serve

### **Garbanzo-Soy Burgers**

(Oats, Peas Beans and Barley Cookbook)

2 c. soaked garbanzo beans	¾ c. water	2 T. soy sauce
¼ c. chopped onion or 1/2t. pdr.	1 ½ c. soaked soybeans	1 t. beef or chicken bouillon
Pinch garlic powder	½ c. water	salt and pepper to taste

Combine soaked garbanzos, water, onion, and other seasonings. Mash until medium-fine. Pour into bowl. Grind soybeans medium-fine. Add to garbanzo mixture. Heat skillet to medium heat. Oil w/ 1 T. oil. Make burgers from ½ c. scoop of mixture, flatten to bun size. Cook, covered 10 minutes. Turn cook 10 more minutes. Reduce heat let cook for 10 more minutes. Makes 8.

### **Great Northern Burritos**

2 c. cooked great northern beans	1 bell pepper, chopped	1 onion, chopped
3 cloves garlic, minced	1/4 c. slivered almonds	1/2 tsp. dried basil
2 c. cooked Spanish style rice	1/2 tsp. dried oregano	olive oil
salt and pepper	1 pkg. tortillas	

Sauté onion, garlic and bell pepper until softened. Stir in beans, basil and oregano, almonds, salt and pepper. Over medium-high heat, warm tortillas one at a time, flipping once. Once tortilla is hot(working fairly quickly), spoon rice, then bean mixture into the center of the tortilla. Fold in the left and right sides, and roll burrito closed from the bottom to the top (that doesn't sound very clear, but I imagine you know the routine).

### **Ham And Navy Beans**

(Menus at a Glance)

2 c. dry navy beans & water	2 T. dry, minced onion	1 T. shortening
2 T. DH carrot dices	4 T. tomato powder	Cornstarch & water
¼ lb canned ham, cut into ½ inch chunks		Salt & pepper to taste

Clean, sort, rinse & soak overnight. Drain, rinse, Cover with water. Add the onions, carrots and cook until beans are tender. Cut ham into small pieces. Sauté in 1 T. shortening until lightly browned. STIR in tomato powder. Add to soup. Thicken soup with corn starch & water until it is the consistency you desire. Season to taste. Serves 6.

### **Hot And Spicy Black Beans And Rice**

2 cans /3 c. cooked black beans	3 T. dry onion	1/4 c. DH green pepper
2 T. chicken or veg. soup base	2 c. water or bean broth	1/8 t. cumin
½ t. oregano	2 T. white vinegar	1/8 t. red pepper flakes
1/8 t. garlic powder	4 c. hot cooked rice	

Combine all ingredients except rice and cook over medium heat for 10 minutes to blend flavors and thicken sauce. Serve over hot rice. Serves 6-8.

### **Harlequin Chili**

1 c. Black Beans, dry	½ c. Chic Peas, dry	½ c. Lima Beans, dry
¼ c. Celery, diced	1 T. Olive Oil	½ lb Ground Turkey
1 med, Onion, chopped	Garlic 1 clove, chopped	1 t. Salt
1 T. Parsley, dried	1 T. Cilantro, dried	1 T. Veg-It
1 ½ t. Chili Powder	½ t. Pepper, black	½ t. Celery Seed, ground
½ t. Cumin, ground	1 can chopped Tomatoes	¼ c. catsup

Soak and cook until tender black turtle beans, garbanzos and baby lima beans. (Soak and cook black beans separately so that they don't dye the other beans black.) Saute together remaining ingredients, except for tomatoes & catsup. Combine meat & spice mixture with beans and tomato products. Stew together at least 30 minutes, or in a crock pot on Low for four+ hours.

### **Lentil Bolognese**

2 cloves garlic, crushed	1 onion	1 T olive oil
3-29 oz cans diced tomatoes	2 celery stalks, sliced	8 mushrooms, sliced
1 zucchini, sliced	1 red bell pepper, chopped	2 T tomato paste
1 t dried basil	1 t dried oregano	Salt & pepper
½ cup ketchup	2 cups cooked brown lentils	

Peel and finely chop onion then saute onion and garlic in olive oil. Add chopped tomatoes, vegetables, tomato paste, tomato sauce (ketchup), dried herbs and seasonings. Bring to boil, simmer covered for 60 minutes. Remove lid and simmer for a further 10 minutes to thicken slightly. (Freezes well). Serve over pasta or use to make lasagne.

### **Lentil Burrito Filling**

2 t vegetable oil	1 onion, chopped	2 cloves garlic, mince
½ red bell pepper, diced	1 carrot, grated	2 ripe tomatoes, chop
2 c vegetable stock	1 tsp dried basil	1 t dried oregano
2 c cooked brown lentils	ground black pepper	2 T tomato paste
1-15 diced tomatoes		

Cook onion, garlic & pepper for 2-3 minutes. Add carrot and tomatoes and cook 2 minutes. Stir in tomato paste, stock, herbs and lentils and bring mixture to boil. Simmer covered, approx 15-20 minutes stirring frequently. Take lid off and let reduce until mixture is a nice thick consistency. Add grated cheese, shred lettuce, slice tomato and avocado, make tortilla wraps.

### **Lentil Chili**

2 T oil	2 t. garlic powder	1 c. onion, diced
1 c dried lentils	1 c dry bulgur wheat	3 c chicken broth
2-15oz cans diced tomatoes	2 T chili powder	1 T cumin
¼ tsp. black pepper	1/8 tsp. salt	

Heat oil in heavy pot over medium-high heat. Add onions; sauté for 5-7 minutes, or until tender. Add lentils and bulgur wheat. Stir in remaining ingredients and bring to a boil. Reduce heat and simmer for 30-35 minutes, or until lentils are tender.

### **Lentil Loaf**

1 c lentils	1 carrot, finely grated	1 stick celery, chop
2 red chilies, finely chopped	1 c stale bread crumbs	1 T +1 t tomato paste
1 onion, finely chop	1 egg, lightly beaten	

Preheat oven to temperature 350°F. Cover lentils with water in a heavy saucepan and bring to a boil over high heat. Reduce heat to low, cover and simmer 45 minutes or until tender. Grease a loaf pan. Drain lentils and cool slightly. Transfer half the lentils to a blender or processor and process until smooth. Combine puréed and whole lentils with remaining ingredients in a large bowl. Mix thoroughly. Press into prepared loaf pan and bake about 1 hour or until firm. Stand 5 minutes before turning out and slicing.

### **Lentil Loaf 2**

2 c. cooked lentils	½ c. onion chopped	2 c. tomato sauce
1 c. quick oatmeal	1 clove garlic minced	1 ½ t. Italian Seasoning

Preheat oven to temperature 350°F. Combine all ingredients and salt and pepper to taste in a bowl. Mix thoroughly and press mixture into a lightly oiled loaf pan. Bake 50 minutes.

### **Lentil and Mushroom Stew with Tomatoes**

1 c dried lentils	4-1/4 c vegetable stock	2 T butter
1 large onion, thinly sliced	1/2 water	2 t. lemon juice
1 lb. mushrooms, trim and quartered	2 t sweet paprika	1/2 c cut tomatoes, drained

Bring lentils and vegetable stock to a boil in a heavy saucepan over medium high heat. Cover saucepan and reduce heat to low. Simmer about 45 minutes or until lentils are tender. Drain excess liquid and set aside. Melt butter in a heavy nonstick skillet over medium high heat. Sauté onion and mushrooms 4-5 minutes or until onion is tender. Stir in cooked lentils and remaining ingredients. Season with salt and pepper to taste. Stir and simmer 3 minutes or until lentils are heated throughout.

### **Lentil and Potato Hot Pot**

5 med potatoes	2/3 c + 2 T lentils	1 T + 1 t. olive oil
2 med onions, diced	2 medium carrots, diced	3 sticks celery, diced
3 cloves garlic, crushed	1 t curry powder	5 ripe tomatoes, diced
1 T vegetable bouillon	1 c water	3 T tomato paste
1 ½ T. dry parsley	2 T. oil	1/4 t. paprika

Preheat oven to temperature 350°F. Cover potatoes in their skins with water in a saucepan. Bring to a boil over high heat. Reduce heat to low and simmer 20-25 minutes or until tender. Drain. Cool slightly and cut into 1/4" slices. While potatoes are cooking, combine lentils with water in a large saucepan. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered 15 minutes. Drain well. Heat oil in large saucepan over medium heat. Cook onions, carrots, and celery and about 10 minutes, stirring until onions are soft. Add tomatoes, seasonings, water and tomato paste. Increase heat to high and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Stir in lentils. Transfer mixture into a large casserole dish. Arrange sliced potatoes over lentil mixture and sprinkle with paprika. Bake 45 minutes or until potatoes are golden.

