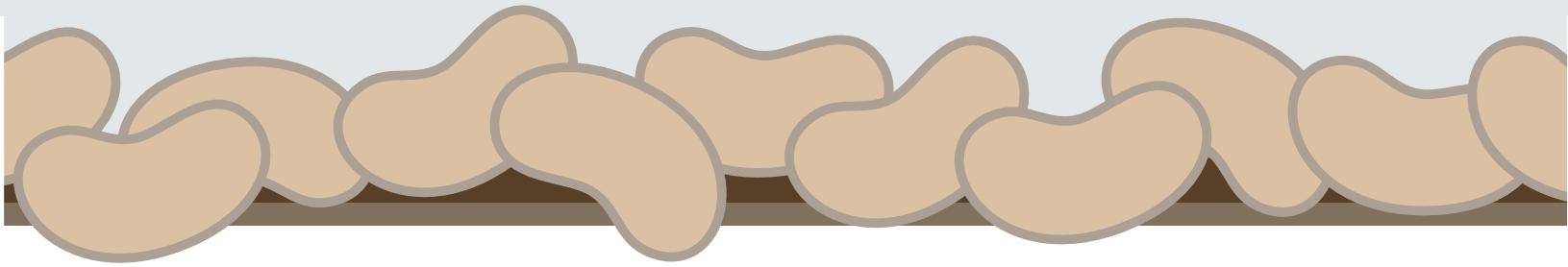
Using Your Beans



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Using Your B E A N S

*What food is high in protein, has virtually no fat, and has more fiber than most whole grain foods? The answer is **BEANS**! Now a new U.S. dietary guidance message says, "diets including beans may reduce your risk of heart disease and certain cancers." Other studies suggest beans are useful in managing diabetes, may cut risk for high blood pressure, and may aid in losing weight.*

What are BEANS?

Dry beans are produced in pods grown on the family of plants called legumes. The shape of the bean distinguishes it from other legumes like peas and lentils. Usually beans are kidney-shaped or oval, while peas are round, and lentils possess a flat, disk-like shape. The term "dry beans" refers to both beans that are dry-packaged in sealed bags and those that are pre-cooked in cans. Dry beans include varieties such as pinto, navy, lima and black beans, but not green beans, string beans or soybeans.

BEAN BENEFITS?

The new dietary guidelines concerning beans comes on the heels of the most recent USDA Dietary Guidelines for Americans in 2005. It recommends eating more than three times the amount currently consumed which is **three cups** of cooked beans per week. This recommendation illustrates the importance of including beans in the American diet.

Why Eat BEANS?

Beans are one of nature's healthiest foods. Naturally low in total fat, they contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium. The U.S. Surgeon General has reviewed scientific evidence and concluded that eating beans can be an important ally in a healthy diet which will help maintain health and reduce risk of disease.

STORAGE: Uncooked dry-packaged beans should be stored in tightly sealed containers in a cool, dry area. If kept for more than 12 months, dry-packaged beans lose moisture and may require longer cooking times. However, nutrient value is **not** lost with age.

SOAKING: Before cooking, soak dry-packaged beans to help soften, restore moisture to the beans, and reduce cooking time. Most beans rehydrate to triple their dry size, so be sure to start with a large enough pan to accommodate increased bean volume.

- ***Quick Soaking*** - Can help dissolve some of the gas-causing substances, making the beans easier to digest. For each pound of beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least 1 hour.
- ***Overnight Soak*** - For each pound (2 cups) dry-packaged beans, add 10 cups cold water and let soak overnight, or at least 8 hours. **Discard beans that float to the top because they may be hollow, or have been sullied by mold or insects.*

COOKING: Drain off soaking water and rinse beans; cook in fresh water. In general, beans take 30 minutes to 2 hours to cook depending on the variety. Check the package for specific cooking times and instructions. Beans should be tender, but not overcooked. When cooling, keep them in cooking liquid to prevent them from drying out. **Beans that have been stored for long periods will require longer cooking and may need to be pressured.*

FOOD SAFETY:

Cooked beans may be refrigerated in a covered container for up to five days. They may also be frozen for up to six months.

SEASONING: Add spices, seasonings and aromatics to beans when starting to cook them. *****Exceptions***: *Never add salt, or anything acidic, like tomato products, lemon juice, wine, or vinegar until the beans are tender. Salt toughens the skin of the beans, and acids keep beans from ever becoming tender.*

CANNING BEANS *(Dried, Kidney, etc.)*

Use kidney or any other variety of dried beans or dried peas. Cover beans or peas with cold water. Let stand 12 to 18 hours in a cool place; drain. Cover with fresh water; boil 30 minutes (stir frequently). Pack hot into jars, leaving 1-inch head space. Add ½ teaspoon salt to each pint or 1 teaspoon salt to each quart. Ladle hot cooking liquid over top; leaving 1-inch head space.**

Process in Pressure Canner

(12 1/2 # pressure in Ogden)**

Pints . . . . . 1 hour and 15 minutes
Quarts . . . . . 1 hour and 30 minutes

YIELDS:

1 cup dry beans . . . . . 3 cups cooked
1 pound dry beans . . . . 2 cups dry beans
**Black beans, navy beans, split peas, or garbanzos will just about quadruple in size.*

NUTRITION:

1 cup cooked beans . . . . . 230 calories
1 cup cooked beans . . . 1/3 daily protein needs

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MEALS MADE WITH BEANS:

Top It With Beans

■ Sprinkle red kidney beans on top of a big salad for a satisfying, protein-packed meal, or on a small salad for a nutritious side dish.

■ Top a baked potato with baked beans to turn a plain old spud into a protein-filled meal.

Healthy Eating Out

■ Choose menu items that contain beans such as salads, soups and side dishes. Don't be afraid to ask your server to make substitutions.

Grab a Snack

■ Sprinkle garbanzo beans (chickpeas) with seasonings of your choice and bake in a 350 degrees F. oven until brown and crispy.

■ Create a delicious whole bean dip with black beans, fat-free sour cream, taco seasoning
and toppings ie. tomatoes, olives, lettuce, green onions. Serve with baked chips.

