

"Beans, Beans the Magical Vegetable" Recipes

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Compiled By Debbie Kent and Anita Baker

avfoodstorage@gmail.com

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.

BEANY ZUCCHINI BREAD

3 eggs	1 c. vegetable oil	2 c. white sugar
3 c. grated zucchini	2 t. vanilla extract	2 1/2 c. Ezekiel flour
1/2 c. white bean flour	2 1/2 t. cinnamon	1/2 t. nutmeg
1 t. baking soda	1/2 t. baking powder	1 t. salt
1/2 c. chopped nuts		

Grate and squeeze dry zucchini. Preheat oven to 325°. Grease and flour two 8x4 inch loaf pans. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans. Bake for 60 to 70 minutes, or until done.

Topping: 1 c. brown sugar, 1 c. all-purpose flour, 2 T. butter or margarine, 2 t. cinnamon, 1/2 c. chopped walnuts. Mix and sprinkle on bread before baking.

Muffins: Bake at 375° for 15-20 minutes.

Low Fat Version: Substitute 1/2 c. applesauce for 1/2 c. oil.

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

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
¼ cup butter, softened	3 eggs	1 c. blueberries
2 t. vanilla	1 c. all-purpose flour	1 t. baking soda
½ c. whole wheat flour	½ t. salt	1 t. cinnamon
½ t. ground cloves	½ t. allspice	¾ 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.

GLUTEN FREE BAKING MIX

(Rita's: Country Beans)

Use this in place of wheat flour AND bean flour in recipes.

3 c. brown rice flour	1 c. tapioca flour	2/3 c. corn flour
2 t. xanthan gum	1 ½ c. potato starch flour	1 c. pinto bean flour
½ c. teff flour (for brown color)		

Mix all together and store in air-tight container.

GREAT WHEAT MUFFINS

1 ¾ c. whole wheat flour	1/4 c. pinto bean flour	3 tsp. baking powder
1 tsp. salt	3 Tbs. molasses/ honey	¾ c. chopped dates
1 c. chopped nuts	1 c. milk	1 egg
1/4 c. vegetable oil		

Combine dry ingredients. Add remaining ingredients and stir just until mixed. Fill, greased muffin tins, ¾ full. Bake about 20 minutes at 425° until delicately browned.

HONEY-LENTIL BREAD

The Everyday Gourmet

1 C lentils, cooked	1 ½ t. nutmeg	1C flour White
½ C oil	¾ C flour whole wheat	2 eggs
3 t. baking powder	1/3 C water	½ t. salt
¾ C honey	1 T. cinnamon	

Puree soft cooked lentils set aside. Mix flours, baking powder, salt, cinnamon and nutmeg in large bowl. Mix oil to beaten eggs. Mix 1/3 C water to the lentil puree. Add egg mixture and honey to puree. Blend lentil mixture with dry ingredients. Pour into large greased loaf pan. Bake at 325 deg. For 1 hr. and 15 minutes. Cool in pan for 10 minutes. Makes 1 loaf

Substitute Eggs: 4T water mixed 2T egg powder

INDIAN BEAN BREAD

4 c. corn meal	2 c. hot water	1 c. cooked beans
½ tsp. Soda		

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.

MONTANA PORK & BEAN BREAD

The Everyday Gourmet

2 C sugar	1 t. baking soda	1 C oil
1 t. cinnamon	3 eggs	½ t. allspice
16 oz can pork and beans	½ t. baking powder	1 c. applesauce
½ t. salt	1 t. vanilla	1 C chopped nuts
2 C all purpose flour		

Stir together sugar, oil, and eggs until well blended. Mash beans including liquid. Add sugar mixture and stir well. Add applesauce and vanilla and stir. Set aside. Whisk together flour, baking soda, cinnamon, allspice, baking powder and salt. Fold in nuts and pour into greased bread pans. Bake 325° oven for 1 hour or until cooked through. Makes 2 loaves

Substitute Eggs: 3 eggs = 6T. water with 3 T. egg powder

Substitute Applesauce: ½ c. DH Applesauce + 1 c water

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

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.

BLUEBERRY BEAN MUFFINS

Magic Beans

2 15 oz. cans Kidney Beans	1 t. baking soda	1/3 C skim milk
½ t. salt	1 C sugar	1 t. cinnamon
¼ C margarine, softened	½ t. allspice	3 eggs
½ t. cloves	2 t. vanilla	1 C blueberries
1 C flour	¾ C chopped pecan	½ C wheat flour

Rinse and drain beans. Process beans and milk until smooth. In a large bowl mix sugar and margarine; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in combined flour, baking soda, salt, cinnamon, allspice, and cloves. Gently fold in blueberries. Spoon mixture into greased or paper muffin cups. Sprinkle with pecans. Bake muffins 375 oven until done. 20 to 25 minutes. Cool in pan on wire racks 5 minutes. Makes 14 muffins

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.

