

# Bean Magic

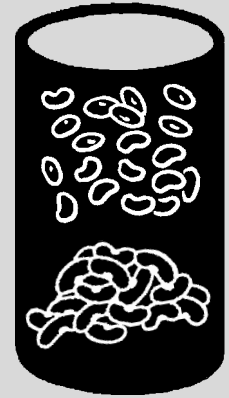
Beans – dried, canned, cooked.

Kidney, garbanzo, pinto.

White, black, red, pink... so many kinds!

Beans are full of vitamins, minerals, protein and fiber that are important for your health.

Because beans are high in protein, you can use less meat, chicken or fish in meals that include beans.



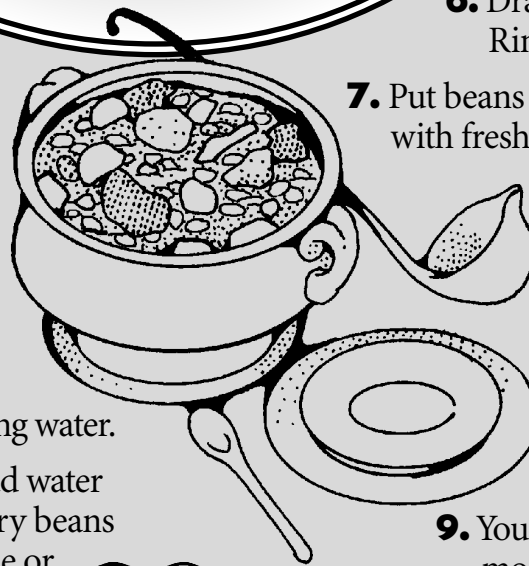
## Bean Basics

### To cook dry beans —

1. Check the beans, a handful at a time, and throw away dirt, small rocks or beans that are broken, discolored or shriveled.
2. Place the good beans in a pot, strainer or colander.
3. Rinse a few times with cold running water.
4. Put clean beans in a large pot. Add water to cover the beans. Remember, dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water.
5. Soak the beans in one of these ways:

\*TO USE BEANS THE SAME DAY, follow steps 1 - 4. Bring water to a boil, and boil rapidly for 2 minutes. Turn off the heat, cover and let the beans soak in the water for about 1 hour.

\*TO USE THE BEANS THE NEXT DAY, follow steps 1 - 4. Soak the beans overnight.



6. Drain the soaked beans. Rinse and drain.
7. Put beans in a large pot, cover with fresh water (see the chart for how much water to use).
8. Bring to a boil, then turn heat down to low. Cover the pot and cook beans slowly until tender.
9. You may need to add more liquid before the beans have finished cooking.
10. The beans are now ready to use in other recipes that call for cooked beans.
11. For some recipes that have a long cooking time (soups or baked beans) you can use the beans after step 6 and follow the directions in the recipe.
12. Freeze some cooked beans to use later. Simply defrost and use as you would use canned beans.



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# Bean Cooking Times

Use this guide to help you know how long to cook different kinds of beans.

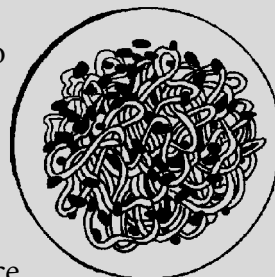
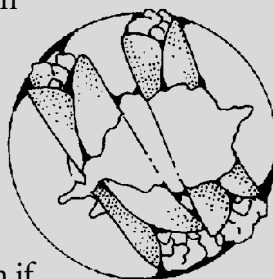
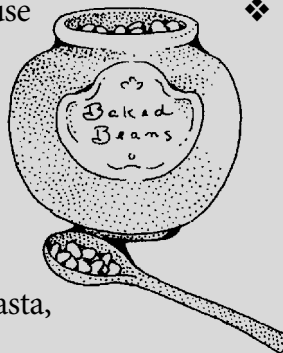
<b>Dry Beans - 1 cup</b> Makes about 3 cups of cooked beans.	<b>Cook in how much water?</b>	<b>Cooking time</b>
Black beans	3 cups	About 2 hours
Blackeyed peas, cowpeas	2 1/2 cups	1/2 hour
Great Northern beans	2 1/2 cups	1 to 1 1/2 hours
Kidney beans	3 cups	About 2 hours
Lentils	2 1/2 cups (Do not soak.)	1/2 hour
Lima beans	2 1/2 cups	45 minutes to 1 hour
Navy or Pea beans	3 cups	1 1/2 to 2 hours
Pink or Pinto beans	3 cups	2 hours

The beans are done once they are tender or soft.

For each cup of dried beans, use the amount of water listed. The cooking time stays the same. For example, to cook 2 cups of dried kidney beans, place clean and soaked beans in 6 cups of water. Cook for about 2 hours.