Quick Meals

■ Add a can of pinto beans to store-bought or homemade soup.

■ Mix a can of Great Northern beans and sauteed vegetables into cooked pasta.

■ Add canned beans to an omelet.

Enjoy Ethnic Foods

■ Fill a soft tortilla with black beans and vegetables to make a healthful burrito.

■ Spice up salsa with black beans or mash pinto beans for homemade refried beans.

■ Puree garbanzo beans with olive oil and cumin. Serve with veggies and pita chips.

DRY BEANS & PEAS Cooking Guide

1 Pound	Amount of Water	Cooking Time/Hours	Calories/ Half-Cup
Black-eyed	5 cups	1 - 1 ½	95
Kidney beans	6 cups	2	110
Lentils	5 cups	1	106
Lima beans	5 cups	1	130
Navy beans	6 cups	1 ½ - 2	115
Pinto beans	6 cups	2	85
Soybeans	8 cups	2 - 3	105
Split peas	5 cups	1	145

WONDERFUL BEAN-CHEESE DIP

16 oz refried beans *(recipe next pg)*
1 cup sour cream
1 cup salsa
1 package (3 oz) cream cheese, softened
1 cup Monterey Jack cheese, grated
2-3 teaspoons chili powder
1 cup Cheddar cheese, grated
¼ teaspoon cumin

In a saucepan, combine all ingredients; mix well. Cover and simmer until cheese is melted (stir occasionally). Serve with vegetables or tortilla chips. Serves 6-8.

CHILI BEAN DIP

1 ¾ cups kidney beans
⅛ tsp. ground cumin
1 tablespoon vinegar
¾ tsp. chili powder
½ cup onion, chopped finely

Drain canned beans; combine with vinegar, chili powder and cumin in a bowl. Blend or mash until smooth; stir in onion. Serve in taco shells with raw vegetables (peppers, carrots, celery, tomatoes, etc).

BASIC HUMMUS

2 cloves garlic, peeled and crushed
2 tablespoons olive oil
1 (15 ounce) can garbanzo beans, drained, liquid reserved
1 tablespoon sesame seeds
Salt and pepper to taste

In a medium saucepan over medium heat, cook and stir the garlic in olive oil for approximately 3 minutes, until tender. Place garbanzo beans in a blender or food processor with approximately 1 teaspoon reserved liquid. Process until smooth. Mix in the garlic, sesame seeds, salt and pepper. Blend to desired consistency, increasing the amount of reserved garbanzo bean liquid as desired. Chill in the refrigerator until serving. Serves 12.

PINTO PARTY PATE'

1 ½ cups cooked pinto beans, mashed
1 package (3 oz) cream cheese, softened
¼ cup green onion, minced
1 can (2 oz) green chilies, chopped
1 teaspoon Worcestershire sauce
⅛ teaspoon hot sauce
½ teaspoon salt
⅛ teaspoon garlic salt
Chopped parsley

Combine pinto beans with cream cheese, onion, chilies and seasonings. Chill in a bowl lined with waxed paper; shape into a ball. Roll in chopped parsley; serve as a spread with crisp crackers. Serves 8.

PIZZA TOPPERS

- *Idaho:* Spread crust with pizza sauce. Cover with canned pinto beans. Add oregano, bell pepper slices, mozzarella and Parmesan cheeses. Bake until cheese melts.

- *Mexican:* Spread crust with taco sauce, black beans and Monterey Jack cheese. Sprinkle with cumin, and top with tomato slices and mozzarella cheese. Bake until cheese is melted; garnish with avocado slices and lime juice.

- *Pesto Pizza:* Spread crust with prepared pesto. Top with Roma tomatoes, small white beans and grated Parmesan cheese. Bake until cheese is melted; garnish with fresh basil leaves.

- *Ole':* Spread crust with salsa. Sprinkle with chopped green onion, ripe olives, small red beans and Monterey Jack cheese. Bake until cheese is melted. Top with shredded lettuce and chopped tomato.

BURRITO MIXTURE

1 pound pinto beans
½ cup butter or margarine
1 pound ground beef
1 pound ground turkey
1 pkg taco seasoning mix
1 large onion, chopped
½ pound Cheddar cheese, grated
2 cans diced green chilies
1 pint salsa
1 lb Monterey jack cheese, grated

Soak beans overnight; drain. Cook beans next morning in 4 quarts fresh water; drain (reserve 2 cups liquid). Combine beans & reserved liquid; salt to taste. Add butter; mash well. Brown meats with onion, and taco seasoning; drain. Add chilies and salsa; stir into beans. Stir in grated cheeses; mix well. Spoon onto flour tortillas and fold; serve. Makes 24-36. *May wrap and freeze for later use.*

REFRIED BEANS

2 cups cooked pinto beans
4 slices bacon
1 clove garlic **or**
⅛ teaspoon powdered garlic
1 onion, finely chopped
1 teaspoon chili powder
½ teaspoon salt
1 dash tabasco or red pepper sauce

Mash beans to a fine paste. Fry bacon until crisp; drain off fat. Add garlic and onion to 1 tablespoon bacon fat and cook until lightly browned. Stir in beans; cook on medium-low heat for 5 minutes. Stir often to prevent sticking or scorching. Add seasonings and crumbled bacon. Serves 4.

APACHE STEW

3 cups pinto beans
2 pounds hamburger
¼ teaspoon pepper
2 large onions, chopped
¼ tsp. garlic powder
1 tablespoon chili powder
Salt to taste

Cover pinto beans with warm water; bring to a boil and simmer until tender about 4 hours. Cook hamburger; drain. Add the rest of the ingredients; mix well. Add to beans; simmer on very low heat for 1 hour.

TORTILLA WRAPS

Choose largest tortilla available. Wrap it in foil and warm in the oven or microwave for 20 seconds (helps with flexibility for wrapping). Spoon ***filling*** ingredients down the center of the tortilla, leaving 2" at the top and the bottom to tuck in. Fold one side over the filling and tuck tightly to form a roll. Fold top and bottom, then fold the other side over and roll up.

