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# BEAN RECIPES

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## 2014 Vegetable of the Year

You can print the entire document or select a page to print. Each recipe is on a separate page.



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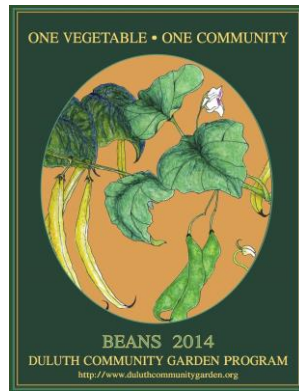
[garden@duluthcommunitygarden.org](mailto:garden@duluthcommunitygarden.org)

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## Azuki Bean Ice Cream

Makes 1 quart

A common ingredient in Asian cuisines—particularly Japanese, where they are often used for confections and sweets—azuki beans are available in Asian markets and health food stores.

### For the azuki paste:

*1 cup washed azuki beans*  
*¾ cup sugar*  
*Pinch salt*

### For the ice cream:

*2 fresh vanilla beans*  
*1 cup sugar*  
*3 egg yolks*  
*1½ cups milk*  
*1½ cups heavy cream*

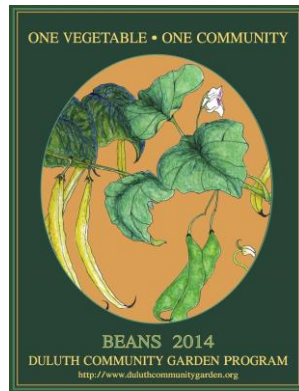
### For the azuki paste:

Put beans in a saucepan full of water, bring to a boil, then drain in a colander. Return beans to pan, add 3–4 cups water, cover, and simmer until beans are very soft and have absorbed all the water, 30–40 minutes. (Azukis cook faster than many other varieties of bean.) Stir in sugar and cook over low heat until sugar has dissolved and beans form a soft, chunky paste. Add salt and allow paste to cool.

### For the ice cream:

Slice vanilla beans lengthwise down the center with a sharp paring knife. With your fingers, spread beans open, then scrape out and reserve black seeds, discarding pods. Put seeds in a small bowl, add ¼ cup of the sugar, and mix well. In a medium bowl, combine remaining ¾ cup sugar, vanilla-sugar combination, and egg yolks, and beat until mixture becomes creamy and turns a pale yellow. Add milk and cream and mix well into a custard-like consistency. Refrigerate until ready to use, preferably overnight. Pour custard into an ice cream maker and process according to manufacturer's instructions. About 10 minutes before ice cream is ready, feed ½ cup of the azuki paste into ice cream maker. Serve immediately or freeze in an airtight container to keep ice cream soft until ready to use.

*First published in Saveur in Issue #3*



## Autumn Beans

4 Servings, Prep/Total Time: 30 min.

### Ingredients

*8 bacon strips, chopped*  
*¼ cup finely chopped onion*  
*1 cup apple cider*  
*2 cans (16 ounces each) baked beans, undrained*  
*¼ to ½ cup raisins*  
*½ teaspoon ground cinnamon*

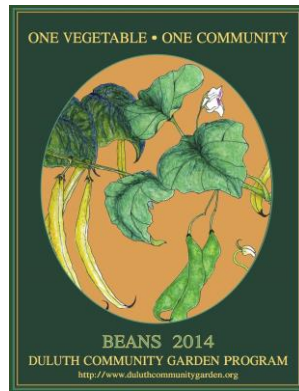
### Directions

In a skillet, lightly fry bacon. Remove to paper towel to drain. Set aside 2 tablespoons drippings. Sauté onion in the drippings until tender. Stir in the remaining ingredients. Bring to a boil; reduce heat and simmer, uncovered, 20–25 minutes, stirring occasionally.

Nutritional Facts: 1 serving (¾ cup) equals 434 calories, 28 g fat (10 g saturated fat), 38 mg cholesterol, 808 mg sodium, 38 g carbohydrate, 7 g fiber, 10 g protein.

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Read more: <http://www.tasteofhome.com/recipes/autumn-beans#ixzz3A8ZImUyq>



## Bean Soup with Ham Hock

### Ingredients

*1 cup Great Northern beans or your favorite bean (Rinse and sort beans.)*  
*1 onion, chopped*  
*3 stalks celery, chopped*  
*6 cups water*  
*1 ham hock*

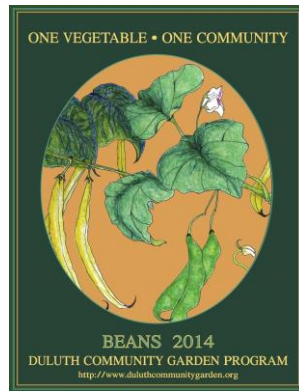
Place above ingredients in crock pot and turn on high for about 3 hours.

### Add to beans

*2 or 3 carrots, chopped*  
*½ head of cabbage, chopped*  
*1 or 2 cups ham, chopped (optional)*  
*Season with salt and pepper.*

Cook soup another 3 hours or so, until the beans are the desired tenderness.

Recipe from “Beans, Peas and Lentils”, University of Minnesota Nutrition Education Program.



## Black Bean Brownies

(gluten-free)

*1½ cups black beans (1 15-ounce can, drained and rinsed very well) (250g after draining)*

*2 tablespoons cocoa powder—Dutch or regular (10g) (add a little extra if desired)*

*½ cup quick oats (40g)*

*¼ teaspoon salt*

*⅓ cup pure maple syrup or agave (Honey will work, but not for strict vegans.) (75g)*

*2 Nunaturals stevia packs or 2 tablespoons sugar (or omit and increase maple syrup to ½ cup)*

*¼ cup coconut or vegetable oil (40g) (See “nutrition facts” link for all substitution notes.)*

*2 teaspoons pure vanilla extract*

*½ teaspoon baking powder*

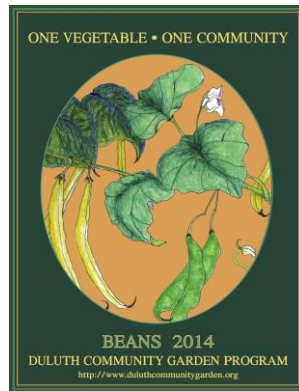
*½ cup to ⅔ cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)*

*Optional: more chips, for presentation*

Preheat oven to 350°F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15–18 minutes, then let cool at least 10 minutes before trying to cut. Makes 9–12 brownies.

Have you ever tried black bean brownies? Or is the idea just way too weird for you? The trick with these: serve them first, and then reveal the secret ingredient.

<http://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>



## **Black Bean – Pasta Cancun**

Prep Time: 25 Minutes, Total Time: 25 Minutes, Makes 3 servings

### **Ingredients**

*2 cups uncooked radiatore (nugget) pasta (4 ounce)*  
*1 can (14.5 ounce) Muir Glen™ organic fire roasted diced tomatoes with green chilies*  
*1 can (15 ounce) Progresso™ black beans, drained, rinsed*  
*½ teaspoon grated lime peel*  
*¼ teaspoon ground cumin*  
*½ bell pepper, cut into 2x1/4-inch strips*  
*3 tablespoons fat-free sour cream*  
*3 lime wedges*  
*Cilantro leaves, if desired*

Cook and drain pasta as directed on package, omitting salt.

Meanwhile, in 2-quart saucepan, heat tomatoes to boiling. Stir in pasta, beans, lime peel, cumin and bell pepper. Reduce heat to low; cover and cook 2 to 3 minutes, stirring occasionally, until hot. Garnish with sour cream, lime and cilantro. Squeeze lime over pasta.