## Tips for Using Beans

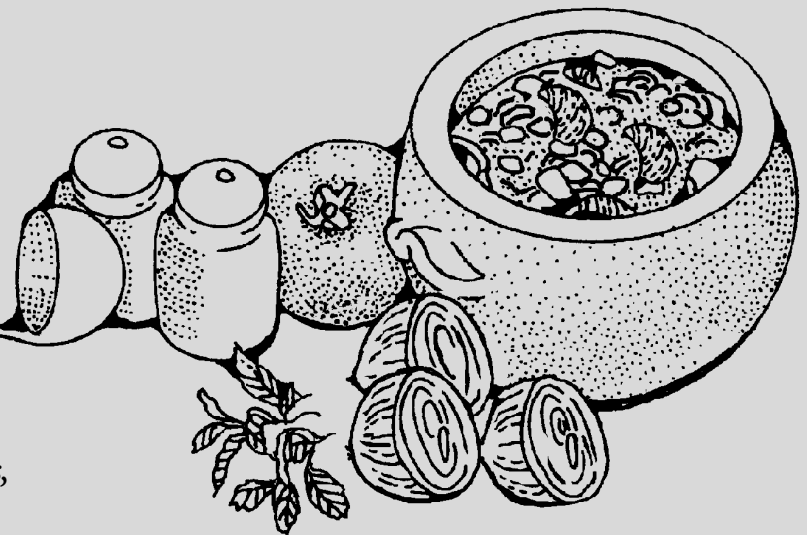
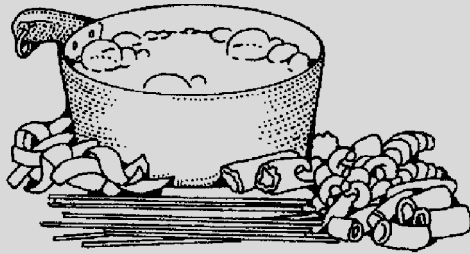
- ❖ When a recipe calls for beans, use canned or cooked dry beans.
- ❖ Canned beans usually should be drained and rinsed before you use them.
- ❖ Use beans in soups, salads, casseroles, stuffings, tacos or burritos, breads, with rice or pasta, with or without meat.
- ❖ Use plenty of beans when you make chili. Use leftover chili for fillings in Mexican recipes.
- ❖ For easy baked beans, combine 3 cups cooked beans with 1 or 2 chopped onions, 1/2 cup ketchup mixed with a 1/2 cup water, 3 Tablespoons molasses, and pieces of leftover cooked ham if you like. Bake in a covered baking dish for about 1 hour at 350° F.
- ❖ Here are some ways to add beans to your favorite foods:
  - Add beans to a tossed salad, about 1/4 cup per person.
  - Add beans to spaghetti sauce, about 1/3 cup for each cup of sauce.



- ❖ Try this filling for Mexican food:
  1. Stir fry chopped onion and green pepper in a small amount of oil until soft.
  2. Add cooked or canned beans (about 1/3 cup per serving) and some of your favorite tomato salsa. Season with chili powder, garlic powder or cilantro.
  3. When beans are heated, mash then a little to make a thicker mixture.
  4. \* For tacos, fill taco shell with bean mixture. Top with shredded cheese, chopped lettuce and tomatoes, and more salsa if you like.
  - \* For burritos, warm the flour tortilla. Place about 1/3 cup filling on one side, top with shredded cheese, vegetables, sour cream – whatever you like. Roll up and serve with extra salsa.
  - \* For quesadillas, use a flour tortilla. Spread bean mixture on half of the tortilla. Top with favorite toppings and cheese. Fold the other half on top. Heat and serve.

## Bean Soup

- 1 cup dry beans, soaked and drained
- 4 cups chicken broth
- 4 cups water
- 2 cups tomato sauce, tomato juice, or canned crushed tomatoes
- 1 or 2 onions, chopped
- 1 teaspoon dried oregano or basil
- 1/4 cup uncooked pasta (macaroni, shells, ziti, bowties, penne, noodles, etc.)
- 1/8 cup barley (optional)



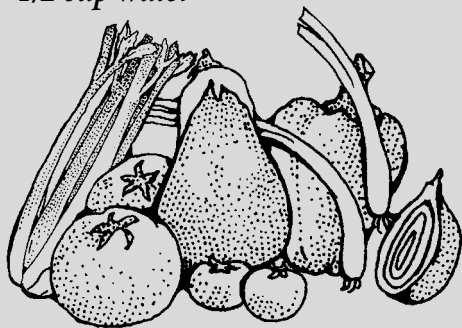
1. Place beans, broth, water, tomato sauce, juice or tomatoes, chopped onion, and herbs in a large pot.
2. Cover and cook on medium-low heat for 2 to 3 hours.
3. Add pasta and barley (optional). Cook until tender.

Makes 8 servings. Serve with crackers and cheese, tossed salad, milk to drink and canned fruit for dessert.