FILLING IDEAS:

- Mashed red beans, rice, chopped green and red sweet peppers, sliced celery, & Cajun seasoning.
- Pinto beans, Spanish rice, salsa, shredded lettuce, chopped tomatoes and Cheddar cheese.
- Small white beans, tuna fish, green beans, shredded lettuce, chopped tomatoes, thousand island dressing.
- Black beans, sliced pea pods, bean sprouts, chopped cilantro, jasmine rice, Hoisin sauce.
- White beans, diced chicken, chopped parsley, chopped green onions, Ranch dressing.
- Leftovers - Bean salad w/lettuce, bean dip with tomatoes and onions, or warm chili with cheese.

FIRECRACKER CASSEROLE

1 pound ground beef
½ cup onion, chopped
1 can (15 oz) black beans, drained
1 package taco seasoning mix
4 flour tortillas, torn into bite-size pieces
1 can (10 ¾ oz) cream of mushroom soup
1 can (14 ½ oz) tomatoes
1 cup cheese, grated

Sauté ground beef and onion; drain. Add beans and seasoning mix; pour into non-stick 9x13" baking dish. Top with tortilla pieces. Combine soup and tomatoes; pour over tortillas. Top with cheese; bake at 350 degrees F. for 25-30 minutes. Serves 6-8.

HOPPING JOHN

2 cups dry black-eyed peas
5 cups water
2 cups onions, chopped
Dash course ground black pepper
1-2 garlic cloves, crushed
Bay leaf
2 cups salt pork, chopped

Bring peas and water to a boil; boil 2 minutes. Let stand one hour. Add onions, pepper, garlic and bay leaf. Bring to a boil; simmer 1/2 hour. Add pork; simmer 1 hour. Remove pork and bay leaf; mash. Season if desired and serve with cooked rice.

BEEF, BEANS & MACARONI CHILI

½ pound ground beef
1 small onion, chopped
2 cups canned tomatoes, chopped (save liquid)
2 teaspoons chili powder
1 ¾ cups cooked kidney beans (save liquid)
¾ cup uncooked elbow macaroni

Brown ground beef and onions; drain well. Add tomatoes and liquid, chili powder, kidney beans and macaroni to beef mixture. Simmer covered about 20 minutes until tender (stir occasionally to keep from sticking). Add water if too dry.

SAVORY WHITE BEANS

1 cup lima or Great Northern beans
2 ½ cups water
2 chicken bouillon cubes
1 tablespoon vegetable oil
2 tablespoons onion, chopped
1 garlic clove, minced
¼ teaspoon salt

Soak beans overnight; drain. Combine beans, water and bouillon cubes in saucepan. Sauté onion and garlic in oil until tender; drain. Add to bean mixture; stir in salt. Bring to a boil; simmer covered until beans are tender. Makes about 2 cups.

HOMEMADE CHILI

1 pound ground beef
1 medium onion, chopped
1 can (16 oz) tomatoes, crushed
3 ½ cups (28 oz) cooked chili beans
1 can (12 oz) tomato juice
¾ cup ketchup
1 tablespoon chili powder
¼ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon cumin
¾ teaspoon salt
¼ teaspoon pepper

Cook beef and onion in large pan over medium heat until done; drain. Add remaining ingredients; bring to a boil; cover and reduce heat. Simmer 45 minutes, stirring frequently. Serves 6.

WHITE CHILI

2 boneless, skinless chicken breasts, cut into bite-size pieces
1 tablespoon oil
3 cloves garlic, minced
1 onion, chopped
1 large red *or* green pepper, diced
1 can (4 oz) green chilies, chopped, drained
1 can (14 oz) chicken broth
2 cups milk
2 cans (15 oz *each*) white beans, drained, rinsed
2-3 teaspoons chili powder
1 teaspoon cumin
1 teaspoon salt/1/8 teaspoon pepper
24-30 tortilla chips, crushed

In a large saucepan, sauté chicken in oil 2-3 minutes until lightly browned. Add garlic, onion and pepper; sauté 3-5 minutes until vegetables are tender. Stir in green chilies, broth, milk and beans. Add seasonings and chips; mix well. Cover and simmer 15-20 minutes until sauce has thickened; stir occasionally. Serves 6-8.

VEGETABLE SOUP

1 cup dry lima beans
1 pound beef shanks (soup bones)
9 cups water
4 beef bouillon cubes
1 teaspoon salt
6 peppercorns
1 celery rib with leaves, chopped
1 bay leaf
1 medium onion, sliced
⅓ cup uncooked barley
2 carrots, sliced
1 cup cabbage, shredded
1 medium tomato, peeled, diced
1 cup fresh green beans, 1" pieces
1 turnip or parsnip, diced

Soak lima beans overnight; drain. Combine beef, water, bouillon, salt, peppercorns, celery, bay leaf and onion. Bring to a boil; reduce heat and simmer covered 2 hours. Remove beef; cut beef from bones (chop and reserve). Strain liquid; add lima beans and barley. Bring to a boil; simmer until tender (about 1 hour). Add carrots, cabbage, tomato, green beans, turnip and reserved beef. Simmer an additional 30 minutes. Serves 8.

MIXED BEAN CHOWDER

¾ cup dry Great Northern beans
¾ cup dry pink beans/pinto beans
4 ½ cups water
1 ½ teaspoons salt
¾ cup onion, chopped
1 garlic clove, minced
2 tablespoons margarine
1 medium potato, peeled, diced
½ cup green pepper, diced
1 cup whole milk

Soak beans overnight; drain. Combine beans with water and salt in large sauce pan. Sauté onion and garlic in margarine until tender; add to beans. Bring to a boil; simmer covered until beans are almost tender (1 hour). Add potato; simmer 30 additional minutes. Remove 1 cup of chowder; mash and return to chowder. Add green pepper and milk; cook on low heat for 10 minutes. Serves 4-6.