Make the Most of This Recipe With Tips From The Live Better America® Kitchens

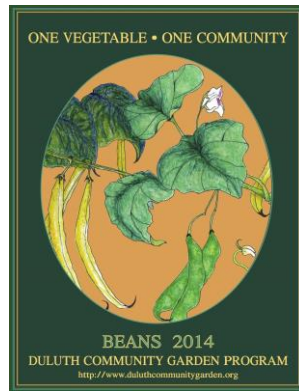
Substitution - Diced tomatoes with chili spices or garlic and onions can be substituted for the tomatoes with green chillies.

### **Nutrition Information:**

1 Serving (1 Serving)Calories 360(Calories from Fat 15),Total Fat 1 1/2g(Saturated Fat 0g,Trans Fat 0g),Cholesterol 0mg;Sodium 720mg;Total Carbohydrate 70g(Dietary Fiber 15g,Sugars 6g),Protein 16g;Percent Daily Value\*:Exchanges:1/2 Starch;0 Fruit;4 Other Carbohydrate;0 Skim Milk;0 Low-Fat Milk;0 Milk;1/2 Vegetable;2 Very Lean Meat;0 Lean Meat;0 High-Fat Meat;0 Fat;Carbohydrate Choices:4 1/2;\*Percent Daily Values are based on a 2,000 calorie diet.

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## **Black Beans, Abuela-style**

By Cassie Borges

This is based on the way my Cuban grandmother taught me to make black beans, I've tweaked it a little after many years of experimenting. Finally an episode of America's Test Kitchen gave me the ultimate secret to amazing black beans; brine. Serves 4–6 depending on whether you use it as a main dish or a side dish. Cuban cuisine frequently features black beans and rice as a side dish, but it makes a great vegan main dish with complete protein from the beans and rice.

### **Ingredients**

*5 cups water*

*1 tablespoon kosher salt*

*1 cup dried black beans*

*1 bay leaf*

*1 large onion, diced*

*1 tablespoon olive oil*

*3 cloves of garlic*

*2 bell peppers, diced*

*2 teaspoons ground cumin*

*1 teaspoon oregano*

*Juice of ½ lime*

*½ cup white wine (optional)*

*Salt and pepper to taste*

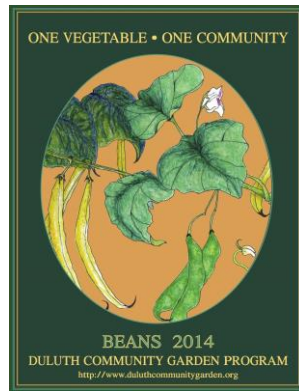
*A little chopped cilantro (also optional) (chopped parsley or chopped green onions are alternatives)*

### **Preparation**

Mix the water and salt together and soak the beans in this brine at least 8 hours or ideally overnight, Drain the beans and place them in a deep pot with enough fresh water to cover the beans by about an inch, add a bay leaf for extra flavor. Bring the beans to a simmer and cook covered on medium-low heat for about 45 minutes or until the beans are nearly tender.

While your beans start cooking, dice your onion and green peppers, prep your garlic and set out your cumin and oregano. This would be a good time to start cooking the rice as well if you are planning to serve rice with it. After the beans have cooked for 30 minutes, it's time to make a *sofrito* – a flavorful base for your dish. Cook the diced onions in a skillet on medium heat in the olive oil until they just turn translucent. (Add a pinch of salt here to help cook the water out of the onions and get them soft and delicious faster.) Add the garlic and green peppers and continue to cook, stirring occasionally, until the vegetables are soft. Add the cumin and oregano.

When the beans are nearly tender, stir in the *sofrito*, plus the lime juice and the optional splash of white wine. Simmer for just a few minutes to let the ingredients' flavors combine thoroughly. Season the dish to taste with salt and pepper, and give the beans one last check for tenderness. Serve over hot rice and sprinkle on some chopped cilantro if you would like. (Some people are genetically wired to hate cilantro. Others love it. If you want something fresh and green on top but you think cilantro tastes like soap, chopped parsley or chopped green onions are a good alternative.) More lime wedges and chopped cilantro served along the beans and rice is nice touch too.



## Campfire Fries

### Chili ingredients

*2 tablespoons olive oil*  
*1 small onion, diced*  
*1 rib celery, sliced*  
*1 large carrot, sliced*  
*2 cloves garlic, minced*  
*1 teaspoon chili powder*  
*1 teaspoon paprika*  
*1/4 teaspoon salt and pepper*  
*2 cups tomatoes, chopped*  
*1 can (16 ounce) red kidney beans, drained and rinsed*

Heat oil in skillet over medium heat. Sauté onion, celery, and carrot until softened (about 5 minutes). Add garlic, chili powder, paprika, and salt & pepper, cook for 2 minutes. Add tomatoes; bring to a boil. Reduce heat and let simmer for 12 minutes, stirring occasionally. Add kidney beans; simmer for 12–15 minutes, stirring occasionally.

### Fries

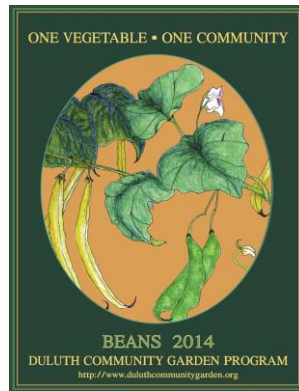
*3 tablespoons olive oil*  
*3 lbs baking potatoes*  
*½ teaspoon salt*  
*½ teaspoon pepper*

Preheat oven to 400°F. Scrub and wash potatoes and cut them into ¼-inch slices; slice potato lengthwise then turn on flat side and cut ¼-inch wide strips. Soak in cold water for 5 minutes, pat dry on paper towel, and toss together with oil, salt, and pepper. Spread out on parchment paper on baking sheet. Bake 15 minutes, flip, and bake 15 minutes more. Continue baking until they are to preferred crispness. Thinly cut fries cook quickly and are prone to burning, so check frequently while baking.

### Toppings

*¾ cup Cheddar cheese, shredded*  
*½ cup sour cream*  
*1 green onion, sliced*

Spoon chili on plate. Arrange fries like firewood. Sprinkle with cheese. Add sour cream and onion as desired.



## Cherokee Bean Bread

Hands on Time: 10 minutes Baking Time: 20 minutes Total Time: 30 minutes

Servings: 8 to 10

Gluten free and the bean and cornmeal make a healthy protein as well as a delicious combination.

### Ingredients

*2 cups yellow or white cornmeal*

*1 teaspoon salt*

*1 teaspoon baking powder*

*¼ teaspoon red pepper (optional)*

*2 cups cooked, drained pinto beans (one 15½ ounce can)*

*1½ cups milk*

*2 eggs, lightly beaten*

*2 tablespoons bacon drippings, olive or vegetable oil.*

### Instructions

Preheat oven to 450°F.

Put bacon drippings or oil in a 10-inch cast iron skillet or a 9-inch pan and put in oven while preheating.

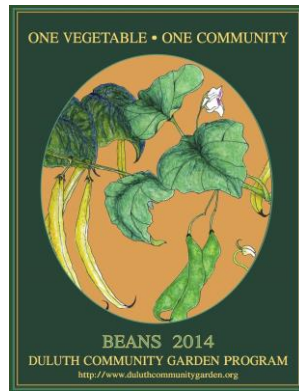
In a medium size bowl, stir together the cornmeal, salt, and baking powder

In a small bowl combine eggs and milk. Stir into dry mixture. Drain beans. Spoon beans into batter and mix well.

Remove hot pan from oven. Pour hot oil into batter and mix well.

Pour batter into hot pan. Bake for 20 minutes or until golden brown.