### **Lentil and Mushroom Stew**

1 c dried lentils	4-1/4 c vegetable stock or water	2 T butter
1 large onion, thinly sliced	1/2 lb. mushrooms, sliced	1/2 c vegetable stock
1/2 c water	2 t. lemon juice	2 t. sweet paprika
1/4 tsp. salt (optional), or to taste		

Bring lentils and stock to a boil in a heavy saucepan over medium high heat. Cover saucepan and reduce heat to low. Simmer about 45 minutes or until lentils are tender. Drain excess liquid and set aside. Melt butter in a heavy nonstick skillet over medium high heat. Sauté onion and mushrooms 4-5 minutes or until onion is tender. Add stock and stir 1 minute. Stir in cooked lentils and remaining ingredients. Season with pepper to taste. Stir and simmer 3 minutes or until lentils are heated throughout

### **Lentil Shepherd's Pie**

1 c brown lentils	4 c water	1 bay leaf
1 onion	1 T olive oil	1 carrot
1 rib celery	1 garlic clove, crushed	Sea salt
15oz can diced tomatoes	Black pepper	1 T tomato paste
Dash Worcestershire sauce	1.5 lb mashed potato	1 oz grated cheese

Place lentils, water and bay leaf into medium sized saucepan and simmer gently until lentils are tender 45-60 minutes. Set oven to 400F. Peel and chop onion, carrots and celery then fry in oil, with garlic, cook for a further couple of minutes, stirring from time to time. Remove from heat and stir in tomatoes, tomato paste, Worcestershire sauce, salt and pepper, lentils. Spoon mixture into lightly greased ovenproof dish and cover with mashed potato. Level surface then rough up with prongs of fork and sprinkle with grated cheese. Bake 45 minutes.

### **Lentil Stew**

Based on recipe in *Woman's Day*

Dice a yellow onion and sauté with 2 cloves crushed garlic, 3 c. diced carrot, and 2 t. ginger powder in 2 or 3 T. olive oil. Add 7 c. chicken broth, 3 c. rinsed sorted lentils, and 1/2 t. pepper. Bring to a boil and simmer for 25 minutes. Add 4 c. frozen peas. Cook about 8 minutes longer or until lentils are tender. Stir in 4 Tbsp. lemon juice. Serve over cooked rice.

### **Lentil And Vegetable Stew**

3 c. water	1 1/4 c. dried, red lentils	16 oz can chopped tomatoes
2 med. potatoes, cubed	1 med. onion, chopped	1 stalk celery, chopped
1 carrot, sliced	1 T. parsley	2 cloves of garlic, minced
1 T. instant beef bullion	1 tsp. ground cumin	1 tsp. salt

Simmer lentils and water in dutch oven 20 minutes. Add remaining ingredients and cook until potatoes are tender, about 20 minutes more.

### **Mexican Bean Bake**

(Country Beans)

2 c. boiling water	1/2 lg. onion, grated	1/2 c. green chile salsa
6 corn tortillas, cut in fourths	1/2c. pinto bean flour	2 c. cooked rice
1 T. chicken soup base	1 1/2 c. grated jack cheese	

Whisk bean flour into water. Add salsa, onions and base; bring back to a boil. Cook 3 minutes over medium heat. In 1 qt. baking dish; layer rice, 1/2 tortillas and 1/2 salsa mixture, repeat. Bake at 350° until cheese bubbles, about 15 min. Cover if you omit cheese. Serves 4-6.

### Mexican Skillet Meal

1 can beef or turkey chunks  
1 t. ground cumin  
1 16-oz can pinto beans, drained  
1 med. tomato, seeded and chopped (optional)

1 med. onion, chopped  
1/2 t. salt  
1 4-oz cans diced green chilies

2 T. chili powder  
3 c. cooked brown rice  
Fresh cilantro (optional)

In large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain. Return meat to skillet. Add onion, chili powder, cumin and salt; cook until onion is tender. Stir in rice, beans and chilies; thoroughly heat. Top with tomato and garnish with cilantro if desired. Serve immediately.

### Mexi Lentils And Rice

Eatwheat.com

1/2 c. brown rice  
2 – 3 t. chili powder  
1 c. water  
pinch crushed red pepper(opt)

1/4 c. dry chopped onions  
1 can (14 oz.) beef broth  
1/2 t. dried crushed oregano  
grated sharp cheddar,

2/3 c. dry brown lentils  
1/2 t. ground cumin  
1 t. garlic salt

Rinse and drain lentils. In large saucepan, bring to rolling boil: rice, lentils, beef broth, water. Reduce heat to lowest, cover, simmer 40 minutes. Stir in garlic salt, dry onion, chili powder, cumin, oregano, and optional crushed red pepper. Cover, simmer 10 more minutes. Remove from heat, keep covered a few more minutes. Spoon into shallow bowls, top with grated cheese. Serves 4.

### Mexitalian Casserole

Magic Bean

4 oz. ziti pasta, uncooked  
16 oz. can black beans  
1 medium carrot, finely chopped  
8 oz. part-skim ricotta cheese

1 t. oregano  
1 clove garlic, minced  
2 T. chopped green chilies  
8 oz. can tomato sauce

2 medium onions, chopped  
1 can corn  
16 oz. can tomatoes  
4 oz. shredded Jack cheese

Rinse and drain beans. Cook ziti according to package directions without salt; drain well. Preheat oven to 375°. Coat large pot with cooking spray. Add onions, garlic, and carrot; sauté over medium heat for 10 minutes, stirring often. Stir in tomatoes, breaking them up with a spoon, then tomato sauce, and oregano. Bring to a boil. Reduce heat to low. Simmer for 15 minutes or until slightly thickened. Stir in beans, corn, and chilies. Cook for 5 minutes. Remove from heat; add drained pasta and cheeses; toss gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand for 5 minutes before serving.

### Palestine Stew

By Emergency Essentials

1 c. Lentils  
1 lb. hamburger, brown, drain  
2 T. Brown Sugar

1 c. whole wheat berries  
1/4 c. Onions  
2 T. chili powder or to taste

1-28 oz can tomatoes, diced  
1 carrot, diced

Cook lentils and wheat until tender in about 3-4 cups of water, about an hour. In a separate pan brown hamburger and chopped onion. Mix remaining ingredients and season to taste. Let simmer an additional 1/2 hour.

\*To make wheat berries simply cook in crock pot on low over night: 2 cups water to 1 cup of wheat.

### **Pinto Bean Tamale Pie**

1 ¼ c. cornmeal	1 (4 oz) can diced green chilies	½ t. salt
¼ c. water	1 (12 oz) can evaporated milk	½ t. onion powder
1 c. water	½ t. garlic powder	½ tsp cumin
1 (12 oz) can beef chunks	2 (15 oz) cans drained pinto beans	¼ tsp sugar
¼-1/2 tsp chili powder		

Combine cornmeal, salt, milk and water in small saucepan and cook on medium until bubbling. Continue stirring until VERY thick (2-3 min). Save ½ cup cornmeal mixture; cover with plastic wrap. Put rest of mixture in a lump in bottom of greased 10" pie plate and allow to cool 3 min. Using a slightly wet hand, press dough to cover bottom and sides of plate and bake at 425° for 10 min. While crust is baking, pour beef into medium saucepan and break-up. Add rest of ingredients and bring to boil, simmer uncovered for 5 min, stirring often. Spread pinto beef mixture over baked cornmeal. On piece of waxed paper flatten reserved cornmeal into an 8-inch round. Place on center of bean filling and bake for add'l 15 min – serves six – this can also be used over rice or tortillas.

### **Shipwreck Casserole**

Beanbible.com

2 med. potatoes, sliced thin	1 med. onion, sliced	1 15 ½ oz kidney beans
¼ c. rice, uncooked	1 c. celery, diced	1 can tomato soup
1 lb lean ground beef, uncooked	1/2 c. water	dash chili powder
dash basil	dash oregano	

Grease a 2-1/2 quart casserole dish and layer the above ingredients in the order listed. Bake at 350 degrees for 1 ¼ hours or until done. Serve hot. May be prepared ahead. Can be frozen.

### **Sloppy Joe Beans**

1 T. oil	1 med. onion, chopped	1 med. green pepper, chop
3 c. cooked brown rice	2-16oz pinto beans	¾ c. hickory barbecue sauce
4-6 hamburger buns		

Heat oil in large skillet over medium-high heat. Add onion and pepper. Cook 2-3 minutes. Add rice, beans and sauce. Simmer 10-15 minutes, until heated through. Serve on buns.

### **Sour Cream Chili Bake**

everydayfoodstorage.net

1 lb. ground beef	¼ c. onion, chop	1-16 oz kidney beans
1-15oz can tomato sauce	1 pkg, taco seasoning mix	1/4 c. dry onions
1 can of corn, drain	1 C. (4 oz.) Shredded Cheddar Cheese	
3 ½ C. Fritos	1 ¼ C. Sour Cream	

Rinse and drain beans. Cook ground beef and onion until meat is browned and onion is tender; drain. Stir in beans, tomato sauce, taco seasoning, corn, onion and ¾ C. cheese. Sprinkle 2 ½ cups Fritos in bottom of 8×8 baking dish. Cover with Chili. Bake at 350 degree for 20-25 minutes. Spread sour cream of chili. Top with remaining corn chips and cheese. Bake 3-4 minutes longer.