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

½ C. lentils, uncooked	2 t. vanilla	1 ½ C. water
1 ½ C. whole wheat flour	4 eggs	½ C. plus 2 T. cocoa
1 ¾ C sugar	½ t. salt	¼ C corn oil
½ C. chocolate chips	¾ 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 13 inch pan coated with cooking spray. Bake for 35 minutes at 350°. Cool and cut.

DREAMY BEAN BARS

Magic Beans

2/3 C. white beans	1/3 C. margarine	½ C. brown sugar
¾ C. whole wheat flour		

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:

½ C. white beans	2 eggs	2/3 C. sugar
½ C. finely chopped walnuts	¾ C. coconuts	1 t. vanilla
¼ C. chocolate chips		

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 t. allspice	1 egg
½ t. cloves	¼ C. margarine(melted)	2 C chopped apples
1 C flour	¼ C finely chopped walnuts	1 t. baking soda
1 C. golden raisins	¼ t. salt	2 t. vanilla
1 t. cinnamon	¼ C powdered sugar	

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 ½ C chocolate chips	¾ C white sugar	1(19 oz) can garbanzo beans
½ t. baking powder	4 eggs	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.

PINTO BEAN APPLE CAKE
(Cookin' w/ Beans and Rice)

½ 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 fixings.

BLACK BEANS & RICE

1 c. chopped onion	1 c. rice
1 c. chopped green bell pepper	1 can(14 ½ oz)diced tomatoes(green chilies)
2 t. chopped garlic	1 can(15 oz) black beans or 1 ½ c. cooked beans
1 1/2 t. ground cumin	2 c. water
1 t. dried thyme leaves	1 T. apple cider vinegar
1/2 tsp crushed red pepper	½ to 1 t. salt (optional)
1 bay leaf	½ t. black pepper
1 T. olive oil	

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 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)

½ lb. ground beef	2 c. diced onion	1 c. chop. green pepper
1 ½ T. chili powder	2 t. ground cumin	1 ½ t. dried oregano
1 t. sugar	¼ 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 QUESADILLA

Eatwheat.com

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

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.

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 1/2 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	3/4 c. water	2 T. soy sauce
1/4 c. chopped onion or 1/2t. pdr.	1 1/2 c. soaked soybeans	1 t. beef or chicken bouillon
Pinch garlic powder	1/2 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 1/2 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	¼ 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.

LENTIL CHILI

2 T. olive oil or clarified butter	2 cans diced tomatoes	4 cloves garlic, minced
2 T. chili powder	1 onion, chopped	1 T cumin
1 c. dried lentils	¼ t. black pepper	1 c. dry bulgur wheat
1/8 t. salt	3 c. chicken broth	

Heat oil in a stock pot over medium-high heat. Add garlic and 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 c. stale bread crumbs	1 carrot\cooked, finely grated
1 T. plus 1 t. tomato paste	1 stick celery, chopped	1 onion, finely chopped
2 small fresh red chilies, chopped	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

1 c. dried lentils	½ c. vegetable stock	4-1/4 c. vegetable stock
½ c. water	2 T. unsalted butter	2 t. lemon juice
1 large onion, thinly sliced	2 t. sweet paprika	1/2 lb. mushrooms sliced
¼ t. salt		

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 AND MUSHROOM STEW WITH TOMATOES

1 c. dried lentils	½ c. water	4-1/4 c. vegetable stock
2 t. lemon juice	2 T. unsalted butter	2 t. sweet paprika
1 large onion thinly sliced	½ c. cut tomatoes, drained	1 lb. mushroom, quartered

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	5 ripe tomatoes peeled, chop	2/3 c. plus 2 T. lentils
1 large vegetable stock cube	1 T. plus 1 t. olive oil	1 c. water
2 med onions, chopped	2 T. plus 2 t. tomato paste	2 med carrots, chopped
2 T. plus 2 t. fresh parsley, chop	3 sticks celery, chopped	1 oz. unsalted butter, melted
3 cloves garlic, crushed	¼ t. paprika	1 t. curry powder

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 50 mm 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 10 minutes. Drain well. Heat oil in large saucepan over medium heat. Cook next 4 ingredients about 5 minutes, stirring until onions are soft. Add curry powder and cook 1 minute. Add next 4 ingredients. Increase heat to high and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Stir in parsley and lentils. Transfer mixture into a large casserole dish. Arrange sliced potatoes over lentil mixture. Brush with butter and sprinkle with paprika. Bake 45 minutes or until potatoes are golden.