<http://www.wareagemill.com/recipes/cherokeebread/>



## Corn Chowder with Chicken and Great Northern Beans

Serves: 8

*1 cup dried Great Northern beans or navy beans*  
*6 cups chicken broth*  
*1 tablespoon oil*  
*1–2 onions, finely diced*  
*1–2 stalks of celery, finely chopped*  
*1 carrot, finely chopped*  
*3 cups corn (frozen, canned, or fresh)*  
*2 cups cooked chicken*  
*½ cup low-fat sour cream (fat-free sour cream will work too)*  
*1 cup low-fat milk*  
*Salt and pepper to taste*

Rinse beans and soak overnight. Drain before using. Sauté onions and celery in oil. Add beans and broth. Cook until beans are tender, about 1–2 hours. Add carrots, corn, and cooked chicken. After mixture has cooked a bit, and carrots are tender, add sour cream and milk. Don't boil after dairy products have been added.

**Hint:** For thicker chowder, add 3 tablespoons of flour mixed with 1 cup water or milk (strained) after the milk and sour cream have been added.

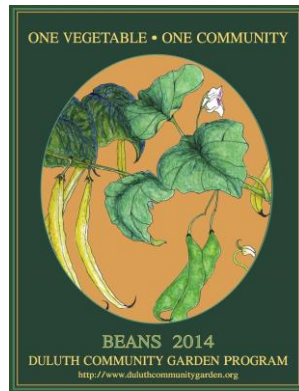
### **Nutrition Notes:**

Pre-made chicken broth and canned chicken contain quite a bit of sodium, so watch salt content.

### **To Make a Meal:**

Serve with whole grain bread and a salad.

Recipe from “Beans, Peas and Lentils”, University of Minnesota Nutrition Education Program.



## Creamy White Beans

Adapted by Rheanna M. Letsos from “Eating Well” (<http://www.eatingwell.com/>)

Makes: 8 servings, ½ cup each, Active Time: 15 minutes, Total Time: 2 hours (not including soaking time)

### Ingredients

*2½ cups dried white beans*  
*2 tablespoons olive oil*  
*5 cloves garlic, peeled and minced*  
*2 cups reduced-sodium chicken broth*  
*2 cups water*  
*3 large sprigs fresh or ⅛ cup dried thyme*  
*¼ teaspoon freshly ground pepper, or more to taste*

### Preparation

Place beans in a bowl and add enough water to cover. Soak overnight. (Alternatively, use quick-soak method; see Tips and Notes.)

Heat oil in a pan over medium heat. Add garlic and cook, stirring, until fragrant, about 45 seconds. Add broth, water, and thyme. Bring to a boil. Reduce the heat and simmer for about 20 minutes. Add the drained beans; return to a boil. Reduce the heat to maintain a gentle simmer. Season with ¼ teaspoon pepper. Cover and simmer until very tender, 1¼–2½ hours, depending on the type of beans. Season with more pepper, if desired. Serve warm.

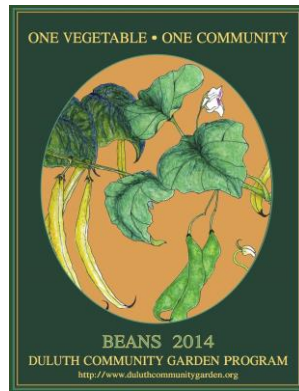
### Tips and Notes

Make Ahead Tip: Cover and refrigerate for up to 3 days; reheat and thin with a little water or broth, if desired.

Tip: To soak beans using a “quick-soak” method, place in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.

### Nutrition

Per serving: 148 calories; 2 g fat ( 0 g sat , 1 g mono ); 0 mg cholesterol; 25 g carbohydrates; 0 g added sugars; 10 g protein; 6 g fiber; 192 mg sodium; 597 mg potassium. Nutrition Bonus: Folate & Iron (20% daily value), Potassium (17% dv), Magnesium (15% dv) Carbohydrate Servings: 1, Exchanges: 1 1/2 starch



## Doctored-up Baked Beans

By Marian Syrjamaki-Kuchta

### Ingredients

*2 quarts of any brand of canned baked beans*

*½ cup of cooked, diced bacon*

*1 cup of cooked diced ham*

*1 teaspoon dry mustard*

*¾ cup catsup*

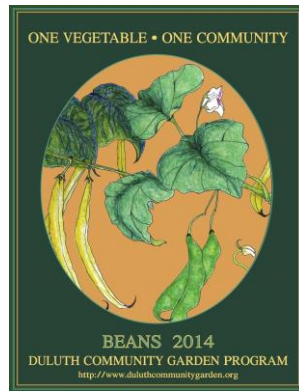
*⅓ cup molasses*

*½ cup brown sugar*

*1 large onion, sautéed in butter and olive oil*

### Preparation

Mix all ingredients and place in a heavy, covered baking casserole. Bake in a very slow oven (250°F) for about 6 to 8 hours. Or use a crockpot on low heat setting for 6 to 8 hours..



## Easy Lima Beans

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Ready In: 45 Minutes

Servings: 6

"Baby lima beans are steamed in chicken broth. This is a very tasty lima bean recipe that is also low in fat."

### Ingredients

*Cooking spray*

*½ medium onion, finely chopped*

*1½ cups chicken broth*

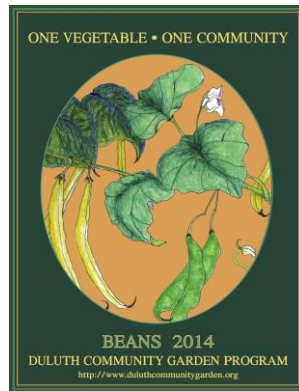
*1 (16 ounce) package frozen baby lima beans*

### Directions

Heat a large saucepan over medium heat, and spray with cooking spray. Sauté onions until soft and translucent. Pour in chicken broth, and bring to a boil. Add lima beans and enough water just to cover. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes, until beans are tender.

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## Egg and Black Bean Burritos

Makes: 4 servings

Start to Finish 20 minutes

### Ingredients

*One 16½-ounce can black beans, rinsed and drained well*

*1 cup prepared salsa*

*1 tablespoon chopped fresh cilantro or parsley*

*8 large eggs*

*¼ cup water*

*½ teaspoon salt*

*2 tablespoons vegetable oil*

*4 8-inch flour tortillas, warmed*

*1 cup shredded cheddar cheese (4 ounces)*

*Sliced avocado (optional)*

### Directions

Combine beans, salsa, and cilantro in a bowl. Whisk together eggs, water, and salt in another bowl. Set aside.

Heat broiler. Meanwhile, heat oil in a 12-inch nonstick, oven-proof skillet over medium heat. Add eggs; cover and cook 3 minutes. Lift edge of eggs to allow uncooked egg to run under; cook 1 to 2 minutes more, until almost set. Sprinkle with cheese; transfer skillet to broiler and broil 1 to 2 minutes, until cheese is melted. Cut into quarters.

For each burrito, place one-quarter of the egg in a tortilla. Top with a generous ⅓ cup bean mixture. Fold in sides and roll up; cut in half. Repeat. Serve with avocado and more salsa, if desired. Makes 4 servings.

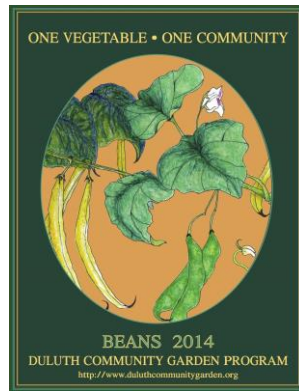
<http://www.lhj.com/recipe/eggs/egg-and-black-bean-burritos/>

Ladies Home Journal magazine

### Nutrition Facts

Servings Per Recipe 4 cal.(kcal)530, Fat, total(g)30, chol.(mg)455, sat. fat(g)11, carb.(g)37, fiber(g)5, pro.(g)27, sodium(mg)1382, calcium(mg)30, Percent Daily Values are based on a 2,000 calorie diet





## **Fasulye yemeği**

From Abigail Klema after spending a summer with friends in Turkey and learning a bit of Turkish cooking.