SENATE BEAN SOUP

1 cup navy beans
1 ½ qts. water
1 meaty ham bone
¼ cup instant mashed potatoes
1 ½ cups onions, finely chopped
1 cup carrot, chopped
3 celery stalks
1 clove garlic, pressed
⅛ cup parsley
¼ teaspoon pepper
½ teaspoon salt

Soak beans overnight; drain. Add water and ham bone; simmer for 1 hour. Remove ham bone; separate meat from bones. Chop ham and return to soup. Add instant potatoes; stir until smooth. Add remaining ingredients; simmer covered 1 additional hour (may add more water if soup is too thick). Serves 4.

LENTIL SOUP & DUMPLINGS

1 cup dry lentils
4 cups water
½ teaspoon salt
2 cubes chicken bouillon
½ cup milk
1 cup carrots, chopped
1 cup celery, chopped
1 onion, chopped
2 T. vegetable oil

Rinse lentils; drain. Add water, salt and bouillon cubes; bring to boil. Simmer 2 minutes; remove from heat. Sauté carrot, celery and onion in oil until tender; stir into lentils. Bring to a boil; simmer until lentils are tender (45 minutes). Stir in milk and cook until hot. *Make dumplings...*

Ham & Cheese Dumplings

6 tablespoons margarine, softened
¾ cup Swiss cheese, shredded
¼ cup ham, shredded
¼ cup flour
1 egg
½ teaspoon dry mustard

Cream margarine, cheese, ham and flour in small bowl. Stir in egg and mustard; form into balls. Makes 24. Add to hot soup; simmer 15 minutes or until done.

SEAFOOD BEAN CHOWDER

2 tablespoons onion, chopped
2 tablespoons margarine
3 tablespoons flour
½ teaspoon dry mustard
1 can (10 ¾ oz) chicken broth
2 cups whole milk
1 can (16 oz) cream-style corn
1 package (10 oz) frozen baby lima beans
¼ teaspoon salt
⅛ teaspoon white pepper
1 cup cooked shrimp or crab
4 tablespoons dry white wine, optional
1 hard-cooked egg

In a large sauce pan, sauté onion and margarine until tender. Add flour and mustard, mixing well. Remove from heat. Slowly pour in chicken broth and milk (stir constantly to prevent lumps); bring to a boil. Stir in corn, lima beans, salt, pepper and shrimp. Cover and simmer 10 minutes (stirring frequently). If desired, stir in wine before serving. Garnish with egg slices. Serves 6-8.

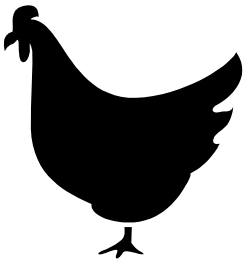
OLD-FASHIONED SPLIT PEA SOUP

1 pound split peas
1 cup celery, chopped
1 cup onion, chopped
1 garlic clove
2 T. vegetable oil
1 pound ham shank, cut into pieces
1 potato, diced
¼ teaspoon pepper
8 cups water
2 cubes chicken bouillon
1 bay leaf
½ cup milk

Rinse peas; drain. Sauté celery, onion and garlic in oil until tender but not browned. Add peas, ham shank pieces, potato, pepper, water, bouillon and bay leaf to large sauce pan. Bring to a boil; simmer covered about 45 minutes. Remove bay leaf and ham shanks. Cut meat from bones; dice and reserve. Puree soup in blender and return to pan. Stir in meat and milk; simmer for 10 minutes, stirring frequently. Serves 6-8.

SANTA FE CHICKEN SOUP

2-3 medium cloves garlic, minced
2-3 large red or green peppers
2 large onions, chopped
1 ½ tablespoons chili powder
2 teaspoons ground cumin
¼ teaspoon cayenne pepper
2 pounds boneless, skinless chicken breasts
1 can (28 oz.) tomatoes, crushed
1 can (27 oz) chicken broth
2 cans (19 oz *each*) red kidney beans *(may substitute pinto, anasazi or navy beans)*
2 cups prepared salsa
1 package (10 oz) frozen corn
¾ teaspoon salt
1 teaspoon pepper



Sauté garlic, peppers and onions for 5 minutes, stirring frequently. Add chili powder, cumin and cayenne; cook for 1 minute, stirring constantly. Add chicken (cut into ½" pieces) and sauté until brown. Add tomatoes and broth; bring to a boil. Reduce heat and simmer for 15 minutes or until slightly thickened. Add kidney beans, salsa and corn. Cover; bring to a boil. Reduce heat and simmer for 5 minutes. Stir in salt and pepper. Makes 10-12 servings.

BEAN PATTIES

2 cups baked beans, drained
2 tablespoons onion, finely chopped
1 egg, beaten
3 tablespoons dry bread crumbs
2 tablespoons butter or margarine

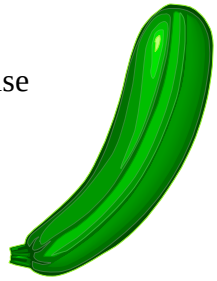
Mash beans; mix with onion and egg. Shape into 4 patties, allowing about 1/2 cup mixture per patty. Coat patties with bread crumbs; brown on both sides in butter or margarine.

CHILI CORN-PONE PIE

½ pound ground beef
⅓ cup onion, chopped
2 cups kidney beans
1 cup whole kernel corn
1 cup tomatoes, drained, cut-up
1 can (8 oz) tomato sauce
1 teaspoon chili powder
½ teaspoon ground cumin
1 teaspoon salt
1 cup Cheddar cheese, shredded

Brown ground beef and onion; drain. Stir in beans, corn, tomatoes, tomato sauce, chili powder, cumin and salt. *Prepare crusts (below).* Spoon half of filling into each crust; sprinkle with half of cheese. Bake at 350 degrees F. for 45 minutes. Let stand 5 minutes before cutting. Serves 8-10.
****Corn-Pone Crusts***: Combine 1 ½ cups cornmeal, ½ cup flour, 1 teaspoon salt, and 4 teaspoons baking powder. Add 1 cup milk and ¼ cup melted margarine; stir to blend. Add 2 beaten eggs; blend. Grease **two** 9" pie pans. With the back of a spoon, press batter into each pan, forming a crust.

