

RECIPES

APPLE OAT COOKIES

1/2 C. oil or applesauce
 1 C. honey
 1 C. mashed white beans
 1/2 C. applesauce
 2 tsp. baking soda
 2 1/2 C. whole wheat flour
 1 egg
 1/2 tsp. cinnamon
 1/2 tsp. cloves
 1/2 tsp. nutmeg
 1/2 tsp. salt
 1 C. chopped raisins
 1 C. nuts, chopped
 1 C. rolled oats

Cream oil or applesauce, honey, mashed beans and applesauce. Add remaining ingredients. Chill dough one hour. Drop by teaspoon on baking sheet coated with nonstick spray. Bake at 375 degrees for 10 minutes.

HIGH-FIBER PUMPKIN COOKIES

3/4 C. butter (or mashed white beans)
 2 C. sugar
 1 egg
 2 C. pumpkin
 3 3/4 C. flour
 1 1/2 tsp. baking soda
 1 1/2 tsp. baking powder
 1 1/2 tsp. cinnamon
 1 1/2 tsp. nutmeg
 1 1/2 tsp. vanilla
 1/2 tsp. salt
 1/2 pkg. mini chocolate chips
 Chopped pecans or walnuts, if desired

Cream mashed beans, sugar, egg, and pumpkin. Combine dry ingredients and blend into creamed mixture. Stir in chocolate chips. Drop onto cookie sheets and bake at 375 degrees for 10-15 minutes.

Bean Cuisine



Tips and Recipes for Using Dried Beans

DRY BEAN EQUATIONS



Dry beans expand to about 2 1/2 times their original size when soaked.

1 LB. PACKAGE OF DRIED BEANS = 2 C. DRY BEANS = 5 C. SOAKED BEANS



15 1/2 OZ. CAN (drained) = 1 2/3 C. SOAKED (COOKED) BEANS

BEAN PREPARATION

STEP 1: WASH AND SORT: Place beans in colander and rinse thoroughly with cold water. Then sift through beans and remove any rocks or shriveled beans.

STEP 2: SOAK: For each pound (2 cups) of sorted, washed, uncooked beans, add 10 cups hot water to a large pot. Boil 2-3 minutes, cover and soak for 4-12 hours. Drain off the soak water and rinse beans. *(If cooking old, hard beans., add 4 tsp baking soda to water and soak overnight. Drain and rinse two times, then add water and cook until tender and soft—about 2 hours.)*

QUICK SOAK: Cover beans with water. Heat to boiling. Let boil 2-3 minutes. Set aside for at least one hour. The longer the soaking time, the easier the beans are to digest.

Soaking time breaks down the sugars in the beans, which reduces their gassy effects significantly.

Add 1 TBSP. oil during cooking to reduce foam.

RECIPES

SPICY ZUCCHINI BREAD

1 C. pinto beans, cooked and mashed well
3 eggs
3/4 c. sugar
1 C. vegetable oil
(or use 1/2 c. applesauce, 1/2 c. oil)
1 1/2 c. shredded zucchini
1 tsp. vanilla
2 C. flour, sifted
1 tsp. salt
1 tsp. baking soda
2 1/2 tsp. baking powder
2 tsp. cinnamon

Prepare pinto beans. Drain and save liquid. Mash cooked pinto beans with 1/2 c. cooking liquid to make 1 cup of bean puree. Grease two 9" x 5" loaf pans. Preheat oven to 350 degrees. In a large bowl, combine eggs, sugar, and oil. Beat until smooth. Add zucchini, bean puree, and vanilla. Sift dry ingredients together; add to bean mixture. Continue beating until blended. Pour into pans. Bake 40-50 minutes, or until toothpick will come out clean. Remove from pan and cool on rack. Store in refrigerator.

PUMPKIN BREAD

3 1/4 C. flour
2 tsp. baking soda
3 C. white sugar
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. ground nutmeg

2 c. solid pack pumpkin puree
1 C. oil (or 1 C. mashed white beans)
2/3—1 c. water (more if it seems too thick with beans)
4 eggs
1/2 C. chopped walnuts

Grease and flour three 7" x 3" pans. Preheat oven to 350 degrees. Stir together flour, sugar, baking soda, salt, and spices. Add pumpkin, water, oil, eggs, and nuts. Beat until combined. Pour batter into prepared pans. Bake for approximately 1 hour.

To make "savory" beans, add one tablespoon oil, two teaspoons onion salt, 1/4 tsp. garlic salt, one tablespoon chicken stock base and 1/4 tsp. white pepper for each pound (2 cups dry) beans.

RECIPES

SIX-CAN CHICKEN TORTILLA SOUP

- 1 (15 ounce) can whole kernel corn, drained
- 2 (14.5 ounce) cans chicken broth
- 1 (10 ounce) can chunk chicken
- 1 (15 ounce) can black beans
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained



Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

REFRIED BEANS

- 1 ½ C. pinto beans, uncooked
- ¼ C. chopped onions
- 2 cloves garlic, minced
- 1 tbsp. oil
- 1 tsp. ground cumin

Soak and cook beans as instructed. Drain and save some of the liquid. Sauté onions and garlic in oil until clear. Add a little water if vegetables stick. Mash half of the beans and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown. Add cumin. Add remaining beans and continue cooking until they are warmed through. Water or liquid from beans may be added to keep the beans soft and mushy. Makes 6 servings.