### **Ingredients**

*2 medium onions, diced*

*2 pounds fresh green beans*

*3–5 fresh tomatoes, cut in half, and grated (discard the skins), or use canned tomatoes*

*2–6 tablespoons olive oil*

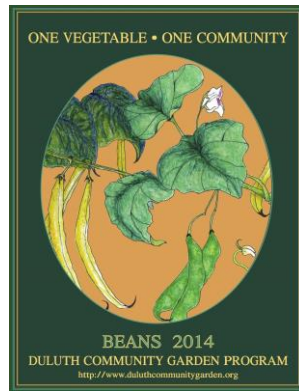
*1½ teaspoon sugar*

*Salt to taste*

*Water, if needed (about ½ cup)*

### **Directions**

Cook in a covered pot until the beans are tender.



## Festive Bean Spread

Submitted By: Lisa Garchow  
Servings 18

"This is a wonderful appetizer, a bean spread with a Mexican taste. It looks very festive with the red and green toppings, and it's easy to put together. Your guests will be asking for the recipe, so keep it handy ! The two cheeses can be substituted with one 3-cup package shredded taco cheese."

### Ingredients

*1 (16 ounce) can refried beans*  
*1 cup salsa*  
*1 teaspoon ground cumin*  
*½ teaspoon garlic powder*  
*1 pint sour cream*  
*1 (1.25 ounce) package taco seasoning mix*  
*1 bunch green onions, chopped*  
*2 tomatoes, chopped*  
*2 cups shredded Cheddar cheese*  
*1 cup shredded Monterey Jack cheese*

### Directions

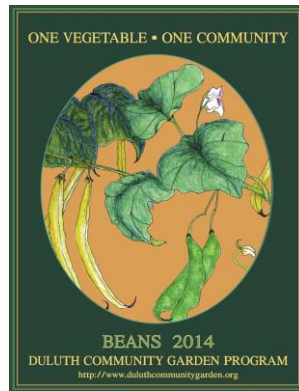
First (bottom) layer: mix together beans, salsa, cumin, and garlic powder, and spread on large, flat serving dish as a thin layer, maybe ½-inch thick.

Second (middle) layer: mix together sour cream and taco seasoning, and spread over bean layer.

Third (top) layer: sprinkle the cheese on first, then top with chopped tomatoes and green onions.

Cover with plastic wrap, and chill for about an hour. Serve cold with tortilla chips.

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## French Beans in Shallot Butter

Prep 20 mins Cook 5 mins  
Makes 8 servings

### Ingredients

*Water*

*1 pound French beans (haricot verts) or 1½ pounds green beans,\* trimmed*

*1 tablespoon butter or margarine*

*2 tablespoons minced shallots*

*¼ teaspoon salt*

*¼ teaspoon freshly ground pepper*

### Directions

Place steamer basket in a large saucepan; add enough water to reach just under the basket. Add beans to basket; bring water to a boil. Cover and steam beans 3 to 4 minutes, until tender-crisp. (Can be made ahead. Immediately rinse beans under cold running water until cool. Wrap in plastic wrap and refrigerate up to 24 hours. Return beans to room temperature.)

Melt butter in a large skillet over medium-high heat; add shallots and cook 1 minute. Add beans, salt and pepper. Cook 1 to 2 minutes more, until heated through.

### Tip

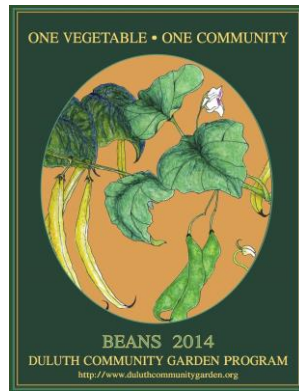
\*Green beans: Prepare recipe as directed, except steam beans 5 to 7 minutes and increase butter to 2 tablespoons, shallots to ¼ cup and salt to ½ teaspoon.

### Nutrition Facts

Servings Per Recipe 8 cal.(kcal)55, Fat, total(g)3, chol.(mg)8, sat. fat(g)2, carb.(g)7, fiber(g)2, pro.(g)2, sodium(mg)180, Percent Daily Values are based on a 2,000 calorie diet

<http://www.lhj.com/recipe/vegetables/french-beans-in-shallot-butter/>

Ladies Home Journal



## Fresh Garden Organic Chili

Adapted by Rheanna M. Letsos from “Whole Lifestyle Nutrition” (<http://wholelifestylenutrition.com/>)

### Ingredients

*1 pound grass fed ground beef*  
*2 tablespoons grass fed butter*  
*2 cups organic tomato soup, and 4 Roma tomatoes, chopped*  
*1 red pepper, chopped*  
*1 large organic onion, chopped*  
*3 cloves organic garlic, minced*  
*½ teaspoon unrefined sea salt*  
*¼ teaspoon black pepper*  
*1 teaspoon Italian seasoning*  
*1 cup dried organic black beans, quick soak method*  
*1 tablespoon chili powder*  
*2–3 teaspoons ground cumin (adjust to taste)*

### Directions

Melt butter in a large Dutch oven over medium high heat.

Sauté onions for about 5 minutes or until they begin to soften.

Add garlic and ground beef and brown the beef for about 8–10 minutes.

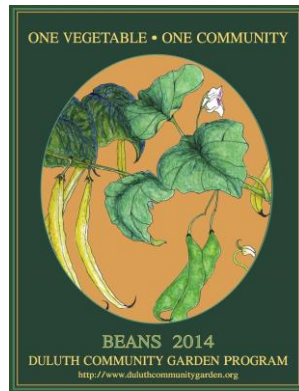
Add remaining ingredients and put the lid on and reduce heat to a slow simmer.

Simmer for at least an hour.

Serve hot with a dollop of Greek yogurt or sour cream.

### Nutrition Information

Calories: 250.7, Fat: 6.7g, Carbohydrates: 25.5g, Protein: 23.2g



## **Gallo Pinto (beans and rice) Recipe**

*1 pound black beans (fresh are best but most likely you'll find them dried)*  
*8–10 sprigs cilantro (coriander leaf) fresh*  
*1 small or medium onion*  
*½ small red or yellow sweet pepper (optional)*  
*3 cups (700 ml) chicken broth or water*  
*2 cups (350 ml) white rice*  
*½ teaspoon (2.5 ml) salt*  
*1 tablespoon (15 ml) vegetable oil*  
*1–3 tablespoons oil to fry the Gallo Pinto*

If beans are dried, cover with water and soak overnight, if they are fresh, just rinse them off. Drain the beans and add fresh water to an inch (2.5-cm) above the top of the beans, and bring to a boil. Cover the pan and reduce heat to very low simmer until beans are soft (~3 hours).

Chop cilantro, onion, and sweet pepper very fine. Set aside ½ in a bowl for the final preparation.

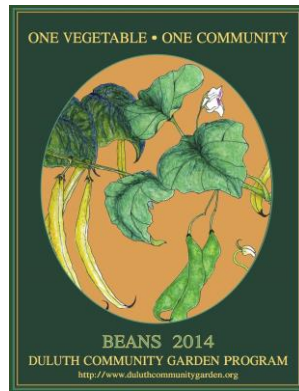
Add 1 tablespoon oil to a large pan and sauté the dry rice for 2 minutes over medium high flame then add half of the chopped onion, sweet pepper and cilantro and sauté another 2 minutes. Add water or chicken broth, bring to a boil, cover and reduce heat to simmer until rice is tender (20–35 minutes). This is also the recipe for Tico rice used in other favorites like tamales.

