

# Bean Butter Recipes

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"Bean Butter" can be any white bean that has been soaked and cooked.

1 cup of mashed or blended cooked beans = 1 cup of butter, shortening, oil or margarine.

1 1/3 cups of whole cooked beans = 1 cup of mashed beans.

These are recipes where all or most of the fat originally called for in the recipe has been replaced with "bean butter." These are examples of what you can do with your own recipes!

## Chocolate Chip Cookies

Angie Lewis

1 1/2 cups White "Bean Butter"	1 tsp. Baking Soda
or 1 cup "Bean Butter" & 1/2 cup Butter	1 tsp. Salt
3/4 cup Honey	4 1/2 cups Flour
1 1/2 cups Brown Sugar	1 box (3 oz.) Vanilla Pudding Mix
3 Eggs	1 1/2 cups Chocolate Chips (or more if desired)
2 tsp. Vanilla	

Cream together the beans, honey and sugar. Add eggs and vanilla. In a separate bowl, sift dry ingredients together. Add to cream mixture. Dough will be soft and sticky! Do not add more flour, or you will have hard, dry bricks. Fold in chocolate chips. Place dough on greased cookie sheet. Flatten cookies slightly with wet fingers. Bake at 350 degrees for 10-12 minutes.

## Rich & Chewy Cranberry White Chocolate Chip Cookies

Angie Lewis

2/3 cup Butter, melted and cooled to slightly warm	4 cups Flour
1 1/3 cups White "Bean Butter"	1 cup Old Fashioned Oats
3 cups light brown sugar	1 tsp. Baking Soda
4 Tbsp. Honey	1 tsp. Salt
2 Egg	1 tsp. Cinnamon
2 tsp. Vanilla	2 cup Dried Cranberries
	1 1/2 cups White Chocolate Chips

Preheat oven to 350 degrees F. By hand or mixer, blend together melted butter, "bean butter", brown sugar, and honey. Add egg and vanilla; mix well. In a large bowl, stir together flour, oats, baking soda, salt, and cinnamon; add to bean mixture and mix until combined well. Stir in remaining ingredients. Dough will be soft and sticky. Place dough 2" apart a greased baking sheet. Flatten cookies slightly with wet fingers. Bake until edges are lightly browned and centers are still soft (DO NOT OVER BAKE), approx. 10-12 minutes. Cool completely.

## Peanut Butter Butterscotch Chip Cookies

Angie Lewis

1 cup White "Bean Butter"	1 tsp. Vanilla
3/4 cup Honey	2 cups Flour
1 cup Brown Sugar	2 tsp. Soda
1 cup Peanut Butter	1 tsp. Salt
2 Eggs	1 cup Butterscotch Chips

Mix beans, honey, sugar and peanut butter. Add eggs and vanilla. Add dry ingredients, mix until combined. Dough will be soft and sticky; do not add more flour! Add butterscotch chips. Place on a greased pan. Bake 350 degrees for 9 to 11 minutes.

# Bean Flour Recipes

You can transform any of your recipes calling for flour by substituting up to ¼ of the wheat flour with bean flour. For example, if a recipe calls for 2 cups of flour, use 1 ½ cups wheat flour and ½ cup bean flour. This works well in pancakes, waffles, quick breads, yeast breads, cakes, muffins, etc.

## Banana Bread

Angie Lewis

½ cup Butter	½ tsp. Salt
1 cup Sugar	1 tsp. Baking Soda
¼ cup Sour Cream	½ tsp. Baking Powder
2 Eggs	2 cups Mashed Ripe Banana (about 4)
1 ½ cups Flour	1 tsp. Vanilla
½ cup White Bean Flour	

Preheat oven to 350 degrees. Grease 2 loaf pans. Mix together butter, sugar, sour cream, and eggs; beat well. Add dry ingredients and mix until smooth. Stir in banana and vanilla. Divide batter between pans. Bake about 1 hour until toothpick inserted in center comes out clean. This stays moist and freezes well.

NOTE: The sample banana bread at the Emergency Preparedness Fair was made with finely ground soft white wheat flour.

Another option in this recipe would be to use 2 cups flour and substitute the butter with ½ cup of white bean butter.

## Instant Split Pea Soup

Angie Lewis

adapted from Rita Bingham in "Country Beans"

2 cups Boiling Water	1/8 tsp. Garlic Powder
¼ cup Grated Carrots	½ tsp. Onion Powder
¼ cup Grated Potatoes	½ tsp. Italian Seasoning
¼ cup Minced Celery	3 Tbsp. Pea Flour
2 tsp. chicken or vegetable soup base	1-2 tsp. Butter
Pepper to Taste	1 Tbsp. Bacon Bits

Using dried peas (whole or split) grind to a fine flour. (This can be made in large quantities and then frozen until ready for use.) In medium saucepan over medium-high heat, bring water to a boil. Add carrots, potatoes, celery, spices and chicken soup base. Cook 5 minutes or until vegetables reach desired tenderness. Whisk in pea flour into boiling water and stir for about 1 minute until soup thickens. Turn heat to low, cover and cook 2 minutes. Add butter and bacon bits. Makes 2 servings.

## Instant Condensed Cream of Chicken Soup

adapted from Rita Bingham in "Country Beans"

1 ¾ cup Boiling Water	3 tsp. Chicken bouillon or soup base
5 Tbsp. White Bean Flour	¼ cup chicken chunks (optional)

**In any recipe calling for a can of concentrated Cream of Chicken Soup, this recipe can be substituted.** Bring water and base to a boil. Whisk in bean flour. Mixture will be thick in 1 minute. Reduce heat and cook over medium-low for 2 more minutes. Mixture thickens as it cools. This mixture can be refrigerated up to 1 week.