### Southwestern Bean Chili & Rice

(Gifts from a Jar – Soups, Chilis and More)

½ c. dried kidney beans	½ c. navy beans	½ c. dried beans
1 bay leaf	2 T. dried minced onion	2 t. chili powder
1 T. chicken bouillon granules	2 t. minced garlic	1 t. cocoa powder
1 t. cumin	1 t. dried oregano	¼ t. red pepper
3-4 c. water	16 oz. tomato sauce	4 c. cooked rice

Shredded cheese

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water, and seasonings in heavy pot w/lid. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce, cook 30 minutes longer or until beans are tender.

Serve over rice and top with cheese.

### Simple Lentil Loaf

2 c cooked lentils	1 c quick oatmeal	1 clove garlic, minced
1/2 c. onion, cooked, chopped	2 c tomato sauce	1-1/2 t Italian seasoning

Preheat oven to temperature 350°F. Combine all ingredients and salt and pepper to taste in a bowl. Mix thoroughly and press mixture into a lightly oiled loaf pan. Bake 50 minutes.

### Southern Beans And Rice

2 c. water	3 c. cooked small red beans	3 stalks celery, chop
1-2 T. Chicken or veg. soup base	½ c. chop, mushrooms	Tabasco/Picante, to taste
2 T. DH green pepper	1 T. Worcestershire sauce	3 T. dried onion

4 c. cooked rice

In sauce pan, bring all ingredients except rice to boil, then turn to low. Simmer, covered, for 15-25 min. Serve over hot rice. Serves 4-6.

### Spicy Chili Mac

(Gifts from a Jar – Soups, Chilis and More)

¼ C. dried pinto beans	¾ dried kidney beans	1 pkg. Chili seasoning mix
2 T. dried minced onion	2 t. beef bouillon granules	¼ t. red pepper flakes
1 ½ c. uncooked rotini pasta	4-5 c. water	1 can Tom. w/ gr. chilies

Shredded cheese, opt. 1 can beef chunks

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water ground beef and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 hour. Add pasta, and tomatoes. Simmer 30-45 minutes. Serve with Cheddar cheese. Makes 8-10 servings.

### Taco Bean Chili

(Gifts from a Jar – Soups, Chilis and More)

½ C. dried kidney beans	½ c. dried pinto beans	½ c. dried red beans
1 pkg. taco seasoning mix	1 T. dried minced onion	½ t. chili powder
¼ t. ground cumin	4 c. water	1-8 oz. can tomato sauce

1 can beef/chicken chunks 1-14oz can dice tomato w/ chilies 1 ½ c. tortilla chips

Soak beans overnight, drain and rinse. Place soaked beans, water, ground meat, and contents of seasoning packet in heavy duty pan. Bring to a boil over high heat. Cover: reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce. Simmer additional 30 minutes until beans are tender. Crush chips. Stir into chili and cook 5-10 minutes. Serves 6-8.

### Taco Casserole

1 lb. ground beef	1 ½ C. shredded Jack cheese	½ C chopped onion
2 C. broken tortilla chips	15 oz. can pinto beans	1 C. shredded lettuce
8 oz. can tomato sauce	¼ C. sliced green onions	¼ C. salsa
¼ C. sliced ripe olives	1 t. chili powder	8 oz. sour cream
½ t. ground cumin		

Rinse and drain beans. Brown meat and onion until cooked. Drain off fat. Add pinto beans, tomato sauce, salsa, chili powder, and cumin. Cover; cook on medium heat until bubbly. Top with shredded cheese. Cook, uncovered, until cheese melts. Top with broken tortilla chips and lettuce. Garnish with green onions, olives, and sour cream.

### Texas Caviar

Combine ingredients in sauce pan over medium heat, bring to boil. Remove from heat.

½ cup Vinegar	½ cup Sugar	½ cup Oil
<u>Stir in:</u> 1 t. Salt	¼ t. Pepper	½ t. Garlic Powder

**Set aside.** In large bowl, combine approximately, cooked beans:

1 ½ c. Pinto Beans	1 ½ c. Black Beans	1 ½ c. White Beans
<u>Chop and add the following:</u>	2 stalks of Celery	1 purple Onion

2 Jalapeño peppers	1 red, green, orange or yellow bell pepper	
<u>Additional ingredients:</u>	Whole kernel corn	Diced black Olives
Canned Pimentos	Scoop Fritos	

Pour warm vinegar mixture over beans and vegetables and mix together well; chill for several hours or preferably overnight. Serve cold or at room temperature with Fritos.

### Vegetable Bean Pie

Magic Beans

4 servings instant mashed potatoes	1 medium carrot, sliced	2 T. margarine
15 oz. can kidney beans	2 cloves garlic, minced	½ t. basil
1-14oz can diced tomatoes	1 can corn	½ t. thyme
8 oz. can tomato sauce	¼ t. salt	3 T. milk
1 t. Worcestershire sauce	½ t. sugar	2 t. olive oil
1 C. shredded cheddar cheese	1 medium onion, chopped	

Rinse and drain beans. Prepare instant mashed potatoes according to package directions, and set aside. Melt margarine in a small saucepan. Cook garlic, basil, and thyme in melted margarine for 15 seconds. Add to mashed potatoes along with salt. Gradually beat in milk until potatoes are light and fluffy. For filling, heat olive oil in a large skillet. Cook and stir onion and carrot in hot oil until onions are tender. Stir in kidney beans, tomatoes, frozen corn, tomato sauce, Worcestershire sauce, and sugar. Bring to boiling. Transfer to 8"x8" baking pan. Drop mashed potatoes in 4 mounds onto the vegetable mixture. Sprinkle with cheese. Bake uncovered at 375° for 25 minutes.

### Versatile Bean Mini Loaves

2 c. mashed beans-any kind	½ c cooked rice	1 T chopped onion
1c finely grated carrots	2 t chicken or veg. bouillon	2 eggs
2 T picante Sauce	1 t cumin	1 c. bread crumbs

Salt and pepper

Mix all ingredients, adding a small amount of water, if necessary, to hold mixture together. Fill muffin tins, coated with cooking spray, full and mound top slightly. Lightly cover with foil and bake at 350° for 45 minutes. Top with grated cheese 10 minutes before done, if desired. OR serve with White Bean Gravy or Mexican Gravy. Makes 8-12 mini loaves. Variation; Bake in a loaf pan or shape into patties and pan fry.

### Wendy's Chili

1 lb. ground chuck	1-15oz diced tomatoes	1-15oz kidney beans
1-15oz pinto beans	1-8oz Hunt's tomato sauce	1/2 med. white onion, diced
1-4oz diced green chilies	2 T. chopped celery	2 T. chili powder
1/2 T. ground cumin	1 t. salt	1/2 t. ground black pepper
1/4 t. garlic powder	1 c. water	

Brown the ground chuck over medium heat, breaking into small pieces with the spatula. Add a dash of salt and pepper while cooking. Empty the cooked meat into a spaghetti strainer, and rinse well under very hot water. This removes the bulk of the fat. Transfer the beef into a dutch oven, and add the remaining ingredients. Stir together to combine thoroughly. Over medium heat, bring to a simmer. Reduce the burner to low, and continue simmering 50–60 minutes, stirring occasionally.

### Western White Chili

*from Better Homes & Garden's Biggest Book of Slow Cooker Recipes*

1 C. Chop Onion (1/4 c. dry onions)	4 cloves garlic, minced	2 t. ground cumin
1 t. dried oregano, crushed	1/4 t. ground red pepper	4 C. chicken broth
2-4oz cans diced green chilies	3-15 1/2-ounce cans white beans	
3 C. chopped cooked chicken	2 C. shredded Monterey Jack cheese (8ounces)	

Sour Cream

Drain and rinse beans. In a 3 1/2 to 6-quart slow cooker place the onion, garlic, cumin, oregano, red pepper, beans, chilies, broth and cooked chicken. Stir to combine. Cover and cook on low heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Stir in the cheese until melted. Ladle the chili into 8 bowls. If desired, top with sour cream and sprinkle with additional chilies or chives.

## SALADS

### Bean Salad

(Menus at a Glance)

½ C. each of dry garbanzo, pinto, & red kidney beans	¼ C. DH onions reconstituted	
1 can of green beans		
DRESSING:	1/3 C. cider vinegar	3 T. sugar
2 T. oil	¼ t. salt & ¼ pepper	

Clean, sort & rinse dry beans. Then cover with water & soak over night. Pour off water, rinse and cover again with water. Cook until they are tender. In a large bowl, mix together beans, onions & green beans. Mix dressing and pour over beans. More salt if desired. Chill 2 hrs.

### **Black Bean Salad**

(Mike Lawrence)

2-15oz cans black beans	1 lg. can mandarin oranges	1 bell pepper, diced
¼ c. dry onions, soak, drain	1 t. salt	1 t. pepper
3 T. sugar or honey	3 T. Olive oil	1 T. cider vinegar
1 t. Dijon mustard (opt)		

Combine all ingredients in a bowl. Marinate for 1 hour minimum in refrigerator.