Once the rice and beans are cooked you can refrigerate or freeze them. Keep a significant amount of the “black water” with the beans (½-1 cup 120-240 ml). This is what gives the rice its color and some of its flavor. Sauté the rice, beans reserved chopped onion, sweet pepper and cilantro together in vegetable oil for a few minutes. Sprinkle with a little fresh chopped cilantro just before serving.

Once the rice and beans are cooked you can also refrigerate or freeze them. Make up small batches of Gallo Pinto when you want it by simply sautéing them together.

In Guanacaste they sometimes use small very hot red peppers instead of or in addition to the sweet. Some people add a tablespoon or so of salsa Lizano or Chilera to the beans while they're cooking. Our friend Mercedes always simmered the beans very slowly all day and preheated the water or chicken broth for the rice.

[http://costa-rica-guide.com/travel/index.php?option=com\\_content&task=view&id=282&Itemid=489](http://costa-rica-guide.com/travel/index.php?option=com_content&task=view&id=282&Itemid=489)



## **Greek Village Green Beans and Potatoes**

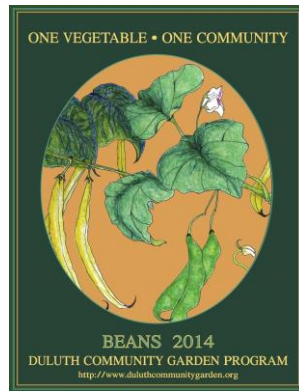
By Rheanna M. Letsos

### **Ingredients**

*1 pound fresh green beans*  
*4 medium white potatoes*  
*5 cloves of garlic*  
*1 medium white onion*  
*2 cups organic tomato soup*  
*6 tablespoons olive oil*  
*3 bay leaves*  
*Salt and pepper to taste*

### **Preparation**

Prep the potatoes and green beans. Snap the ends off the green beans, rinse and set aside. Wash the potatoes and cut into quarters and in half again. Pour 1½ tablespoons of olive oil into a skillet and sauté onion for 2 to 3 minutes, then add garlic and sauté for 45 seconds. Scrape onions, garlic, and oil into a quart pot and put on burner on low. Add 1½ tablespoons of olive oil to the quart pan. Add the potatoes and lightly cook them on low in the quart pan. Pour 1½ tablespoons of olive oil into a skillet and sauté beans for 2 to 3 minutes. Add the beans and the tomato soup to the potatoes and turn the heat to medium until it begins to semi boil. As soon as it does this, turn it back to low. Do not stir the dish at all. Add the bay leaves and salt and pepper to taste. Do not stir the dish, simply lift it and swirl it around. Cook for 1–1½ hours over low heat. Serve hot with a drizzle of olive oil, crusty bread, feta cheese, and Greek olives. Enjoy!



## **Green Beans Amandine**

Makes 3 servings

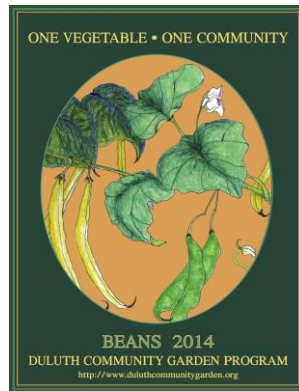
*½ pound green beans*

*3 tablespoons slivered almonds*

*1 tablespoon butter*

*1 teaspoon lemon juice*

Cut fresh beans into 1-inch pieces. Cook, covered, in small amount of boiling water 3–5 minutes or until crisp tender. Meanwhile, cook and stir almonds in butter, over medium heat, until golden. Remove from heat; stir in lemon juice. Stir almond mixture into beans.



## Healthified Creamy New Potatoes and Green Beans

0g sat fat • 0mg of cholesterol.

Prep Time 20 Minutes Total Time 6:30 Hrs:Mins

Makes 12 servings

Dijon-style mustard adds a delicious zip to this easy slow cooker side dish.

### Ingredients

*2 pounds new potatoes, halve any large ones*

*12 ounces Green Giant™ frozen whole green beans*

*1 can (10¾ ounce) reduced-fat and reduced-sodium condensed cream of celery soup*

*¾ cup water*

*2–4 tablespoons Dijon-style mustard*

*¾ teaspoon dried dill weed*

Place potatoes and green beans in a 3½- or 4-quart slow cooker. Combine soup, the water, mustard, and dill weed. Pour over vegetables; gently stir to combine. Cover; cook on low-heat setting for 6 to 7 hours. Gently stir before serving.

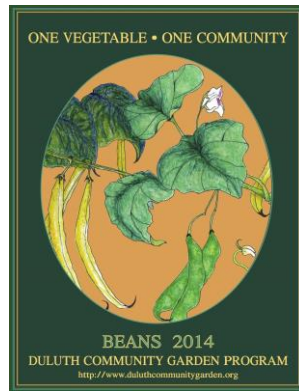
### Nutrition Information

1 Serving (3/4 Cup)Calories 80(Calories from Fat 5),Total Fat 1/2g(Saturated Fat 0g,Trans Fat 0g),Cholesterol 0mg;Sodium 160mg;Total Carbohydrate 18g(Dietary Fiber 2g,Sugars 1g),Protein 2g;Percent Daily Value\*:Exchanges:1 Starch;0 Fruit;0 Other Carbohydrate;0 Skim Milk;0 Low-Fat Milk;0 Milk;1/2 Vegetable;0 Very Lean Meat;0 Lean Meat;0 High-Fat Meat;0 Fat;Carbohydrate Choices:1; \*Percent Daily Values are based on a 2,000 calorie diet.

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From the Live Better America website





## **Hummus**

By Rheanna Letsos

Makes 4 servings

### **Ingredients**

*2 cups canned garbanzo beans, drained*

*1 clove garlic*

*2 teaspoons cumin*

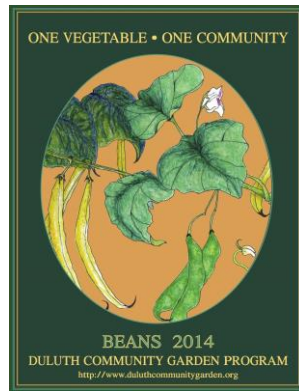
*¼ cup lemon juice*

*½ teaspoon salt*

*1 tablespoon olive oil*

### **Preparation**

Place the garbanzo beans, lemon juice, salt, and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl. Drizzle olive oil over the garbanzo bean mixture.



## Hummus with Tahini

By Arlene Coco Buscombe

Preparation: 5 minutes, Cook Time: 3 hours, Yield: 3 cups

The key to brag-worthy hummus is to let the flavor of the garbanzo beans (also known as chickpeas) come through, and use a light hand when adding lemon. Because of its fiber and high vitamin content, this healthy spread is a current favorite among snackers.

### Ingredients

*2½ cups canned garbanzo beans drained and rinsed*

*¼ cup freshly squeezed lemon juice*

*⅓ cup sesame tahini*

*2 cloves garlic crushed*

*2 tablespoons extra virgin olive oil*

*½ teaspoon ground cumin*

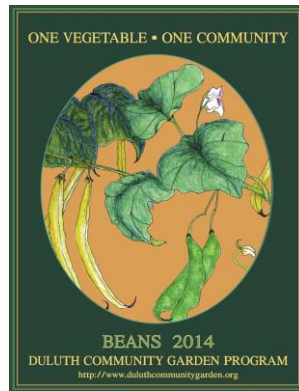
*1 teaspoon kosher salt*

*⅓ cup water*

### Preparation

Put all ingredients except the garbanzo beans into a blender; blend for 5 seconds. Add the beans and blend on high until the mixture reaches the consistency of a granular sour cream, approximately 10 to 15 seconds. If the hummus is too thick, add a little water slowly and blend until it reaches the desired consistency. Transfer to a serving bowl; cover and refrigerate for a few hours before serving. The flavors will meld well if given a chance to sit for a while. Serve with pita wedges, crackers, or slices of whole grain bread.