# More Bean Flour Recipes

## Colorful Bean Bake

Angie Lewis

adapted from Bob's Red Mill White Bean Flour Label

- |   |                                   |
|---|-----------------------------------|
| 2 cups cooked Kidney Beans (Red)          | 2 cans (12 oz. each) Chicken      |
| 1 ½ cups Whole Kernel Corn (can be fresh) | 2 cups Coarsely Shredded Zucchini |
| 1 ½ cups Shredded Monterey Jack Cheese    | ½ cup Cornmeal, medium grind      |
| 2 cups Tomato Sauce                       | ½ cup White Bean Flour            |
| 6 Tbsp. Taco Seasoning                    | Water                             |
| ½ cup Chopped Green Chilies, drained      | 2 Eggs, beaten                    |
| 1-2 dashes Tabasco Sauce                  |                                   |

Preheat oven to 375 degrees F. In a 9x13 inch baking dish, combine Kidney beans, corn, tomato sauce, taco seasoning, green chilies, Tabasco sauce, shredded chicken, and ¾ cup cheese; mix well. Top with zucchini. In a small bowl, combine cornmeal, bean flour, egg and enough water to make a batter you can pour. Pour this over the casserole top. Bake for 30 minutes; top with remaining cheese and bake an additional 2-3 minutes, until cheese has melted and is bubbly.

## Great Guacamole

adapted from Melissa Kirkham's "Tasty Guacamole" (Sandy, UT) and Bob's Red Mill Green Pea Flour Label

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| ½ cup Water                           | 1 Tbsp. Cilantro, finely chopped |
| 2 Tbsp. Green Pea Flour               | ½ cup Sour Cream                 |
| 2 large mashed Avocados               | 2 cloves garlic, minced          |
| 4 tsp. Lemon Juice                    | ¾ tsp. Salt                      |
| 1 plum or Roma Tomato, finely chopped | Pepper, to taste                 |
| 2 Tbsp. chopped olives                | ¼ tsp. Chili Powder              |

Combine water and green pea flour in a small saucepan. Bring to a boil, stirring occasionally, reduce heat and cook 3 minutes. Allow to cool. Stir in remaining ingredients: avocados, lemon juice, tomato, olives, cilantro, sour cream, garlic, salt, pepper and chili powder.

## Pinto Bean Dip

adapted from Jill Abegg, Miriam Bowen's mother (Orem, UT)

- |                           |                        |
|---------------------------|------------------------|
| 1 ½ cups Pinto Bean Flour | 1 tsp. Chili Powder    |
| 4 cups Water              | ½ tsp. Cumin           |
| 1 large Onion, chopped    | 3 Tbsp. Bacon Bits     |
| Salt, to taste            | 1-2 cups Grated Cheese |
| ¼ tsp. Garlic Salt        |                        |

In a 2 quart pot, whisk pinto bean flour and water. Add onion, salt, garlic salt, chili powder, cumin, and bacon bits. Bring mixture to a boil, stirring constantly. Cook and stir for 1 minute, until mixture thickens. Reduce heat to medium-low, cover pan and cook for 6 minutes, stirring occasionally. Remove from heat. Stir in grated cheese. Let mixture cool slightly. Serve with tortilla chips.

# Other Great Bean Recipes

## Black Bean Brownies

<http://northharvestbean.org/html/recipe.cfm?ID=63>

- |                               |                           |
|-------------------------------|---------------------------|
| 1/2 cup Cocoa Powder          | 4 Eggs                    |
| 1/2 cup Butter                | 2/3 cup All-purpose Flour |
| 2 cups White Sugar            | 1 tsp. Salt               |
| 1 cup Cooked Black Bean Puree | 1/2 tsp. Baking Powder    |

Mix cocoa, butter, sugar, black bean puree and eggs together in a bowl until well blended. Sift dry ingredients together and stir into wet mixture. Grease a 9x13 inch pan with cooking spray and pour the batter into the pan. Bake 40 minutes at 350 degrees or until done. Frost the brownies with your favorite chocolate frosting when cool.

## Three Bean Dip

Terry Billings, Orem, UT

- |                        |                          |
|------------------------|--------------------------|
| 2 cups Dry Black Beans | 1/2 cup Sour Cream       |
| 2 cups Dry Red Beans   | 1 1/2 cups Grated Cheese |
| 2 cups Dry Pinto Beans | 1 cup Salsa              |
| Onions to taste        |                          |

Rinse and sort beans. Place beans in a large pot of boiling water and simmer for 10 minutes. Drain off water. Then place beans and onions in crockery cooker with fresh hot water. Cook overnight (approximately 24 hours) or until beans are really mushy. The next night, drain off excess water to reserve (may use the reserve liquid to freeze extra bean dip with.) In a big mixer, blend beans together, adding reserve water to adjust consistency. May add the salsa, sour cream and grated cheese or serve separately on top with chips.

## Black Bean Salsa

Wendy Hair, Orem, UT

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|---|--|
| 2 cans Black Beans (drained, rinsed) or 3 1/3 cups cooked and chilled Black Beans | 1/4 jar Jalapeno Peppers, diced (to taste) |
| 1 pkg. (16 oz.) Frozen Shoepeg Corn   | 1 large Yellow Bell Pepper, chopped        |
| 3 medium-large Tomatoes, chopped  | 1 bunch Cilantro leaves, chopped           |
| 1 can (10 oz.) Rotell Tomatoes with chilies                                       | 1 bunch Scallions, sliced                  |
| 1 can Diced Tomatoes  | 2 large Sweet Onions, chopped              |
|   | 4 cloves Garlic, chopped                   |
|   | 1/2 large Zesty Italian Dressing Bottle    |

Combine all ingredients and serve with tortilla chips.