### **Lentil Salad**

(Country Beans)

3 c. barely cooked lentils, cooled	1 t. oregano	4 T. olive oil or 1/3 broth
salt to taste	1 sm. Onion, chopped	1/8 t. cayenne pepper
1 clove garlic, minced	1 T. chopped fresh basil	3 tomatoes, chopped
1-2 T. chopped parsley	3 T. lemon juice	

In skillet, heat 2 T. of the oil or broth and sauté onion, garlic and tomatoes for 1 minute. Add to remaining ingredients and mix gently. Add salt to taste and cool. Serves 6-8.

### **Lentil Chicken Salad**

2/3 c lentils	1-1/2 c water	1/4 c light mayonnaise
2 T green onions, chopped	1/8 t hot red pepper sauce	1 c cooked chicken, diced
1/2 c celery, diced	1/2 c cucumber, diced	1/4 c green bell pepper, diced
4 c mixed salad greens		

Rinse lentils in cold water and drain. Bring water to a boil in a heavy nonstick pan over medium high heat. Reduce heat and add lentils. Cover and simmer about 20 minutes, or until lentils are just tender. Drain and refrigerate until cooled. Combine mayo, onions and pepper sauce in a small bowl and mix well. Combine cooled lentils, chicken, celery, cucumber, peppers and salad in a medium bowl. Pour in dressing and mix gently. Cover and refrigerate at least 1 hour. To serve, arrange salad greens on individual plates and top with chicken salad.

### **Mexicali Bean And Rice Salad**

6 c. cooked rice	1 (15 oz) can corn, drained	¼ c. soaked DH green pepper
1 (15 oz) can each kidney, pinto, black beans, drained/ rinsed		1-4 oz can diced green chilies
Dressing:		
1/3 cup olive oil	¼ c. cider vinegar	1 t. chili powder
½ t. cumin	½ t. garlic salt	½ t. hot pepper sauce

Combine dressing ingredients and set aside. In large bowl, combine rest of ingredients (rice can be warm but not hot). Pour dressing over and toss. Serve immediately or chill 1 hour before serving. Serves 6-8.

### **Simple Pasta & Bean Salad**

¾ c. uncooked rotini pasta	16 oz can black or red beans	1 tsp. Oregano
1 onion chopped	1/8 c. vinegar, balsamic or cider	1/3 c. oil, olive or vegetable
1 bell pepper chopped	2 tomatoes chopped & seeded	1 stalk of celery, chopped
2 T. chopped cilantro	Salt and Pepper to taste	

Cook pasta, rinse, drain and cool. Add all other ingredients. Cool in refrigerator. Toss and serve.

**Variations:** Add chopped olives, avocado, cucumber, zucchini etc.

### Spicy Black Bean Taco Salad

(Country Beans)

1 large tomato, chopped	3 c. cooked, drained black beans	1 bell pepper
½ c. Alfalfa sprouts	3 green onions, chopped fine	1 can chopped olives
1 head shredded romaine lettuce	1 c. grated cheese	½ c. cooked rice

corn chips or flour tortillas

Mix salad ingredients and place over corn chips. Or wrap in heated flour tortillas or spoon into pita pockets. Top with Taco Sauce or Spicy Hot Ranch Dressing.

### Sweet And Sour Lentil Salad

(Country Beans)

1c. cooked lentils	1 c. sliced celery	½ medium onion, minced
¼ c. cider vinegar	2 c. chopped cucumber	1/8 t. white pepper
½ c. chopped green pepper	2 t. light honey	1 T. sesame seeds
1 T. soy sauce		

Combine all ingredients. If time permits, chill 3-4 hours. Serves 3-4.

### Tangy Pasta And Bean Salad

(Country Beans)

3 c. cooked pink or red beans	1 c. chopped fresh tomatoes	2 c. macaroni
½ c. chopped green pepper	1 c. sliced celery	1 t. chopped parsley
1 – 4 ½ oz. chopped olives	2 T. olive oil	Salt/pepper to taste
¼ c. lemon juice		

Cook and drain macaroni. Mix oil, lemon juice, salt and pepper and add to remaining ingredients. Serve at room temperature or chilled.

### Three Bean Salad

1-15-oz can cannellini beans	1-15-oz can kidney beans	1-15-oz can garbanzo beans
2 celery stalks, chopped fine	1/2 red onion, chopped fine	1 c. fresh flat-leaf parsley
1 T. fresh rosemary	1/3 c. apple cider vinegar	1/3 c. granulated sugar
1/4 c. olive oil	1 1/2 t. salt	1/4 t. black pepper

Rinse and drain beans. Finely chop: celery, onion, parsley and rosemary. In large bowl mix the beans and chopped vegetables. In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat. Chill in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing. Serves 4 to 8.

### White Bean Salad

Mike Lawrence

3 c. or 2-15oz. can white beans	1/3 cup Olive oil	1/3 cup Red Wine Vinegar
2 Tbs. sugar	1 tsp. salt	½ to 1 tsp. ground pepper
1 bell pepper, diced	1 med. red onion	1 bunch chopped cilantro
2 tsp. dried oregano	1 to 2 cloves mashed garlic or 1/2 tsp. granulated garlic	

In a bowl whisk together oil, vinegar, sugar, salt, pepper and garlic. In a large bowl combine rest of ingredients. Coat with dressing, cover and refrigerate at least one hour and serve.

## SIDE DISHES

### Baked Beans

2 c. white beans	1 tsp. salt	1 onion chopped
1/8 lb. bacon diced	3/4 c. brown sugar	1/4 cup catsup
1 t. dry mustard	1 T. soy sauce	1 c. reserved liquid

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275° for 6-8 hours.

### Baked Beans

*everydayfoodstorage.net*

1 lb. dried white beans	1 qt. water	1/2 t. salt
1 medium onion, chopped	2 T. yellow mustard	2 T. brown sugar
2 T. molasses	1 c. BBQ sauce	

Follow the instructions on your can of white beans to get them cooked in just a couple of hours. Save 2 cups of the water you used to cook your beans. Once they are cooked place in a 9×13 pan and combine the beans, onion, mustard, brown sugar, molasses, BBQ sauce, bacon, and 1 C. cooking liquid. Cover and bake at 400 for 45 minutes or until the beans have reached the desired thickness, stirring occasionally. You may need to add some more of the water you saved if you think it is too thick.

### Bar-B-Q'd Lentils

2 1/3 c. Lentils, rinsed	5 c. water	1/2 c. Molasses
2 Tbs. Brown Sugar	1 Tbs. Vinegar	1/2 c. Ketchup
1 t. Dry Mustard	1 t. Worcestershire Sauce	16 oz. Tomato Sauce
2 Tb. Minced onions	1/4 tsp Liquid Bar. Smoke(opt)	

Add lentils to water, bring to a boil and simmer for 30 min or until tender but whole. Add remaining ingredients to the cooked lentils and bake at 350° for 45 min.

### Black Beans

(Rebekah Wilson)

2 c. black beans	1 can tomatoes	1 T. chicken bouillon
1 can tomato soup(3-4T tom. pdr)	1 onion, chop (1/2 c. dry/soak)	Brown sugar
Cajon seasoning or Tabasco sauce	1/2-1 c. bacon bits	

Soak the beans overnight in cool water, Drain and rinse well. Put beans in a crock pot or on stove in large pot. Cover with water plus 3 inches. Add all other ingredients. Simmer all day. Stir occasionally. Can be used as a soup or use beans in tortillas.

### Boston Baked Beans

2 c. small white beans, dry	1 tsp. Salt	1/4 lb. salt pork
2 t dry mustard	5 T. dark-brown sugar	4 T. molasses

Wash the beans. Soak overnight or use the short method (below). Add salt, stir and drain, reserving the liquid. Preheat the oven to 300°. Cut off a third of the salt pork and place the piece on the bottom of a bean pot. Add the beans to the pot. Blend the mustard, brown sugar, and molasses with the reserved bean liquid and pour over the beans. Cut several gashes in the remaining piece of salt pork and place on top of the beans. Cover and bake for about 6 hours, adding water as needed. Uncover for the final hour of cooking so the pork will become brown and crisp. Taste and correct seasoning.

### County Line BBQ's Chuck Wagon Beans

1 lb. dry pinto beans                      1/2 c. finely diced onions                      1 t. of salt  
1 t. of pepper                              1 t. of brown sugar                              2 t. of chili powder  
1/2 t. of garlic powder                      1/4 t. of celery salt                              1/2 c of diced bacon

Cover beans with water. Bring to a boil and then turn off heat. Soak for one hour and then drain. Add more water to cover beans and add all remaining ingredients. Cook on low to medium heat (you'll want a low boil) for 2 to 3 hours or until beans are done to desired tenderness.