TIP: A thorough rinsing of the garbanzo beans will clear away any taste of any ingredients used in the canning process.



## **Jack's Refreshing Summer Green Bean Salad**

Here's a refreshing and delicious recipe from our friend Jack, from Seattle.

### **Ingredients**

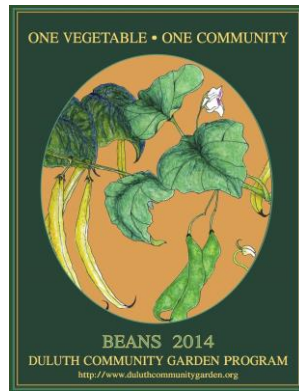
*1 pound fresh green beans*  
*½ cup onion*  
*5 cloves garlic*  
*2 cans white beans*  
*1 heaping pint cherry tomatoes*

### **Dressing**

*3 tablespoons olive oil*  
*3 tablespoons lemon juice*  
*1 teaspoon salt*  
*Parsley, sage, rosemary, and thyme*

### **Directions**

Sauté onion and garlic, steam or blanch beans and toss with remaining ingredients.



## Kale and White Bean Pasta

Serves 8

### Ingredients

*2 tablespoons olive oil*  
*1 cup diced onion*  
*2 cloves garlic, minced*  
*½ teaspoon red pepper flakes, crushed*  
*2½ pounds kale, chopped into 1-inch pieces*  
*2 cups fresh or canned tomatoes, chopped*  
*1½ cups vegetable broth*  
*Salt and freshly-ground black pepper to taste*  
*2 cups canned or cooked Great Northern beans*  
*3 or 4 oil-cured black olives, pitted and coarsely chopped*  
*1 12-ounce package pasta, (gluten free penne regatta)*  
*¼ cup grated Parmesan cheese (optional)*

### Preparation

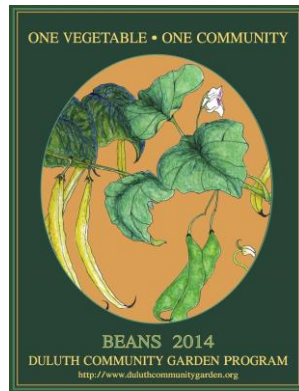
In a large, heavy-bottomed skillet, over medium high heat, heat the oil and sauté the onion about 5 minutes, until softened. Add garlic, pepper flakes, and half of the kale and cook about 2 minutes, stirring occasionally, until the greens are wilted and the garlic is fragrant.

Add remaining kale, tomatoes, vegetable broth, salt and pepper to taste, then cover and bring to a boil. Reduce heat to medium and cook until soupy, about 15 minutes, stirring occasionally. Add beans and olives, stirring to combine.

Cook pasta in a pot of boiling salted water according to package directions. When pasta is *al dente*, drain pasta and add it to the kale mixture. Cook about 2 minutes over medium heat. Serve with salt and pepper and grated Parmesan on the side.

Recipe adapted from a recipe at

<http://www.care2.com/greenliving/tuscan-kale-and-white-bean-pasta.html#ixzz1b6YE5tCY>



## Mexican Pie

### Ingredients

*½ package whole wheat tortillas*

*8 ounces shredded cheese of choice*

*1 can beans (pinto, kidney, or choice)*

*Spices (cumin, oregano, basil)*

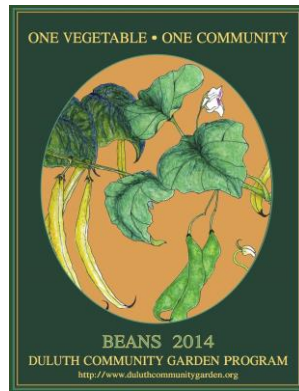
*Sour Cream*

*Salsa*

Use pie pan. Begin with tortilla on bottom. Layer on beans and cheese. Add another tortilla, layer beans and cheese. Continue to top of pan. Sprinkle extra cheese on top.

Bake at 350°F for 15 minutes or until cheese melts.

Serve with sour cream and salsa of choice.



## **Pesto Green Bean Salad**

Makes 8 servings

Start to Finish 25 minutes

### **Ingredients**

*2 pounds fresh green beans, trimmed*

*Salt*

*2 tablespoons olive oil*

*½ cup chopped fresh basil*

*1 teaspoon fresh lemon juice*

*¼ teaspoon freshly ground black pepper*

*¼ cup thinly sliced red onion*

*2 tablespoons sliced almonds, toasted*

*¼ teaspoon minced garlic*

*½ teaspoon salt*

### **Directions**

Boil beans in salted water, just until tender, 6 to 8 minutes. Drain; rinse under cold water.

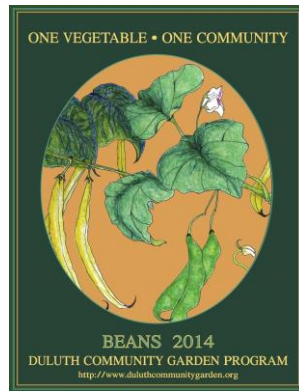
Puree basil, olive oil, lemon juice, salt, garlic, and pepper in blender. Toss with beans and onion in bowl. Arrange on platter; top with almonds.

### **Nutrition Facts**

Servings Per Recipe 8 cal.(kcal)75, Fat, total(g)4, sat. fat(g)1, carb.(g)9, pro.(g)2, sodium(mg)282, Percent Daily Values are based on a 2,000 calorie diet

<http://www.lhj.com/recipe/salads/pesto-green-bean-salad/>

Ladies Home Journal



## **Picnic Zucchini Bean Salad**

7 Servings

Prep: 10 minutes + chilling

Yield: 5 cups

### **Ingredients**

*3 small zucchini, sliced*

*¾ cup chopped green pepper*

*½ cup chopped onion*

*1 can (15½ ounces) kidney beans, rinsed and drained*

*¼ cup vegetable oil*

*3 tablespoons vinegar*

*1½ teaspoons garlic salt*

*¼ teaspoon pepper*

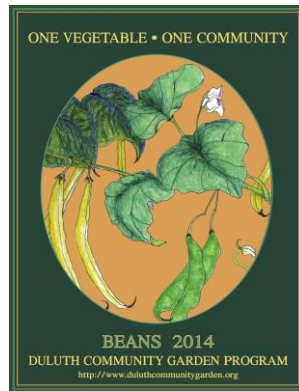
### **Directions**

In a bowl, combine all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

### **Nutritional Facts**

1 serving (3/4 cup) equals 140 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 491 mg sodium, 14 g carbohydrate, 4 g fiber, 5 g protein.

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## Pinto Bean Pie

6–8 Servings

Prep: 20 minutes

Bake: 45 min. + cooling

### Ingredients

*½ cup canned pinto beans, rinsed, drained and mashed*

*⅓ cup butter, melted*

*1 teaspoon vanilla extract*

*1¼ cups sugar*

*½ cup flaked coconut, finely chopped*

*2 eggs, lightly beaten*

*1 unbaked pastry shell (9 inches)*

*½ cup chopped pecans*

*Whipped topping, optional*

### Directions

In a large bowl, combine the beans, butter, and vanilla. Stir in the sugar and coconut. Add eggs; stir well. Pour into crust. Bake at 350°F for 30 minutes. Sprinkle with pecans; bake 15–20 minutes longer or until a knife inserted near the center comes out clean but moist. Cool on a wire rack. Serve with whipped topping if desired. Refrigerate leftovers.