LENTIL LOAF WITH CHILIES

1 small stock cube, crumbled 1 c. stale bread crumbs 1 carrot\cooked, finely grated
1 T. plus 1 t. tomato paste 1 stick celery, chopped 1 small onion, finely chopped
2 small fresh red chilies 1 egg, lightly beaten

Seed and finely chop red chilies. Preheat oven to temperature 350°F. Lightly grease a loaf pan. Line base with paper, grease again. Cover lentils with water in a large saucepan. Add stock cube and bring to a boil over high heat. Reduce heat to low, cover and simmer 45 minutes or until tender. Drain lentils and cool slightly. Transfer half the lentils to a processor or blender and process until smooth. Combine lentil purée, lentils and remaining ingredients in a large bowl. Mix thoroughly and press into prepared pan. Bake about 1 hour or until firm. Stand 5 minutes before turning out.

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 ½ 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 ½ lg. onion, grated ½ 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 ½ 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, ½ tortillas and ½ 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 med. onion, chopped 2 T. chili powder
1 t. ground cumin 1/2 t. salt 3 c. cooked brown rice
1 16-oz can pinto beans, drained 1 4-oz cans diced green chilies
1 med. tomato, seeded and chopped (optional) 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.

MEXITALIAN CASSEROLE

Magic Bean

4 oz. ziti pasta, uncooked	1 t. oregano	2 medium onions, chopped
16 oz. can black beans	1 clove garlic, minced	1 can corn
1 medium carrot, finely chopped	2 T. chopped green chilies	16 oz. can tomatoes
8 oz. part-skim ricotta cheese	8 oz. can tomato sauce	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 c. whole wheat berries
1 large can tomatoes, chopped (or 1 3/4 cups tomato powder and 3 1/2 cups water)	
1 lb. hamburger, browned and drained (can substitute Beef TVP)	
1/4 c. Onions	1 carrot, diced
2 T. Brown Sugar	2 T. chili powder or to taste

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 TAMALES PIE

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

1/4-1/2 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 1/2 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 filing 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	½ 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.

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.

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 diced tomatoes w/ green 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.

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	½ c. celery cooked, diced	1-1/2 c. water
½ c. cucumber, diced	1/4 c. light mayonnaise	¼ c. green bell pepper
2 T. green onions, chopped	4 c. mixed salad greens	1/8 t. hot red pepper sauce
1 T. fresh parsley, chopped	1 c. cooked chicken, diced	

Dice and cook bell peppers. 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 next 3 ingredients in a small bowl and mix well. Combine cooled lentils, chicken and next 4 ingredients 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. Sprinkle with parsley.

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.

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 Chopped 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.

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, Dr Pepper, and cloves (if you use them) 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.

You could successfully substitute ginger ale for the Dr Pepper for 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

(Menus at a Glance)

1 C. dried garbanzo beans	Water for blender	1/4 C. olive oil
1 to 2 lemons	1 t. garlic powder	1 t. onion powder
1 t. salt	1 t. cumin	

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 1/2 c. water 3/4 c. pinto or black bean flour 1/2 to 3/4 t. salt
1/4 t. cumin Tiny pinch garlic powder 1/2 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 1/2 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 1/4 cup tahini 1/4 cup lemon juice
2 t. minced garlic 1 t. cumin powder Dash cayenne
1/4 c. extra-virgin olive oil Warm water

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 onion\cooked, chopped
1 carrot\cooked, chopped 1 bay leaf
2 cloves garlic, minced 3-1/2 c. water or unsalted vegetable stock
1-1/2 c. lentils, rinsed

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 6 c. water 2 Tbs. Dehydrated onion
1/4 c. oil 1/4 c. brown sugar 3 Tbs. Honey
1/4 tsp. Dry mustard 1 1/2 tsp. Salt 1/8 tsp. Pepper
1/2 c. bacon or bacon bits (optional)

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.

SOUPS

15 BEAN SOUP

(Rebekah Wilson)

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

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 3-5oz. Chunk Lean Ham 3 bay leaves
1 can chicken broth 1 T. crushed oregano 1 t. chili powder
1/4 c. Dried onion 1-28oz. can diced tomatoes 1/4 c. dried celery
1/4 c. dried carrots Salt and pepper to taste 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 2 T. chicken bouillon base 1 c. fine white bean flour
1 c. diced chicken pieces (opt)

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

BEAN AND BACON SOUP

(Cookin' w/ Beans and Rice)

2 strips bacon 1 med. sized onion, chopped 1 T. flour
2 c. white bean puree 2 c. milk or bouillon salt and pepper

Fry bacon, remove from pan and drain on paper. Cook onion in bacon drippings until golden. Blend flour with onions and fat. Add bean puree and milk or bouillon gradually, and cook over very low heat, stirring constantly until thickened. Cook 2-3 minutes longer, stirring occasionally. Season with salt and pepper. Crumble bacon and sprinkle on top of soup.