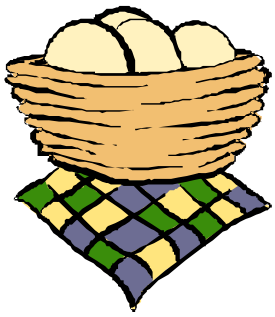
BAJA QUESADILLAS



1 medium zucchini, cut lengthwise in half, sliced
1 cup sliced onion
1 teaspoon minced garlic
1 small jalapeño pepper, minced
1 teaspoon ground cumin
1 can (15 oz) black beans
1 can (15 oz) pinto beans
1 cup chopped tomato
½ cup finely chopped cilantro
Salt and pepper, to taste
12 tortillas (6-inch)
1 cup shredded four-cheese Mexican blend

Spray large skillet with cooking spray; sauté zucchini, onion, garlic, jalapeño and cumin until crisp-tender, about 5 minutes. Add beans to side of skillet; coarsely mash about half the beans. Mix beans, tomato and cilantro into zucchini mixture; cook 1 to 2 minutes. Spoon one-third cup mixture on one side of each tortilla and sprinkle with 1 ½ tablespoons cheese. Fold tortillas in half and spray both sides with cooking spray. Bake on cookie sheet at 450 degrees F. 5 to 7 minutes until browned. Garnish with salsa and sour cream. Serves 6.

BEEF & BISCUIT CASSEROLE



½ pound ground beef
½ cup celery, chopped
½ cup onion, chopped
½ cup green pepper, chopped
1 garlic clove, minced
1 teaspoon salt
1 teaspoon paprika
2 cups cooked pinto beans
2 cups cooked black-eyed peas
1 can (6 oz) tomato sauce

Brown ground beef; drain. Add celery, onion, green pepper and garlic and sauté until softened. Add salt, paprika, beans and peas (reserving liquid); mix well. Add water to reserved bean liquid to make 1 1/2 cups; stir in tomato sauce. Add to beef mixture; mix well (reserve 1 cup). Bring remaining mixture to a boil; pour into 2-quart casserole dish. Prepare *Biscuit topping**; place on top of hot mixture. Bake at 350 degrees F. for 45-60 minutes. Serves 4-6.
****Biscuit Topping***: 1 ½ cups flour, ¼ cup shortening, 2 tsp. baking powder, ½ cup buttermilk, ½ teaspoon salt,1 cup *reserved* beef mixture
Directions: Blend flour, baking powder and salt into small bowl; cut in shortening until resembles cornmeal. Stir in buttermilk until just blended. Turn onto floured surface and knead lightly 10 times. Roll out into a 12x8" rectangle. Spread reserved bean mixture on biscuit dough to within 1/2" of edge. Roll up dough, starting from long side. Cut into 1" slices; top hot mixture above.

QUICK BEAN AND CHEESE ENCHILADAS

2 cans (15 oz *each*) pinto beans, drained, rinsed
½ cup salsa
8 corn tortillas (6-inch)
3 cups grated cheese
1 can (20 oz) enchilada sauce

Mash beans; mix with salsa. Spread mixture down center of tortillas. Sprinkle with 2 cups cheese; roll enchilada style. Place seam-side down in lightly oiled baking dish. Top with enchilada sauce and remaining cheese. Bake at 350 degrees F. for 15-20 minutes. Serves 4.

BOSTON BAKED BEANS

1 pound dry small white beans
6 cups water
1 medium onion, sliced
4 oz. salt pork, sliced
½ cup molasses
3 tablespoons sugar
1 teaspoon dry mustard
1 ½ teaspoons salt
¼ teaspoon pepper

Soak beans overnight; drain. Combine beans and water; bring to boil and simmer covered 10 minutes. Drain beans in colander over a large bowl, reserving cooking liquid. Layer beans, onion and salt pork in 3 quart casserole dish. Combine molasses, sugar, dry mustard, salt, pepper and 1 cup reserved bean cooking liquid. Pour over beans in casserole. If needed, add more cooking liquid to cover beans. Cover and bake at 300 degrees F. 4-6 hours until beans are tender. Serves 6-8.

SUPERB BAKED BEANS

2 medium onions, chopped
1 pound bacon, crisply fried
1 bottle (15 oz) catsup
1-2 green peppers, chopped
2 cans pork & beans (#2 size)
2 tablespoons Worcestershire sauce
1 cup brown sugar

Mix all ingredients; place in 9x13" baking pan. Cover and bake at 275 degrees F. for 3 hours. Remove the lid for the last half hour of baking.

BARBECUE BEANS AND FRANKS

3 cups cooked beans (navy, pinto or kidney)
1 cup bottled BBQ sauce*
4 frankfurters or hot dogs, cut into pieces
¼ onion, chopped

Combine all ingredients in large saucepan and cook until thoroughly heated. Serves 4. ***Quick BBQ Sauce:*** Combine 1 can tomato soup, ¼ cup brown sugar, 1 tablespoon mustard, 1 teaspoon chili powder and ½ teaspoon garlic salt until well mixed.

QUICK SWEET & SOUR BEANS

1 can (16 oz) pork and beans
1 can (16 oz) green beans, rinsed and drained
1 can (15 ½ oz) butter beans, rinsed and drained
1 can (15 ½ oz) kidney beans, rinsed and drained
½ cup brown sugar, packed
½ cup cider vinegar
½ cup onion, chopped

Mix all of the above ingredients. Serves 10.
Slow Cooker Method: Transfer mixture to 3-1/2 to 4-quart slow cooker. Cover, cook on low heat setting for 6 hours.
Oven Method: Place in 2-quart baking dish. Cover and bake at 350 degrees F. for 30 minutes.

TAMALE BEANS

4 slices bacon
1 small onion, chopped
4 T. dark corn syrup
1 can (15 oz) tamales
4 T. brown sugar
2 cans (28 ounce) pork and beans

Chop bacon into pieces and fry until crisp. Add onions; drain. Put beans in saucepan; add syrup and brown sugar. Mix in onions and bacon; heat until steaming. Cut tamales into pieces and add to mixture. Heat in a skillet or place in baking dish in oven until hot.