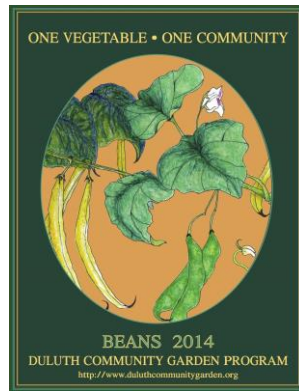
### Nutritional Facts

1 serving (1 piece) equals 422 calories, 23 g fat (10 g saturated fat), 79 mg cholesterol, 229 mg sodium, 51 g carbohydrate, 2 g fiber, 4 g protein.

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Read more: <http://www.tasteofhome.com/recipes/pinto-bean-pie#ixzz3A8Xd1Q16>





## Potato Salad with Green Beans and Salsa Verde

Active: 30 minutes Total time: 45 minutes Servings: 6 TO 8

A terrific salsa verde makes this velvety potato salad extraordinary. Here the salsa is made with parsley and chives; try making it with other summer herbs, like tarragon or basil, as well.

### Ingredients

*¼ cup extra-virgin olive oil*  
*¼ cup minced chives*  
*¼ cup finely chopped parsley*  
*2 tablespoons finely chopped mint*  
*1 teaspoon finely grated lemon zest*  
*2 tablespoons fresh lemon juice*  
*1 large garlic clove, minced*  
*Salt*  
*1¼ pounds Yukon Gold potatoes, peeled and cut into 1-inch cubes*  
*2 tablespoons unsalted butter*  
*1½ pounds green beans, trimmed*  
*Chive blossoms, for garnish (optional)*

### Preparation

In a medium bowl, combine the olive oil with the chives, parsley, mint, lemon zest, lemon juice, and garlic, and season with salt. Let the salsa verde stand at room temperature for 15 minutes to 1 hour.

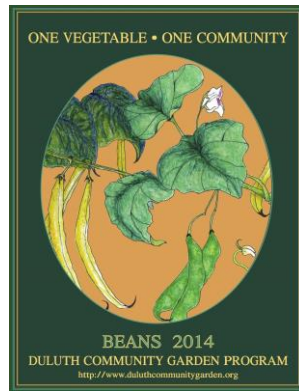
Meanwhile, in a large saucepan, cover the potatoes with cold water, add a large pinch of salt and bring to a boil. Cook the potatoes over moderately high heat until just tender, about 8 minutes; drain and return them to the saucepan. Add 1 tablespoon of the butter and toss to coat. Season with salt.

Bring a large pot of salted water to a boil. Add the beans and cook until crisp-tender, 4 minutes; drain. Return the beans to the pot and stir in the remaining 1 tablespoon of butter. Season with salt.

Add half of the salsa verde to the potatoes and half to the beans, stirring to coat. Transfer the beans to a serving bowl. Top with the potatoes, garnish with the chive blossoms and serve right away.

FROM THE BEST POTATO SALAD RECIPES, FARM-TO-TABLE: THE HOLISTIC APPROACH AT LONG MEADOW RANCH IN NAPA VALLEY

PUBLISHED AUGUST 2010

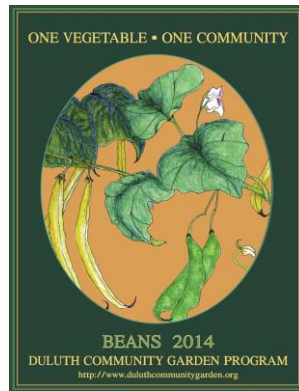


## Pumpkin and Black Bean Soup

*2 tablespoons vegetable oil*  
*1 medium onion, finely chopped*  
*3 cups canned or packaged chicken broth or vegetable broth*  
*1 can (14½ ounces) diced tomatoes in juice*  
*1 can (15 ounces) black beans, drained*  
*2 cans (15 ounces each) canned pumpkin*  
*1 cup milk or cream*  
*2 teaspoons curry powder*  
*1 teaspoon ground cumin*  
*½ teaspoon cayenne pepper*  
*Salt and pepper*

Heat oil in soup pot. When oil is hot, add onion. Sauté onions for 5 minutes. Add broth, tomatoes, drained black beans and canned pumpkin. Stir to combine ingredients and bring soup to a boil. Reduce heat to medium low and stir in milk (or cream), curry, ground cumin, cayenne and salt to taste. Simmer 5 minutes, adjust seasonings and serve.

Recipe from “Beans, Peas and Lentils”, University of Minnesota Nutrition Education Program.



## Quick and Easy Black Bean Chili

### Ingredients

*1 pound hamburger, ground turkey, or ground venison*  
*1 onion, diced*  
*2 stalks celery, diced*  
*4–5 cloves garlic, minced*  
*3 carrots, diced*

Sauté the above together until ground meat is cooked.

### Add

*1 can diced tomatoes (can use fresh chopped tomatoes—about 3)*  
*1 can tomato sauce plus 1 can water*

Cook until tomatoes break down a bit.

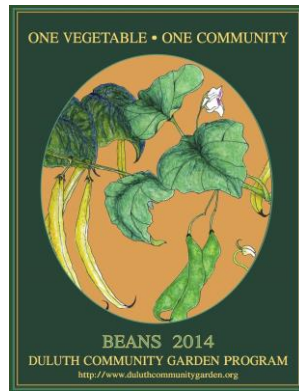
### Add

*1 can black beans (or other favorite bean)*  
*If you want to add more vegetables, go for it! Corn, zucchini, yellow crookneck squash, bell peppers, or even a little pumpkin would work.*

Simmer until veggies are tender and flavors have blended. Season with 1 teaspoon cumin, 1 teaspoon oregano, 1–2 teaspoons paprika or chili powder, salt, and pepper. Add ½ or 1 teaspoon cayenne pepper or a couple of chopped jalapenos if you like spicier chili. Add a teaspoon or so of sugar if chili tastes a little acidic from the tomatoes. This will balance out the flavor.

This freezes well.

Recipe from “Beans, Peas and Lentils”, University of Minnesota Nutrition Education Program.



## **Refried Beans**

(as featured at the Lincoln Park Neighborhood Celebration on May 3, 2014)

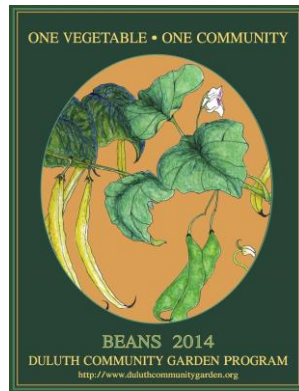
### **Ingredients**

*1 pound pinto beans*  
*1 large onion, coarsely chopped*  
*2 large onions, finely chopped*  
*1 can of beer (optional)*  
*Water (enough to cover beans twice)*  
*¼ teaspoon chipotle powder*  
*2 tablespoons to ½ cup olive oil*  
*1 tablespoon cumin seeds*  
*1½ teaspoons salt*

### **Preparation**

Pick over and remove any grit from the dry beans. Rinse them in water. Cover beans with fresh water and soak overnight.

Drain beans and place in a large pot. Add coarsely chopped onion, beer, chipotle powder, and enough water to cover beans. Bring beans to a boil, lower to a simmer and cook, covered, until beans are very soft (1 hour 15 minutes). Cool beans to room temperature and refrigerate overnight. Drain the beans, reserving the cooking liquid. Heat the olive oil in a heavy skillet, add finely chopped onions and cumin seeds and sauté 5 minutes. Add drained beans to skillet, mash beans and puree while you cook them. Add salt to taste.