ENCHILADA BAKE

- 1 Tbsp. oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 C. black beans, cooked
- 1 (7 oz) can corn, drained & rinsed
- 1 tsp. cumin
- 2 C. salsa, divided
- 8 corn tortillas
- ½ C. shredded Monterey Jack cheese

Heat oil over medium-high heat; sauté onion and garlic 2-3 minutes. Add beans, corn, cumin, and ½ cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon. Spoon ⅓ c. filling onto each tortilla; roll up. Spoon ½ c. salsa into 11 x 7 x 2" baking dish. Arrange tortillas seam side down; top with remaining ½ c. sauce. Cover. Bake in 350 degree oven for 15-20 min.. Top with cheese. Bake 2 minutes longer or until cheese is melted. **Makes 8 servings.**

COOKING METHODS

STOVETOP COOKING: Place soaked, drained and rinsed beans in 3-4 qt. pot with 6 cups hot water, 2 tbsp. oil (if desired), and 2 tsp. salt. Boil gently to desired tenderness, usually about 1-2 hours, depending on variety.

PRESSURE CANNER: Put 1 ¼ cups beans and 1 tsp salt in each quart jar. Fill jars to neck with water and attach lids and rings. Process in pressure canner per manufacturer's instructions. (Our canner takes 1 hour and 15 minutes at 15 lbs. of pressure). Beans can be pre-soaked to reduce sugars, and then will fill the jars about half full (fill remainder with water). Add ¼ tsp. salt. Attach lids and rings; process.

CROCK POT: After rinsing and sorting, dump all the beans into crockpot. Add enough water to cover all the beans and an additional 2 inches. Cover. **Do not turn on.** Let the beans soak for at least 6 hours, or overnight. If you live in a very warm area, and the crockpot won't be in a room that is climate-controlled, put the stoneware in the fridge. (You don't want bacteria to have the opportunity to grow.) In the morning, dump the water, and rinse your beans. The water will be bean-colored.

Put the beans back into your crockpot and cover with enough fresh water to completely cover the beans with an extra 2-3 inches. Cover and cook on low for 8 hours. The beans are done when they are bite-tender. Don't worry if the water hasn't all absorbed. Drain the beans. You can keep some of the juice with the beans or discard all of it.

Cooking time and desired tenderness will depend on planned use. Firm beans are better for salads. If you want to mash the beans, cook until soft.

Taste-test often while cooking.

NUTRITIONAL INFO

Beans take up four spots (including #1) of the U.S. Department of Agriculture's Top 20 list of high-antioxidant sources of common foods. Beans are great for your health and your budget! They are a great source of complex carbohydrates and fiber, as well as many important nutrients like thiamine, folate, calcium and iron. One cup of beans meets half a woman's daily iron needs.

Beans are good for dieters. Most beans have 15 grams of fiber per cup, which is great for maintaining a feeling of fullness if you are dieting, and for colorectal health and regularity. They are also low in fat and salt. They contain no cholesterol.

Beans are also a great source of protein. Protein supplies the substance needed to build and repair body tissue. About 1 cup of cooked beans provides the same amount of protein as two ounces of cooked meat. Beans work well as a meat-replacement in recipes. This adds nutrition, and reduces fat and expense.

Beans alone do not contain all of the amino acids necessary to form a "complete" protein, but served with grains or small amounts of meat, eggs, or cheese, they do create a complete protein. Some ideas for creating complete proteins include: stirring bean flour into soups to thicken, adding to whole wheat bread dough, egg and bean burritos for breakfast, or a basic chili with meat.

This simple food can provide a wealth of health benefits. For well under a dollar a serving, beans can supply a host of chronic disease fighting benefits. And they taste good!

STORAGE AND OTHER TIPS

1. After cooking with desired method, cool and put 1 2/3 cups of beans into storage containers or freezer bags (you're adding this amount because you aren't adding filler-liquid like the cans have). The beans will store nicely in the refrigerator for 1 week, or in the freezer for 6 months, or a deep freeze for a year. For best results, slightly undercook beans that you intend to freeze. Then thaw slowly to maintain shape of beans.
2. You can also mash white beans and store them in 1/2—1 cup portions to use for replacing fat in recipes. Mashed white beans replace fat cup for cup in recipes (e.g., If the recipe calls for 1 C. margarine, use 1 C. mashed white beans.) Liquid may be added to adjust the consistency. Store in freezer.
3. You can also grind white beans in a wheat grinder, and then store the bean flour in an air-tight container. Replace fat in recipes as indicated above, cup for cup. Since the flour will be added with other dry ingredients in the recipe, liquids will need to be increased. Bean flour also works well to thicken soups, or to add to homemade bread to make a "complete protein."
4. Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or ketchup will slow the cooking and softening of beans. Add these items last so they will not prolong cooking time.
5. Use your cooked beans as you would canned beans in your favorite recipes.