### Crockpot Calico Beans

2 c. pinto beans                              1 lb. ground beef                              2 c Northern beans  
1-1/2 c onions, diced                      2 c red kidney beans                              1/2 c brown sugar  
1 qt. pork & beans or homemade baked beans                      2 t. salt  
1 clove minced garlic                      2 T vinegar                              1/2 c ketchup

Soak, rinse and cook beans. Brown beef and onions, drain. Reserve small amount of cooking liquid. Combine garlic, ketchup, brown sugar, salt and vinegar. Pour all into slow cooker and mix. Add enough cooking liquid to barely cover beans. Cover and cook on low 8 hours.

### Crockpot Red beans

1 c dried red beans                              4 c water                              1 T. Cajun seasoning  
1 1/2 t. Tabasco pepper sauce                      1 c chopped celery                              1/4 cup onion flakes  
1 green bell pepper, chop fine                      1 t, garlic powder                              2 c diced ham  
1/2 lb spicy smoked sausage, sliced                      salt and pepper to taste

Sort through your beans and add them to your crock pot along with the water. Cook on high for 4 to 5 hours or until the beans are tender. If you prefer, you can also cook the beans on low overnight. Just increase the water to 5 cups. Add the seasonings, vegetables and meat. Cook on low for another 4 hours or on high for 2 hours. You may need to add a little more water if the mixture gets to thick. Serve with cooked white rice.

### Crockpot Refried Beans

3 c. dry pinto beans (rinsed)                      1 onion, diced                              2 T minced garlic  
1 T salt                              1 t. pepper                              2 t ground cumin  
9 c water

Put all the ingredients in a crockpot, using only 1 t. of the cumin, and cook on high for about 8 hours. After they are done, drain the entire liquid out into a bowl. Set the liquid aside--do not discard. Mash beans and add the reserved liquid, a bit at a time, to desired consistency. They will thicken over time so add more liquid than you think you need, making them a little runny. Stir in the remaining teaspoon cumin and serve. Store the leftovers in an airtight container in the refrigerator. These freeze extremely well, just put them in an airtight container and when you're ready for them, defrost overnight at room temp or 2 days in the fridge before using. If they get too thick after refrigerating, just stir in some water when you reheat them. *Makes 6 cups.*

### **Dr Pepper Baked Beans**

Richard Mann beanbible.com

1 28-ounce can pork and beans      1 onion, chopped fine      1 green pepper, chop  
1 tomato, chopped fine      1/2 c. dark brown sugar      1/3 c. Dr Pepper

Preheat oven to 350 F. Drain liquid from the pork and beans. Pour beans into a bean pot, if you have one, or a baking dish if you don't. Gently mix in onion, green pepper, and tomato into the beans. Combine sugar and Dr Pepper until sugar is dissolved. Pour evenly over the bean mixture. Bake, covered, for an hour. Check on the beans; they might need a little more time than that, but don't overcook them. Hint: You can substitute Sprite a different flavor.

### **El Pollo Loco Mexican Beans**

1 T. vegetable oil      1 whole serrano chilies      1/4 t. serrano chilies, ground  
1 28-oz. can pinto beans      1/3 cup water

Heat oil and whole chilies in sauce pan. When chilies are tender, add ground chilies, beans and water. Stir well. Bring to a boil, reduce heat and simmer 10 to 15 minutes.

### **Hummus**

1 C. dried garbanzo beans      Water for blender      1/4 C. olive oil  
1/4 c lemon juice      1 t. garlic powder      1 t. onion powder  
1 t. salt      1 t. cumin      1/8 t. cayenne pepper

Soak beans over night in a quart jar filled with water. Rinse beans and pour in blender. Pour water up to top of beans, then blend. Blend oil, then lemon and spices. Stir with each use. Lasts one week refrigerated.

### **Idaho Buckaroo Beans**

(Cookin' w/ Beans and Rice)

2 c. dried pinto beans      6 c. water      1 large onion, sliced thick  
2 cloves garlic, minced      1 bay leaf      1/2 lb ham or bacon  
2 c. diced tomatoes      1/2 c. chopped green pepper      1 t. chili powder  
2 T. brown sugar      1/2 t. powdered mustard      1/4 t. crushed oregano leaves

Soak beans overnight, drain and rinse. Cook soaked beans, water, onion, garlic, bay leaf and meat in heavy pan. Bring to boil. Cover: reduce heat and simmer 2-3 hours. Stir in tomatoes, green pepper, and seasonings. Bring to boil again. Reduce heat to simmer and cook 2-3 more hours.

### **Instant Black Bean Dip**

3/4 c. Black Bean Flour      1/4 t. Cumin      1/2 t. Chili Powder  
1/2 t. Sea Salt      2 1/2 c. Hot Water      1/2 c. Salsa

Whisk 3/4 cup of Black Bean Flour mixed with 1/4 tsp. cumin, 1/2 tsp. chili powder and 1/2 tsp. salt into 2 1/2 cups of hot water. Stir 1 minute while cooking over medium-high heat. Reduce heat to medium-low, cover saucepan and cook an additional 4 minutes, stirring occasionally. Add 1/2 cup of your favorite salsa or picante sauce and allow mixture to cool. Let mixture cool for 15 minutes if serving as a dip. May be topped with grated low-fat cheese (if desired) and chopped green onions and cilantro.

### **Instant Refried Beans**

(Country Beans)

2 ½ c. water  
¼ t. cumin

¾ c. pinto or black bean flour  
Tiny pinch garlic powder

½ to ¾ t. salt  
½ t. chili powder

Bring water to a boil in small saucepan. Whisk in dry ingredients. Cook, while stirring, over medium heat for 1 minute, until mixture thickens. Reduce heat to low, cover pan and cook 4 minutes. Add ½ c. Picante sauce, if desired. Mixture thickens as it cools and will stay thick even after heating.

### **Italian White Bean Hummus**

2 c. white beans, drained, rinsed  
2 t. minced garlic  
¼ c. extra-virgin olive oil

¼ cup tahini  
1 t. cumin powder  
Warm water

¼ cup lemon juice  
Dash cayenne

Combine beans, tahini, lemon juice, garlic, cumin, and cayenne in the food processor. Blend and gradually add oil and warm water until the mixture has a creamy consistency. Refrigerate overnight for the best flavor.

### **Lentils**

1 T. canola oil  
1 carrot\cooked, chopped  
2 cloves garlic, minced  
1-1/2 c. lentils, rinsed

1 onion\cooked, chopped  
1 bay leaf  
3-1/2 c. water or unsalted vegetable stock

Heat oil in a heavy nonstick skillet over medium high heat. Sauté onion, carrot, bay leaf and garlic 3-4 minutes, or until onion softens. Add water and lentils. Bring to a boil. Reduce heat to low, cover partially and simmer 45-50 minutes, until lentils are soft, skimming foam as it rises. Remove bay leaf and season with sea salt to taste. It is important that you wait to salt until lentils are fully cooked. Otherwise the skins will not soften. This basic recipe can be used to create cooked lentils for burgers and loafs, casseroles and stews, salads, pates and dips or thinned with vegetable stock for soup.

### **Mormon Baked Beans**

2 c. small white beans  
¼ c. oil  
¼ tsp. Dry mustard  
½ c. bacon or bacon bits (optional)

6 c. water  
¼ c. brown sugar  
1 ½ tsp. Salt

2 Tbs. Dehydrated onion  
3 Tbs. Honey  
1/8 tsp. Pepper

Soak beans overnight. Simmer over low heat 1–2 hours until tender. Drain, reserving liquid. Add onions to beans and put into a 2 quart casserole dish. Stir together oil, sugar, honey, mustard, salt, pepper and 1 cup of reserved liquid. Pour over beans and stir gently. Add enough of remaining liquid to almost cover beans. Bake at 300° 3–4 hours. Stir in bacon or bacon bits last 30 minutes.

### **Mexican Pinto Beans**

1 lb (2 cups) of dry pinto beans	1 can of roast beef, not drained	1-8oz tomato sauce
1 can diced tomatoes w/chilies	¼ of a bell pepper, diced	2 T.dry onions
1 t. beef bouillon	1 t. ground cumin, or to taste	1 t Mexican oregano

garlic salt, to taste

Rinse and sort beans, discard any foreign objects or suspicious beans. Place beans in a large bowl and cover with 3-4 inches in water, soak overnight (6-8 hours). Pour out soaking water and rinse beans again. Place beans in a large pot (with a lid) and cover with 2 inches of water; bring to a boil not covered, stirring occasionally. Cover with lid askew to vent, turn down heat, and let beans simmer for 1 ½ hours, occasionally stirring. Add the rest of the ingredients and continue to simmer and stir until beans are very tender and water has boiled off to the desired consistency, about 1-2 hours. As a note, water can be added or scooped out to reach desired consistency. Spoon beans into bowls, top with garnish and sprinkle with chopped: cilantro, tomatoes, onion cotija cheese.