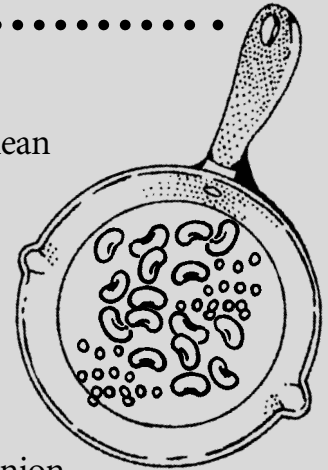
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## Bean and Vegetable Stir-fry

- 1 onion or green pepper
- 2 stalks celery
- 3 carrots
- 1 cup vegetables (fresh or frozen), chopped into bite-sized pieces
- 2 Tablespoons oil
- 2 cups beans, cooked or canned
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger powder
- 1/4 cup soy sauce
- 1 small can tomato paste
- 1/2 cup water



1. Peel and chop onion. Or wash, clean and chop green pepper.
  2. Wash and chop celery. Wash, scrub or peel, and slice carrots.
  3. Wash and cut up other vegetables if fresh. Place in a bowl to use later.
  4. Heat oil in a large fry pan. Add onion or green pepper, celery and carrots. Cook over medium high heat for about 5 minutes.
  5. Add 1 cup of prepared vegetables, stir and cook for 5 minutes. If you use frozen vegetables, add with the ingredients below.
  6. Add beans, garlic powder, ginger, soy sauce, tomato paste and water.
  7. Cook slowly for 10 to 15 minutes until heated through.
- Makes 6 servings. Serve over cooked rice or thin spaghetti.



\* If you like, add pieces of leftover cooked chicken or other meat with the beans.

# Bean and Pasta Salad

1 pound pasta, cooked

2 cups assorted raw vegetables, washed and chopped (green or red pepper, zucchini, broccoli, cabbage, cauliflower, carrots, celery, onion, cucumber)

1/2 cup black or green olives (optional)

2 cups cooked or canned beans, rinsed and drained

## Dressing:

Use favorite salad dressing or make your own with:

1/2 cup mayonnaise

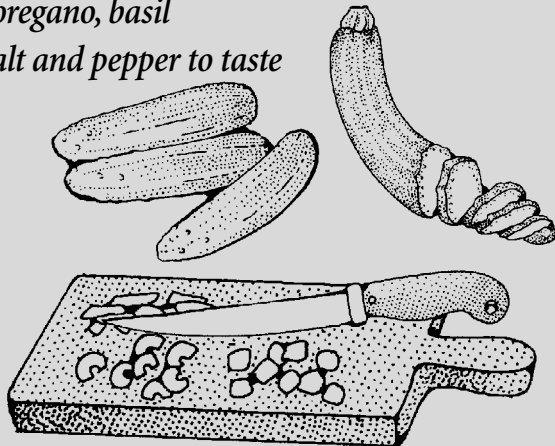
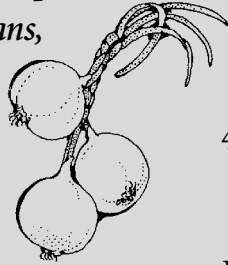
1/2 cup low fat sour cream or yogurt

2 Tablespoons Dijon mustard

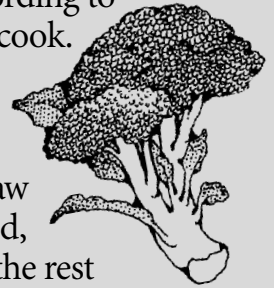
1 Tablespoon lemon juice or vinegar

1/2 teaspoon herbs to taste: dill, oregano, basil

Salt and pepper to taste



1. Cook pasta in boiling water, according to package directions. Do not overcook.
2. Drain and rinse with cold running water. Drain very well.
3. In a large bowl, place prepared raw vegetables. Add 1/2 of the cooked, drained pasta. Mix gently. Add the rest of the pasta, the beans and olives. Stir gently.
4. In a small bowl, mix all of the ingredients for the dressing. Pour over salad, and stir gently to blend well.

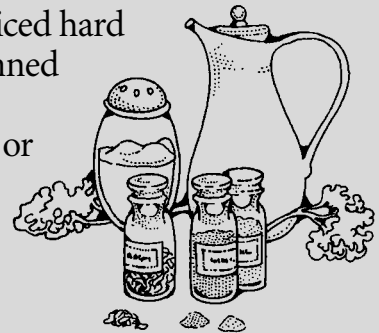


Makes 8 large servings. Serve on a bed of lettuce leaves, with fresh tomatoes or other vegetables in season.

\* If you don't have fresh vegetables, use frozen cooked, or canned drained vegetables such as peas, green beans, carrots, broccoli or mixed vegetables.

\* For more protein, add sliced hard cooked eggs, drained canned tuna, bite-sized pieces of cheddar or Swiss cheese, or leftover cooked chicken or ham.

\* Use leftover cooked rice in place of pasta.



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## Bean Salad

In a medium sized bowl, mix:

- 2 cups drained cooked or canned beans
- 1/4 cup finely chopped green pepper or celery
- 1 Tablespoon minced onion
- 1/2 cup peeled and chopped cucumber
- Top with favorite Italian dressing or homemade dressing. Serve over washed and torn lettuce leaves with cherry tomatoes or radishes on the side.