SWEET & SOUR BAKED BEANS

2 cups savory white beans *(recipe on pg 5)*
1 can (8 oz) pineapple chunks & juice
1 teaspoon cornstarch
1 tablespoon soy sauce
2 tablespoons vinegar
¼ cup sugar
2 drops tabasco sauce
½ green pepper, 1" strips

Drain savory white beans; reserve cooking liquid. Add pineapple juice to cooking liquid to make 3/4 cup; pour into saucepan. Stir in cornstarch, soy sauce, vinegar, sugar and tabasco sauce. Bring to a boil, stirring constantly; remove from heat. Combine beans and pineapple in 1-quart casserole dish; pour sauce over top. Stir gently; cover and bake at 275 degrees F. for one hour. Serves 4.

FIESTA CASSEROLE

½ pound ground beef
½ cup onion, chopped
2 cups cooked pinto beans, drained
1 teaspoon salt
¼ teaspoon pepper
1 can (28 oz) tomatoes, undrained, diced
1 can (4 oz) diced green chilies
1 garlic clove, minced
½ teaspoon ground cumin
2 teaspoons chili powder
½ teaspoon dried leaf oregano
1 can (8 oz) tomato sauce
6 corn tortillas
2 cups Cheddar cheese, shredded

Brown ground beef and onion; drain. Add beans, salt and pepper; mix well. Combine tomatoes, chilies, garlic, cumin, chili powder, oregano and tomato sauce in saucepan. Bring to boil; simmer covered 10 minutes. Fry tortillas in oil until softened; drain. Spread thin layer tomato sauce on bottom of 2-quart baking pan. Top with 3 tortillas; spread half of beef mixture over tortillas. Pour sauce over to cover; sprinkle with half of cheese. Repeat using all ingredients. Bake at 350 degrees F. for 30 minutes. Serves 4-6.

HEALTHY CAJUN BEANS AND RICE

½ pound turkey sausage, ½-inch thick slices
1 medium onion, chopped
1 medium green bell pepper, chopped
2 cloves garlic, minced
1 tablespoon vegetable oil
6 cups cooked rice
1 can (15 oz) kidney beans, drained and rinsed
1 can (15 oz) navy beans, drained
2 cans (14 ½ oz) Cajun-style stewed tomatoes
1 teaspoon oregano
½ teaspoon hot pepper sauce
1 cup thinly slice green onions

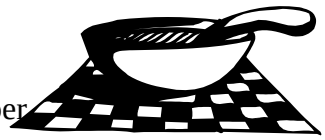
Sauté sausage, onion, green pepper and garlic in oil. Cook, stirring 7 to 10 minutes or until sausage is browned and onion is tender. Add rice, kidney beans, navy beans, tomatoes, oregano and hot pepper sauce. Cook until heated through. Sprinkle with green onions and serve immediately. Serves 4.

TORTILLA CASSEROLE

1 lb extra lean ground beef
½ pound lean sausage
1 onion, finely chopped
1 can (15 oz) black beans, drained (2 cups)
1 can (4 oz) green chilies, diced
2 cups salsa
1 cup sour cream
1 can cream of chicken soup
8 corn tortillas
1 cup cheese, grated

Brown meats with chopped onions; drain. Add beans and chilies. Spread ½ cup salsa on bottom of microwave safe casserole dish. Cut tortilla in half and arrange half of the tortillas in casserole; spread with half of meat mixture. Combine 1 cup salsa with sour cream and chicken soup; spread half of sauce over meat. Sprinkle layer with half of cheese. Add a second layer of tortillas and repeat. Cover and microwave on ***High*** for 10-15 minutes or until hot and bubbly. Allow casserole to stand for 10 minutes before serving. *May freeze for later use.* Garnish with fresh tomato and sliced olives if desired. ****May use conventional oven – bake at 350 degrees F. for 30 to 40 minutes.***

SPICY ITALIAN SOUP



½ cup chopped onion
½ cup chopped green pepper
1 teaspoon minced garlic
¼ teaspoon crushed red peppers
2 teaspoons olive oil
1 can (13 ¾ oz) beef broth
1 ½ cups water
1 can (16 oz) kidney beans, drained and rinsed
1 can (14 ½ oz) Italian-style tomatoes
1 package (8 oz) frozen Italian vegetables
1 teaspoon dried basil leaves
¾ cup (3 oz) small pasta shells
1 cup loosely packed salad spinach

Sauté onion, pepper, garlic, and red pepper in oil in large saucepan until tender. Stir in broth, water, beans, tomatoes, Italian vegetables, and basil; heat to boiling. Add pasta and simmer, uncovered, until vegetables and pasta are tender. Stir spinach into soup; simmer 1 to 2 minutes. Season to taste with salt and pepper. Serves 6.
**Soup can be prepared 1 to 2 days in advance. Must be covered and refrigerated.*

PORK PITAS

1 pound pork tenderloin, ¾-inch thick slices
2 teaspoons vegetable oil
1 can (15 ounces) garbanzo beans
or Great Northern beans, rinsed, drained
½ cup chopped tomato
½ cup chopped onion
¼ cup chopped cucumber
2 large cloves garlic, minced
½ cup fat-free Caesar or Italian salad dressing
4 pita breads, warm
4 tablespoons fat-free plain yogurt
Salt and pepper, to taste

Flatten pork tenderloin slices gently with hand; sauté until no longer pink in the center (about 3 to 4 minutes on each side). Drain; season to taste with salt and pepper. Mix remaining ingredients, except pita bread and yogurt. For each pita, arrange 3 pork slices on half; spoon 1/2 cup bean mixture on other half and top with one tablespoon yogurt. Fold pita in half to eat. Serves 4.