### **Ranch Beans**

3 c dry pinto or anazazi beans	6 c. boiling water	2 16 oz. can diced tomatoes
1 lb. raw hamburger	1/8 cup dry onion	1/4 - 1/2 cup DH bell pepper
1 tsp salt / ¼ t pepper	1/4 tsp powdered garlic	3/4 tsp chili powder
1/4 tsp oregano	1 T. sugar	¼ t. liquid smoke

Soak beans overnight, drain and rinse. Place soaked, drained and rinsed beans in a crock pot with hot boiling water. Cook on high for 4-5 hours or until beans are softened. Turn crock pot to low and add hamburger broken into small pieces and remaining ingredients and cook for another 2 hours: Add water if necessary. Adjust spices if desired.

### **Refried Beans, Oil-Free**

5 c. Pinto beans	3-4 Tbs. Green and red salsa	2 T. Onion powder
1 t. Garlic powder	1 T. Sea Salt	

Soak the pinto beans for 12 hours, then sprout them in a sprout bag for 2 days maximum. Cook the beans on a low flame, approximately 40–60 minutes or until soft. Scoop off any foam that builds up during cooking. When soft, pour off half to 2/3 of the cooking water. Mash up the softened beans with a mashing tool or a food processor. Add the salsa sauce and spices.

### **Refried Beans**

(Cookin' w/ Beans and Rice)

2 c. dried pinto beans	5 c. water	1 large onion, chopped
salt to taste	½ c. bacon drippings, lard, or butter	

Soak beans, water and onion overnight. Drain. Add 5 cups water and return to heat. Bring to a boil, cover and reduce heat. Simmer for 1-1/2 hours until beans are tender. Mash and add desired fat. Continue cooking until beans are thickened and fat is absorbed. Salt to taste.

### **Refried Beans**

1-2T chorizo, to taste	1-2 c. of beans from Mexican pinto beans
Juice from Mexican pinto beans	milk

Brown the chorizo in a sauce pan over medium heat. With a slotted spoon scoop out some of the beans, about 1-2 cups depending on how much you want to make. Turn heat down to med-low. Use a potato masher to mash beans and incorporate chorizo. Stir in juice from beans and milk in small amounts till beans become smooth and are just beginning to simmer. You can make beans as thick or smooth as you like.

### Sweet and Sour Lentils

1 c lentils  
1 bay leaf  
Cook above until tender and then add:  
1/4 c apple cider vinegar  
1/4 c brown sugar  
1 clove garlic crushed  
2 1/2 c water  
2 beef bouillon cubes  
1/4 c apple or pineapple juice  
sautéed onions if desired. Heat to bubbly, serve over brown or white rice.

### Tomato Spiced Chickpeas

1/3 c. extra-virgin olive oil  
1 t. ground ginger  
1-28 oz whole tomatoes in juice  
1/4 c. mint  
1 T. ground cumin  
1/4 t, hot red-pepper flakes  
2-15 oz chickpeas  
1 T. ground coriander  
1-1 1/2" cinnamon stick  
1/2 c. flat-leaf parsley  
Rinse and drain chickpeas. Chop parsley and mint, set aside. Heat oil in a 12-inch skillet over medium heat; then cook cumin, coriander, ginger, red-pepper flakes, and cinnamon stick, stirring constantly, until fragrant and a shade darker, about 2 minutes. Add tomatoes with juices, breaking up tomatoes with a spoon, then add chickpeas. Simmer, stirring occasionally; until slightly thickened, about 20 minutes. Discard cinnamon stick. Stir in parsley and mint.

## SOUPS

### 15 Bean Soup

(Rebekah Wilson)

2 c. 15 bean mix  
1 can tomato soup (3-4 T. tomato pdr)  
2 T. chicken bouillon  
1 T. garlic powder

Soak beans overnight in cool water, drain, rinse. Place all ingredients into a crock pot or pot for the stove. Cover with water plus and extra 2-3 inches. Simmer all day. Sprinkle with grated Jack cheese.

### 16 Bean Soup

(Tracie Robbins)

2 c. dry 16 bean mix  
1 can chicken broth  
1/4 c. Dried onion  
1/4 c. dried carrots  
3-5oz. Chunk Lean Ham  
1 T. crushed oregano  
1-28oz. can diced tomatoes  
Salt and pepper to taste  
3 bay leaves  
1 t. chili powder  
1/4 c. dried celery  
Water

Rinse the dried beans and soak in salted water overnight. To cook, rinse the beans and place in a covered kettle (crock pot) with the meat product, bay leaves, chicken broth, oregano, chili powder, and enough water to cover 2" above beans and simmer 2 1/2 - 3 hours. Add the onion, tomatoes, celery, carrots and simmer another hour. Add salt and pepper to taste.

### 3-Minute "Cream Of Chicken" Soup

(Country Beans)

6 c. boiling water  
1 c. diced chicken pieces (opt)  
2 T. chicken bouillon  
1 c. fine white bean flour

In medium sauce pan over medium heat, whisk bean flour into boiling water and add bouillon. Stir and cook 3 minutes. Blend for 1-2 minutes. Add chicken, if used. Serves 3-4.

## **Bacon Black Bean Soup**

Eatwheat.com

1 large onion, chopped	1 ¼ C water	1 clove garlic, minced
¾ C salsa mild or hot	1 T. oil	1 can 4 oz.diced green chilies
4 to 5 c. cooked black beans	1 t. sea salt	1 c. cooked brown rice
½ to 1 t. dried crushed oregano	1 can beef broth	

Toppings:

crushed tortilla chips	sour cream	5 slices bacon: diced, cooked
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In a large pot: sauté onion and garlic in oil. Add black beans and liquids, brown rice, beef broth, water, salsa, green chilies, salt, and oregano. Bring to a boil, turn heat to low, cover and simmer for about 20 minutes. To serve: ladle soup into bowls, top with crushed tortilla chips over all, a dollop of sour cream, and sprinkle with cooked bacon.

## **Bean and Bacon Soup**

2-15 oz or 3 c. small white beans	4 c beef or ham broth	1/4 c. catsup
1/2 onion, chopped	1 stalk of celery	1 carrot
1/8 t. pepper	1 t. dry parsley	1 T. vegetable oil
2 T. bacon bits	1/4 c. cold water	2 T flour

Finely chop celery and carrots and set aside. First empty the canned beans into large soup pot and add broth. Add the catsup and stir until it dissolves. Add onion, celery, carrots. Add in spices, oil, and bacon bits. Place a lid on the soup, and simmer it for about 20 minutes, or until the vegetables are all tender. Whisk together the water and flour until they are smooth, then pour the mixture into the boiling soup and stir well. The soup will thicken up nicely. Simmer the soup for another 10 minutes, so that all of the flavors are married and the textures are mingled pleasantly.

## **Bean Chowder**

(Cookin' w/ Beans and Rice)

¾ c. dry navy beans	¾ c. potatoes, diced	1 ½ t. flour
¾ c. tomatoes, canned	1 ½ c. milk	4 c. water
½ c. onion, chopped	1 T. margarine	¼c. green onion, chop

Soak beans overnight in water. Drain and 4 c. fresh water. Add salt and boil uncovered until almost done @ 1 hour. Add potato and onion. Cook 30 minutes more. Mix flour and margarine, stir into bean mixture. Add tomato and green pepper and cook over low heat 10 minutes until thickened. Stir in milk. Stir to serving temperature.

## **Black Bean Soup**

1 lb dry black beans	3 T oil	1 large onion
4 to 6 carrots	4 stalks celery	1 t. garlic powder
6 chicken bouillon cubes	1/2 t. black pepper	

In a large pot, soak beans in 2 quarts of cold water overnight, or in 2 quarts of boiling water for an hour or two. After soaking, drain the beans and cover them with fresh water. Bring the beans to a boil over medium-high heat. Reduce the heat and simmer the beans for an hour. Add more water if needed, to keep the beans covered. When the beans are tender, chop the vegetables and add to them along with, the vegetable oil and seasonings. Taste and add salt. Put the lid back on the pot and simmer the soup for another 30 minutes, or until the carrots are tender.

### **Black Bean Soup**

*everydayfoodstorage.net*

1-1/2 C. Onion (or 1/3 C. dry onion) 1 T. Oil 1-4 oz diced Green Chiles  
1 C. Red bell pepper, chopped 4 cloves Garlic, minced 3/4 C. Dehydrated Carrots  
1-14.5 oz. can Diced Tomatoes 1-1/2 t. Ground cumin 3 C. Chicken Broth  
6 C. Cooked Black Bean (or 4 cans) 1/4 C. Red Wine Vinegar

Drain and rinse beans. Heat oil in large, deep saucepan. Sauté onion (if using fresh), bell pepper and garlic until tender. Add remaining ingredients (including dehydrated onions) and simmer for 10 minutes. Serve garnished with sour cream and tortilla chips or corn chips.