BEAN CHOWDER

(Cookin' w/ Beans and Rice)

3/4 c. dry navy beans 3/4 c. potatoes, diced 1 1/2 t. flour
3/4 c. tomatoes, canned 1 1/2 c. milk 4 c. water
1/2 c. onion, chopped 1 T. margarine 1/4c. 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.

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.

BLACK BEAN SOUP

everydayfoodstorage.net

1-1/2 C. Onion (or 1/3 C.dry onion)	1 T. Olive Oil	1-4 oz diced Green Chiles
1 C. Red bell pepper, chopped	4 cloves Garlic, minced	¾ 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)	¼ 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 ½ c. chopped onion	1-4oz.diced green chilies
1 t. granulated garlic	½-1 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.

COUNTRY SIX-BEAN SOUP

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

½ c. red beans, dry	½ c. navy beans, dry	½ c. pinto beans, dry
½ c. baby lima beans, dry	½ c. kidney beans, dry	½ 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
½ t. dried oregano	½ t. black pepper	¼ 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 ½ hour until all beans are tender. Season to taste with hot pepper sauce, if desired. Makes 8-10 servings.

EL 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

Fresh cilantro (optional)

Rinse and sort through 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. Just before serving add lime juice and garnish with a sprig of fresh cilantro, if desired. Add salt and pepper to taste and serve.

FANTASTIC INSTANT CORN CHOWDER

(Country Beans)

3 ¼ c. hot water	2 T. chopped pimentos	1/3 c. fine corn flour/masa
1 T. chicken soup base	3 T. pea flour	8-10 drops Tabasco sauce

In medium saucepan, whisk flours into hot water and cook, stirring for 1 minute over medium high heat. Cover and turn heat to low; cook 2-3 minutes. Serve with broken corn chips. Serves 2.

HEARTY LENTIL AND BARLEY SOUP

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

¾ c. brown or red lentils	¼ c. sun-dried tomatoes	2 T. dried vegetable flakes
1 T. dried minced onion	2 t. chicken bouillon granules	1 t. dried oregano leaves
½ t. minced garlic, dried	1/2 t. black pepper	1/8 t. red pepper flakes (opt)
½ c. pearl barley	5-6 c. water	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 T. dried minced onion	1 T. dried vegetable flakes
1 Chicken bouillon cube	1 t. dried minced garlic	1 t. dried thyme leaves
½ t. ground cumin	¼ t. black pepper	1/8 t. ground red pepper
2-3 c. water	1 can tomatoes w/gr.chilies	4 slices crisp cook bacon
Lemon Pepper or Pepper Sauce	2 c. cooked rice	

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, rinsed and drained ¼ c. ketchup 4 c. water
1 t. oil 3 carrots ½ t. curry powder
3 T. celery

Peel, shred and cook carrots. Slice celery. Cook carrots and celery until tender. Combine lentils and 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 SWEET POTATO SOUP

2 t. olive oil 1 c. red lentils 1 small onion
1 large vegetable stock cube 1 med. sweet potato or yam 3 ¼ c. water

Chop onion and sweet potato separately and set aside. 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. Heat before serving.

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 MINESTRONI

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. When made this way, the bean soup causes absolutely no gas!

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.

TURKEY BEAN SOUP

1/3 c. Split Peas	1/3 c. Small White Navy Beans	1/3 c. Pinto Beans
1/3 c. Kidney Beans	1/3 c. great northern beans	2 T.dry minced onion
2 1/2 t. chicken bouillon	1/2 t. cumin	1/4 t. garlic powder
9 c. water	1/2 c. dried Carrot Dices	1/4 c. Dried Celery
2 cans turkey chunks	few drops liquid smoke	

In a large stockpot, heat water and all of the above ingredients to boiling. Boil for 2 minutes, then remove from heat. Cover and let stand for 1 hour. Heat to boiling. Reduce heat; cover and simmer for about 2 hours or until beans are tender. Add turkey, heat. Makes 6-8 servings.

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 (15-16 oz) can small white beans or Great Northern beans		grated Parmesan cheese(opt)
croutons (optional)		

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 (to prevent flatulence). Then let mixture heat through; season with pepper. Some people like to sprinkle Parmesan cheese on at table and/or top with croutons. I think it is MUCH better with croutons and Parmesan. 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.

MEXI LENTILS AND RICE

Eatwheat.com

1/2 c. brown rice	1/4 c. dry chopped onions	2/3 c. dry brown lentils
2 – 3 t. chili powder	1 can (14 oz.) beef broth	1/2 t. ground cumin
1 c. water	1/2 t. dried crushed oregano	1 t. garlic salt
pinch crushed red pepper(opt)	grated sharp cheddar,	

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.

WHEAT, BLACK BEANS AND RICE

You 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. Put 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. Yummmmm!