SPICY CUBAN CHICKEN

1 bottle (8 oz) fat-free Italian dressing
3 cloves garlic, minced
½ teaspoon ground red pepper
1 pound skinless chicken breasts (¼" thick slices)
1 tablespoon olive oil
2 medium-size red or green bell peppers, chopped
1 medium onion, chopped
1 teaspoon oregano
½ teaspoon ground black pepper
½ teaspoon ground cumin
6 cups cooked rice
2 cans (15 oz) black beans, drained and rinsed
2 cans (14 ½ oz) diced tomatoes

Combine dressing, garlic and red pepper; pour over chicken in large glass bowl. Cover; refrigerate 30 minutes to 1 hour to marinate. Remove chicken and discard marinade. Sauté chicken in oil until slightly brown (spoon off any excess liquid). Add bell peppers, onion, oregano, pepper and cumin. Cook, stirring 4 to 5 minutes or until vegetables are tender. Add rice, black beans and tomatoes; cook until heated through. Garnish with cilantro, serve immediately. Serves 6.

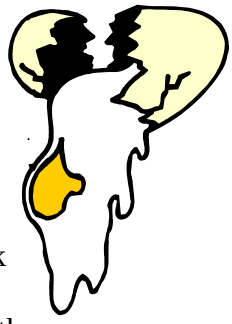
CHICKEN AND BEANS ALFREDO

1 pound chicken breast, cubed
3 tablespoons butter or margarine, divided
¼ cup sliced green onions and tops
2 teaspoons minced garlic
¼ cup all-purpose flour
1 teaspoon dried basil leaves
2 cups milk
1 can (15 oz) kidney beans, rinsed, drained
½ cup frozen petite peas
½ cup shredded Parmesan cheese
8 ounces fettuccine, cooked, warm

Sauté chicken in 1 tablespoon butter in large saucepan 5 to 8 minutes or until browned; reserve. Add green onions and garlic to pan; sauté with remaining butter until tender. Stir in flour and basil and cook 1 to 2 minutes longer. Add milk and simmer until thickened, about 1 minute. Stir in reserved chicken, beans and peas; cook over medium heat 5 minutes. Add cheese, stirring until melted. Spoon over fettuccine and toss. Serves 6.

BEAN HUEVOS RANCHEROS

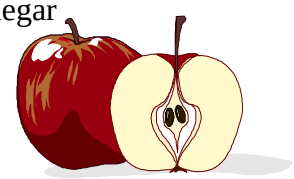
½ cup onion, chopped
⅓ cup green pepper, chopped
1 tablespoon oil
1 ⅔ cups canned kidney **or** pinto beans, drained
8 oz stewed tomatoes
8 oz tomato sauce
¼ teaspoon oregano, crushed
¼ tsp. cumin, ground
1 dash hot pepper sauce
4 eggs
½ cup Cheddar cheese, shredded
4 corn tortillas, warmed
2 T. green chili, diced
2 T. red chili, diced



Sauté onion and green pepper in oil until tender. Stir in beans, tomatoes, tomato sauce, chilies, oregano, cumin and hot pepper sauce. Bring to boil. Spoon into 4 individual oven-proof dishes (about 1 1/2 cups *each*). With back of spoon make a nest in each dish; drop an egg into each. Sprinkle with cheese; cover with foil. Bake at 400 degrees F. 10 to 15 minutes or until eggs are cooked to desired doneness. Serve with tortillas. Serves 4.

BEST APPLE SALAD

2 medium sweet apples, cored and cubed
1 green bell pepper, diced
¼ cup chopped red onion
1 can (15 oz) kidney beans, rinsed and drained
2 tablespoons white wine vinegar
1 tablespoon honey
2 teaspoons Dijon mustard
Ground pepper to taste



In a medium bowl, combine apples, bell pepper, red onion and kidney beans. In a separate bowl, whisk together the vinegar, honey, mustard and pepper. Pour over the salad, and stir gently to coat.

BLACK-EYED PEA SALAD

1 ½ cups dried black-eyed peas, soaked overnight
⅓ cup chopped celery, with leaves
1 ½ cups shredded carrot
¾ cup chopped fresh parsley
½ cup chopped white onion
⅛ cup chopped fresh mint
Dressing:
¼ cup olive oil
2 oranges, juiced
½ lemon, juiced
1 garlic clove, pressed
½ teaspoon ground coriander
½ teaspoon salt
⅛ teaspoon freshly ground black pepper
1 teaspoon brown sugar

Place peas in a saucepan; cover with enough water to reach 1-inch over the top. Bring peas to a slow boil. Reduce heat to low, and simmer until tender but not mushy (about 35 minutes). Set aside to cool. When the peas have cooled, place them in a large bowl. Add the celery, carrots, parsley, white onion, and mint; toss to blend. Pour dressing over the pea salad, and refrigerate for at least 1 hour before serving. Serves 6.
Make Dressing: Blend olive oil, orange and lemon juice, garlic, coriander, salt, pepper, and brown sugar in a blender for 6 seconds. Transfer to a small saucepan, and simmer over low heat for five minutes. Remove from heat, and cool.

CORN CHIP SALAD

1 pound ground beef
1 large head lettuce, chopped
1 ½ cups diced tomatoes
1 large onion, diced
1 ½ cups diced sharp Cheddar cheese
½ cup diced Monterey Jack cheese
1 cup Thousand Island salad dressing
2 cans (15 oz *each*) kidney beans, drained
1 package (16 oz) corn chips

In a large skillet over medium heat, cook ground beef until evenly browned; drain. Set aside to cool. In a large bowl, mix together the ground beef, lettuce, tomatoes, onion, cheeses and kidney beans. Cover and chill for at least one hour. Right before serving, add the dressing and corn chips and toss until evenly coated. Serves 6-8.

CORNBREAD SALAD

1 package (16 oz) corn bread mix
10 slices bacon
1 package (1 oz) ranch dressing mix
1 ½ cups sour cream
1 ½ cups mayonnaise
2 cans (15 ounce *each*) pinto beans, drained
3 tomatoes, chopped
1 cup chopped green bell pepper
1 cup chopped green onion
2 cups shredded Cheddar cheese
2 cans (11 oz *each*) whole kernel corn, drained

Prepare corn bread according to package directions. Cool, crumble, and set aside. Place bacon in a large deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. Whisk together the dressing mix, sour cream, and mayonnaise. Crumble half the corn bread in the bottom of a large serving dish. Top with half the beans. Layer the beans with half of the tomatoes, green bell pepper, and green onions. Sprinkle with half the cheese, corn, bacon, and the salad dressing mixture. Repeat the layers. Cover, and chill at least two hours before serving.