### **Black Bean Soup**

Mike Lawrence

2 Tbs. Olive Oil 1 1/2 c. chopped onion 1-4oz. diced green chilies  
1 t. granulated garlic 1/2-1 chopped whole Jalapeno pepper, fresh or canned  
1 T. ground cumin 3 c./ 2 cans cooked black beans  
2 tsp. dried oregano 2 cups chicken or beef broth 2 Tbs. red wine vinegar

In a heavy pot over medium heat, warm oil, add onions, garlic chilies, cumin and jalapeño. Sauté until tender, about 5 minutes. Add beans and juices and broth. Bring to a slow boil and reduce heat to medium low and simmer 20 minutes. Puree with an electric hand mixer till smooth. Serve with Sour Cream, chopped cilantro and baked or fried tortilla strips.

### **Carrot, Lentil and Rice Soup**

1 c cooked lentils 1/2 c carrots sliced 1/3 c of dry rice  
1 chicken bouillon cube

Fill a medium pot with water and add the carrots, rice and bouillon cube. Bring the mixture to a boil and cook at medium high heat until the carrots and rice are tender. Depending on the type of rice you use and how thick or thin you slice your carrots this will take from 10 to 20 minutes. Add the cooked lentils to the mix, heat through and check for seasoning. If the soup tastes a little weak you may want to add another bouillon cube. Otherwise just add salt and pepper to taste.

### **Chicken Tortilla Soup**

Kim Harvey

2 cans Rotel Mexican style tomatoes with lime and cilantro 1 can refried beans  
2 cans chicken broth 1/2 c. canned corn 2-12oz can chicken

Combine all ingredients in a pot and cook and stir until heated through. Serve topped with crushed tortilla chips and cheese

### **Country Six-Bean Soup**

1/2 c. red beans, dry 1/2 c. navy beans, dry 1/2 c. pinto beans, dry  
1/2 c. baby lima beans, dry 1/2 c. kidney beans, dry 1/2 c. Great North. Beans, dry  
2 bay leaves 2 T. dried minced onion 1 T. dried parsley flakes  
2 t. beef bouillon granules 1 t. dried minced garlic 1 t. dried thyme leaves  
1/2 t. dried oregano 1/2 t. black pepper 1/4 t. red pepper flakes  
4-5 c. water 8 oz. smoked sausage, slice 1 can diced tomatoes

Soak all beans in 9 c. water overnight or quick soak. Drain and rinse beans. Combine soaked beans, water, sausage and seasonings in Dutch oven. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1/2 hours. Add tomatoes. Cook an additional 1/2 hour until all beans are tender. Season to taste with hot pepper sauce, if desired. Makes 8-10 servings.

### **Crockpot Bean Soup**

2 cups mixed beans  
1-2 pressed cloves garlic  
salt, celery salt, and pepper to taste

7 C water  
1 small onion, chopped

1-2 lbs ham, cubed  
1 T Italian seasoning

Soak beans overnight, drain and rinse. Put all ingredients into your crockpot and cook on LOW for 8 hours.

### **Dump and Cook Lentil Soup**

1-lb bag lentils rinsed  
3 stalks celery  
4-5 carrots  
salt & pepper to taste

2 q. water  
1 large onion  
2-15oz cans diced tomatoes  
1 T Italian seasoning

2 large potatoes  
2 cloves garlic..minced  
1 c. ketchup  
2 bay leaves

Peel and chop: potatoes, celery, onion and carrots. In a large pot put all ingredients EXCEPT ketchup and salt. Bring to a boil, cover then lower to a simmering boil and cook for approx 1 hr. adding more water if needed, add ketchup and salt, and adjust seasonings to your liking.

Continue to cook on simmer until lentils are done. Remove bay leaves. The longer it cooks the better it tastes, even tastes better the next day.

### **Hearty Lentil And Barley Soup**

¾ c. brown or red lentils  
1 T. dried minced onion  
½ t. minced garlic, dried  
½ c. pearl barley

¼ c. sun-dried tomatoes  
2 t. chicken bouillon granules  
1/2 t. black pepper  
5-6 c. water

2 T. dried vegetable flakes  
1 t. dried oregano leaves  
1/8 t. red pepper flakes (opt)  
8 oz. smoked sausage, ½”

1-14 oz. can diced tomatoes w. green pepper, celery, & onion

Place all ingredients in crock pot. Stir; cover and cook on Low 6-8 hours. Add additional water ½ c. at time if needed to reach desired consistency. Season to taste with lemon pepper. Serves 10.

*Variation:* Simmer ingredients in dutch oven or soup pot, partially covered 1-1/2 hours or until lentils and barley are tender.

### **Hoppin’ John Soup**

(Gifts from a Jar – Soups, Chilies and More)

1 c. dried black-eyed peas  
1 Chicken bouillon cube  
½ t. ground cumin  
2-3 c. water  
Lemon Pepper or Pepper Sauce

1 T. dried minced onion  
1 t. dried minced garlic  
¼ t. black pepper  
1 can tomatoes w/gr.chilies  
2 c. cooked rice

1 T. dried vegetable flakes  
1 t. dried thyme leaves  
1/8 t. ground red pepper  
4 slices crisp cook bacon

Soak Peas overnight in 3 c. water or bring to boil and boil 2 minutes then cover and let stand 1 hour. Drain and rinse. Place peas, 2-3 c. water, bacon and seasonings into large sauce pan. Bring to a boil over high heat. Cover; reduce heat and simmer 1 ½ - 2 hours or until peas are tender, adding tomatoes during last ½ hour. Mash beans slightly with potato masher. Season with lemon pepper. Serve over cooked rice. Serves 4-6

### **Instant Pea Soup**

(Country Beans)

2 c. boiling water  
2 t. chicken soup base  
3 T. pea flour

Using dried peas, whole or split, grind to a fine flour. In medium sauce pan over medium-high heat, whisk chicken soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 2. For a thicker soup, use up to 1/3 c. pea flour.

### Italian-Style Bean Soup

(Gifts from a Jar – Soups, Chilis and More)

1 ½ c. Great Northern/Navy Beans	1 T. dried minced onion	2 t. dried basil
2 chicken bouillon cubes	1 t. dried parsley	½ t. dried garlic
½ t. black pepper	5-6 c. water	1½ c. sm.shell pasta
1 c. spaghetti sauce	8 oz. baby spinach leaves (opt)	Salt/Pepper to taste
¼ c. parmesan cheese		

Soak beans overnight in 5 c. water or use quick soak method. Drain and rinse. Combine soaked beans, water, and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 ½ - 2 hours. Add pasta sauce, shells and spinach. Simmer additional ½ hour or until beans are tender. Season to taste. Serve with cheese. Serves 8-10.

### Lentil Soup

1 c dried lentils	4 c water	3 carrots, peel and shred
3 T. celery, thinly sliced	1/4 c ketchup	1 t. oil
1/2 t. curry powder		

Rinse and drain lentils then combine with water in a heavy saucepan over medium high heat. Bring to a boil. Reduce heat to medium low. Skim off any foam that may appear at the top. Add remaining ingredients. Simmer 40-45 minutes or until lentils are tender. Season with salt and pepper to taste.

### Lentil and Pasta Soup

1/2 c small pasta	1/4 c dry lentils	1/4 c. dried mushrooms, chop
2 T grated Parmesan cheese	1 T minced dried onion	1 T instant chicken bouillon
1 t. dried parsley flakes	1/2 t. dried oregano	1 dash garlic powder

Combine all ingredients with 3 cups water in a 2-quart saucepan. Bring to boiling; reduce heat. Cover and simmer 40 minutes, or until lentils are tender, stirring occasionally. Makes 3 servings.

### Lentil and Sweet Potato Soup

2 t olive oil	1 small onion, chop	1 med sweet potato, chop
1 c red lentils	1 T. vegetable bouillon	3-1/4 c water

Heat oil in a large saucepan over medium heat. Cook onion about 2 minutes, stirring, until onion is soft. Add remaining ingredients. Increase heat to high and bring to a boil. Reduce heat to low. Cover and simmer 20 minutes, stirring occasionally, until sweet potato is soft. Transfer mixture to a blender or food processor and blend, in several batches if necessary, until smooth.

### Lima Bean Soup

(Menus at a Glance)

2 c. baby lima beans	Ham or spam	½ c. DH sliced carrots
2 c. DH celery	1/3 c. DH onion	½ c. DH green pepper
1 qt whole tomatoes	Salt & pepper	

Reconstitute carrots, celery, green pepper, and onion by soaking in water for 5 to 10 minutes. Wash and soak beans overnight and/or sprout for 3 days. In a kettle cover beans with clean water, about 6 cups. Place ham in kettle and cook for 2 hours. Then add remaining ingredients and cook one more hour. Season to taste. Serves 6.

### Mindless Meatball Minestrone

By Richard Mann

2 14.5-oz chicken broth	1 14.5-oz beef broth	1 lb frozen mixed vegetables
1 18-oz bag frozen meatballs	1 14.5-oz stewed tomatoes	1/2 c. dry macaroni
1 15-oz red kidney beans	1 1/2 t. Italian seasoning	6 T. grated Parmesan cheese

Rinse and drain beans. In a large Dutch oven or stock pot, heat the chicken and beef broth. Add the frozen vegetables and meatballs while they are still frozen (saves time). Add the canned tomatoes and the uncooked macaroni. Cover the pot and continue cooking until it boils, which takes about ten minutes. When the soup mixture boils, uncover it and stir it well. Add the drained and rinsed kidney beans and the Italian seasoning. Reduce the heat to medium and continue cooking, stirring frequently. Cook until the macaroni is tender, which will be another six or seven minutes. Serve immediately. Add a tablespoon of grated fresh Parmesan cheese to each bowl as a garnish. Makes 6 single-bowl servings.

### Mom's Tortilla Soup

Eatwheat.com

1 small onion, diced	1 t. minced garlic	1 T. oil
1 can chicken broth	1 can (15 oz.) pinto beans	1 c. water
1 can (4.5 oz.) diced green chilies	1 can (10 oz.) enchilada sauce	1 c. cooked cracked wheat
1 can (10 oz.) chicken chunks		

In soup pot, heat oil on medium high. Add chopped onions and minced garlic, cook until browned. Add chicken broth, bring to boiling. Lower heat, cover; let simmer until onions are tender. Add undrained pinto beans, water, undrained green chilies, enchilada sauce, cooked cracked wheat (the wheat is optional, but I hope you will use it, as it adds fiber/nutrition). Heat 10 to 15 minutes. Add undrained chicken right before serving. Makes 4 to 6 servings.

### Pasta E Fagioli Soup

1 lb ground beef	1 onion, chopped	3 large carrots, slivered
2-3 stalks celery, diced	1-2 cloves of garlic, minced	2-14.5 oz diced tomatoes
1 can kidney beans	1 can white beans	32 oz. beef stock
2 tsp. crushed oregano	1 tsp. pepper	1 Tbs. crushed parsley flakes
1 t. garlic powder	1/2 t. thyme	1 T. vinegar
1 t. salt	5-6 drops of Tabasco sauce	1 26.5 can of spaghetti sauce
1/2 C. dry smallish pasta		

Drain and rinse beans. Brown beef in a large soup pot. Add spices, onions, garlic & celery. Add carrots and tomatoes and simmer for a few minutes. Add broth (or water and bouillon cubes). Drain and rinse beans and add to pot along with spaghetti sauce, Tabasco and noodles. Simmer for about 45 minutes.

### Pea Soup

(Rebekah Wilson)

2-3 c. split peas	1/2-1 c. pearl barley	1/2 c. dried, bacon bits
2 T. garlic powder	1/4 c. dried Onion	salt and pepper to taste
2-3 T. lemon juice		

Add all ingredients, simmer for 3-4 hours. Stir occasionally to prevent split peas from sticking. You can also add dried carrots.

## Small White Beans, Ham And Millet Soup

(Linda Hufstetler)

Soak 5 cups of small white beans (or baby lima beans, pinto, etc.) at least overnight, but preferably about 24 hours. Rinse twice. Put the beans in a 6 quart crock pot, and fill with water. Add ¼ C. millet. Add garlic salt to taste (approximately 1 tsp.) I add about 2 carrots cut up, 1-2 onions chopped, and 2-3 stalks of celery. Add about 2 C. cubed ham or a ham hock. Cook for @ 6 hours or until done.

## Sylvia's Split Peas Soup

Sylvia Bevan

3 c. split peas	1 meaty ham bone	2 - 3 cups of sliced onion
1 t. salt	1/2 t. pepper	1/2 t. dry marjoram, crushed
1 cup diced celery	1 cup diced carrots	

Rinse peas; combine with 2 quarts water, ham bone, onion, salt, pepper, and marjoram. Bring to a boil; cover, reduce heat, and simmer (don't boil) for a couple of hours maybe 2 or 3. Till peas are completely dissolved, stirring occasionally. Remove bone; cut off meat and dice. Return meat to soup; add celery and carrot. Cook slowly, uncovered 30 - 40 minutes.

## Taco Soup

1/2 onion, chopped	1 (16 oz.) can corn	4 cloves garlic, minced
1 ¾ t. cumin powder	2 T. butter or oil	1 ¼ t. chili powder
2 - 16-oz cans diced tomatoes	½ t. salt	2 -16-oz can kidney beans
½ t. onion powder	1 -16-oz can black beans	¼ t. garlic powder
1 can navy beans		

Drain and rinse all canned beans very well in a strainer under running water to reduce flatulence. Sauté onion and garlic in butter; add other ingredients and heat through. Serve with plain yogurt, and let each person stir in their own.

## Texas Black Bean Soup For The Crock Pot

Beanbible.com

2 15-oz cans black beans	1 14 1/2-oz can diced tomatoes	1 can chicken broth
1 can diced tomatoes w/ green chilies	1 can Mexicorn, drained	2-4oz chop green chilies
4 green onions, thinly sliced	2-3 Tablespoons chili powder	1 t. ground cumin
1/2 t. dried minced garlic		

Rinse and drain beans. In a crock pot, combine all ingredients. Cover and cook on high setting for 4 to 5 hours or until heated through. Yields 8 to 10 servings, about 2 1/2 quarts.

## Tomato-Lentil Soup

Woman's Day

Dice half a yellow onion and sauté with 1 clove crushed garlic in 1 T. olive oil. Add 4 c. water and 1 c. rinsed sorted lentils, 1 bay leaf, 1 t. dried thyme, 1 t. salt, and ¼ t. pepper. Boil then simmer until lentils are tender, about 45 minutes (or longer in crock pot). Add 3 c. crushed or diced tomatoes and juice. Add ½ c. sliced black olives. Simmer or let sit 30 min. or more to blend flavors. Remove the bay leaf and serve.

### **Torito's Black Bean Soup**

12 oz. dried black beans	8 c chicken stock	2 t olive oil
1 onion, chopped	1 c carrots, chopped	1 c celery, chopped
2 cloves garlic, minced	2 t dried oregano	1 t dried thyme
1 bay leaf	1/2 t cayenne pepper	3 T fresh lime juice

Rinse and sort though black beans, discarding any that are shriveled or discolored. Place beans in a large stockpot. Cover beans with water and refrigerate to soak overnight. Drain beans and return to stockpot. Add stock and heat to boiling. Meanwhile, heat olive oil over medium-high heat in a large skillet. Add onion, carrot, celery and garlic and sauté until tender, approximately 5 minutes. Add to stockpot along with oregano, thyme, bay leaf and cayenne pepper. Cover stockpot and reduce heat to simmer for 3 to 4 hours. Transfer soup to blender or food processor and puree to desired thickness. Add salt and pepper to taste and serve.

### **Turkey Bean Soup**

1/3 c split peas	1/3 c white navy beans	1/3 c pinto beans
1/3 c kidney beans	1/3 c great northern beans	2 T dried minced onion
2 1/2 t chicken bouillon	1/2 t cumin	1/4 t garlic powder
9 c water	1/2 c carrot dices	1/2 c freeze dried celery

Smoked turkey drumstick

Soak beans overnight, rinse and drain. In a large stockpot, heat beans and water to boiling. Boil for 2 minutes, then remove from heat. Add water, turkey drumstick, vegetables and seasonings. Heat to boiling; reduce heat; cover and simmer for about 2 hours or until beans are tender. Remove drumstick from pot and remove meat with tongs or fork. Cut into bite-size pieces if necessary and add back into bean soup. Serves 6-8.

### **Tuscan Pantry Soup**

#### Angelfeathers

2 cloves garlic, minced	1 medium onion chopped	1 T. butter or olive oil
1/4 c. cornstarch	4 c. water	1/2 c. cool water
1-1/2 c. rotini (small spiral pasta)	2/3 c. Prego spaghetti sauce	1-1/2 t. dried basil
3/4 t. dried oregano	1/2 t. salt and pepper to taste	
1-15can small white beans	grated Parmesan cheese(opt)	croutons (opt)

Chop onion and soak in warm water if need to remove strong flavors; drain. In large pot, heat butter; add onion and garlic and cook a couple of minutes. Add water, pasta sauce, basil, oregano, and salt. Stir to combine. Increase heat to medium-high. When mixture comes to a boil, stir in pasta and cornstarch that has been dissolved in 1/2 cup cool water. Stir briefly as cornstarch thickens, then reduce heat and simmer, covered, about 10 minutes. Drain beans and rinse them very well in strainer under running water before adding to soup. Then let mixture heat through; season with pepper. Makes 2 quarts.

### **White Bean Soup**

(Rebekah Wilson)

3-4 c. white navy beans	dried rosemary	1 onion, chop (1/2c. dried)
2-3 T. chicken bouillon	2 celery, sliced (1/4c. dried)	1/2 t. black pepper
1 T. garlic powder	1/2 C. bacon bits	2 T. parsley

Presoak your beans overnight or boil for 2 hours in plain water. Drain. Add all ingredients and cover with water plus add an additional 4 inches of water. Simmer for 4 hours or until navy beans are soft and have absorbed the flavor of the broth. This is a thin soup. It is very good with homemade bread.