BLUEBERRY BEAN MUFFINS

2 cans (15 oz *each*) red kidney beans, drained, rinsed
⅓ cup milk
1 cup sugar
¼ cup butter or margarine, softened
3 eggs
2 teaspoons vanilla
1 cup all-purpose flour
½ cup whole wheat flour
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon, ground
½ teaspoon allspice, ground
½ teaspoon cloves, ground
1 cup blueberries, fresh or frozen
¾ cup pecans, chopped

Process beans and milk in food processor or blender until smooth. Mix sugar and butter in large bowl; 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-degree oven until toothpick inserted in centers come out clean, 20 to 25 minutes. Cool in pans on wire racks 5 minutes. Serve warm or cool.

PINTO BEAN MUFFINS

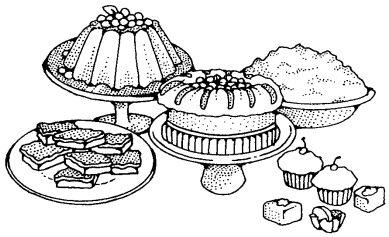
2 eggs
1 cup milk
1 cup mashed pinto beans
4 tablespoons butter
2 cups flour
2 teaspoons brown sugar
1 teaspoon salt
2 teaspoons baking powder

Beat eggs; add milk, mashed beans and melted butter. Mix dry ingredients; add egg mixture. Mix just enough to moisten; fill muffin tins half-full. Bake at 400 degrees F. for 20-25 minutes.

LENTIL APPLE CAKE

¼ cup margarine
2 eggs
2 cups mashed, lentils
½ cup whole wheat flour
½ cup all purpose flour
¼ teaspoon salt
1 teaspoon baking soda
¾ cup sugar
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
2 cups diced peeled apples
½ cup chopped walnuts
1 ½ teaspoons vanilla

Cream margarine; add eggs one at a time (beat well after each addition); blend in lentils. In a small mixing bowl, combine flours with other dry ingredients and stir until well mixed. Add dry ingredient mixture to creamed mixture, blending well. Fold in apples, nuts and vanilla. Pour into greased and floured 9x13 inch pan. Bake at 350 degrees F. for 30-40 minutes. Frost with cream cheese frosting (optional).



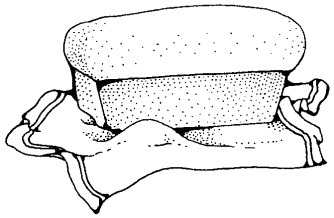
PINTO BEAN FIESTA CAKE

¼ cup butter
1 cup sugar
2 eggs, beaten
2 cups cooked pinto beans, mashed
1 cup flour
¼ teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon cloves
2 teaspoons vanilla
2 cups raw apple, diced
¾ cup raisins
½ cup nuts

Cream butter and sugar; add eggs and mashed beans; mix well. Combine all dry ingredients; add to sugar mixture. Fold in apples, raisins, nuts and vanilla. Pour into well greased 10" tube pan and bake at 375 degrees F. for 45 minutes. May glaze if desired.

Option: For chocolate cake, add 4 tablespoons cocoa.

BEST EVER NUT BREAD



⅔ cup shortening
2 ⅔ cups sugar
4 eggs
2 cups split pea purée*
⅔ cup water
3 ⅓ cups sifted flour
2 teaspoons baking soda
1 teaspoon salt
½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 cup walnuts or pecans

Cream shortening and sugar. Add eggs, split pea purée and water; beat well. Stir in dry ingredients and nuts. Bake in two well-greased loaf pans at 350 degrees F. for 60-70 minutes; cool. Slice and use for sandwiches with cream cheese filling. Makes excellent toast. Makes 2 loaves.
***To prepare Split Pea Puree**:* Combine 1 pound split peas with 6 cups water. Add 1 teaspoon salt and 2 tablespoons butter; bring to boiling point rapidly over high heat. Simmer covered until split peas are soft enough to sieve (about 1 hour). While still hot, put through sieve, food mill or blender. Add a little hot water until puree is the consistency of canned pumpkin. Cool purée quickly; cover and then refrigerate (may also be frozen). Makes 6 cups.

SLOW COOKER BAKED BEANS

5 slices bacon, crisply fried, crumbled
2 cans (16 oz *each*) baked beans, drained
½ green pepper, seeded and chopped
½ medium onion, chopped
1 ½ teaspoons prepared mustard
½ cup ketchup
½ cup hickory-smoke barbecue sauce
½ cup brown sugar, packed

Mix all ingredients in Slow Cooker. Cover and cook on ***Low*** for 8 to 12 hours or on ***High*** for 3 to 4 hours. Serves 6-8.

BEAN SNACK BARS

½ cup all-purpose flour
⅔ cup packed light brown sugar
⅔ cup quick-cooking oats
1 cup wheat-barley cereal (*ie. Grape Nuts*)
1 can (15 oz) pinto *or* Great Northern beans, rinsed
¾ cup dark raisins
¾ cup chopped dates
1 cup flaked coconut
½ cup chopped walnuts or almonds
7 tablespoons melted margarine
½ cup honey
1 teaspoon vanilla
1 teaspoon ground cinnamon
⅛ 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 degrees F. until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting into 32 to 36 bars.

Tips: 1 ⅔ 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.

***INTERNET SOURCES* . . .**

- Beans for Health Alliance
  www.beansforhealth.org
- Nebraska Dry Bean Commission
  www.nebraskadrybean.com
- The Michigan Bean Commission
  www.michiganbean.org
- California Dry Bean Advisory Commission
  www.calbeans.com
- Northarvest Bean Growers Association
  www.northarvestbean.org
- California Bean Shippers Association
  www.calbeanshippers.org
- Idaho Bean Commission
  www2.state.id.us/bean