## Senate Bean Soup

Serves 8

Bean soup is on the menu in the Senate's restaurant every day. There are several stories about the origin of that mandate, but none has been corroborated. According to one story, the Senate's bean soup tradition began early in the 20th-century at the request of Senator Fred Dubois of Idaho. Another story attributes the request to Senator Knute Nelson of Minnesota, who expressed his fondness for the soup in 1903. The recipe attributed to Dubois includes mashed potatoes and makes a 5-gallon batch. The recipe served in the Senate today does not include mashed potatoes, but does include a braised onion. Both Senate recipes are below.

### The Famous Senate Restaurant Bean Soup Recipe

*2 pounds dried navy beans*  
*4 quarts hot water*  
*1½ pounds smoked ham hocks*  
*1 onion, chopped*  
*2 tablespoons butter*  
*Salt and pepper to taste*

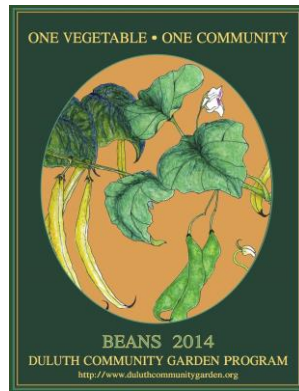
Wash the navy beans and run hot water through them until they are slightly whitened. Place beans into pot with hot water. Add ham hocks and simmer approximately three hours in a covered pot, stirring occasionally. Remove ham hocks and set aside to cool. Dice meat and return to soup. Lightly brown the onion in butter. Add to soup. Before serving, bring to a boil and season with salt and pepper.

### Bean Soup Recipe (for five gallons)

<i>3 pounds dried navy beans</i>	<i>2 stalks of celery, chopped</i>
<i>2 pounds of ham and a ham bone</i>	<i>4 cloves garlic, chopped</i>
<i>1 quart mashed potatoes</i>	<i>Half a bunch of parsley, chopped</i>
<i>5 onions, chopped</i>	

Clean the beans, then cook them dry. Add ham, bone and water and bring to a boil. Add potatoes and mix thoroughly. Add chopped vegetables and bring to a boil. Simmer for one hour before serving.

[http://www.senate.gov/reference/reference\\_item/bean\\_soup.htm](http://www.senate.gov/reference/reference_item/bean_soup.htm)



## Smoky White Bean Spread

Total prep time: 10 minutes

Soy-free, gluten-free, oil-free

This thick and rich spread is perfect for a light meal, cocktail party, or on top of a veggie burger.

### Ingredients

*3 cups (537 g) cooked white beans or 2 cans (15 ounces, or 425 g each), rinsed and drained*

*½ cup (70 g) raw cashews*

*1 teaspoon smoked paprika*

*½ to 1 teaspoon liquid smoke*

*½ to 1 teaspoon smoked salt*

*½ teaspoon apple cider vinegar or white vinegar*

*¼ teaspoon mustard powder*

*½ cup (120 ml) water (optional)*

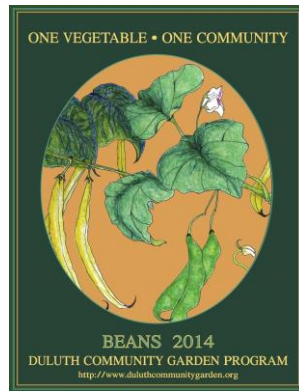
*½ cup (48 g) nutritional yeast*

Add all the ingredients except for the optional water and nutritional yeast to a food processor or blender. Blend until smooth, which may take as long as 5 minutes. Stop and scrape down the sides if needed. If the mixture is too thick for your taste or your blender, add the water and blend. Once smooth, add the nutritional yeast and blend one more time.

Yield: ½ cups (1125 g)

Per ½-cup (125 G) serving: 249.0 calories; 7.3 g total fat; 0 g saturated fat; 14.6 g protein; 35.3 g carbohydrate; 10.7 g dietary fiber; 0 mg cholesterol.

Fancy Bean Substitutes: Flageolet, European Solider, Vallarta, Alubia Blanca



## Soy Glazed Green Beans

(Featured at the Lincoln Park “Meet on the Street” event on July 13, 2014)

Recipe courtesy of Guy Fieri

Total Time: 15 minutes

Prep: 5 minutes

Cook: 10 minutes

Yield: 8 to 12 servings

### Ingredients

*Kosher salt*

*2 pounds green beans, ends trimmed*

*2 tablespoons canola oil*

*2 tablespoons butter*

*4 cloves garlic, chopped*

*¼ cup soy sauce*

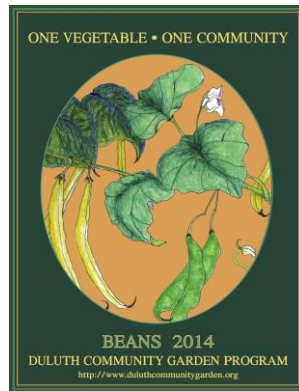
*2 tablespoons toasted sesame seeds*

*Freshly ground black pepper*

### Directions

Bring a large pot of water to a boil and season generously with salt. Add the green beans and blanch until crisp-tender, 2 to 3 minutes. Immediately transfer to an ice bath to stop the cooking, and then remove to a baking sheet lined with paper towels or a cooling rack to drain. In a large sauté pan over medium-high heat, add the canola oil and butter. When the butter is melted, add the garlic and stir until fragrant, 1 to 2 minutes. Add the green beans, soy sauce, sesame seeds, and black pepper and sauté until the sauce reduces slightly and thoroughly coats the green beans, being careful not to overcook beans. Transfer to a serving dish and serve hot.

Read more at: <http://www.foodnetwork.com/recipes/guy-fieri/soy-glazed-green-beans-recipe.html?oc=linkback>



## Spicy Bean and Cucumber Salad

resh chilies add spice to this green bean salad.

Prep Time 15 Minutes

Total Time 2 hours and 15 minutes

Makes 6 servings

### Ingredients

*2 cups chopped cooked green beans*

*1 cup finely chopped peeled cucumber*

*½ cup finely chopped red onion*

*2 tablespoons chopped fresh cilantro*

*2 tablespoons red wine vinegar or cider vinegar*

*2 teaspoons chopped fresh green chilies or 1/4 teaspoon crushed red pepper flakes*

*1 teaspoon honey*

*½ teaspoon salt*

In large bowl, mix all ingredients. Cover and refrigerate about 2 hours or until chilled.

### Make the Most of This Recipe With Tips From The Live Better America® Kitchens

**Great Green Beans** - Eat foods like vegetables which contain a high percentage of water. More water means fewer calories for the same weight of food. Good news for your waistline.

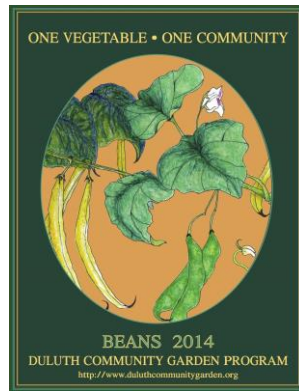
**Success** - Be sure to peel the cucumbers, even if their skin is relatively thin. By exposing all of the cucumber's flesh to the dressing, it soaks up more flavor.

**Time Saver** - Two cups of frounceen cut green beans, cooked briefly and rinsed under cool water, will save you the time of chopping and cooking fresh beans.

**Nutrition Information** 1 Serving (1 Serving) Calories 30 (Calories from Fat 0), Total Fat 0g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg; Sodium 200mg; Total Carbohydrate 6g (Dietary Fiber 2g, Sugars 3g), Protein 1g; Percent Daily Value\*: Exchanges: 0 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat; Carbohydrate Choices: 1/2; \*Percent Daily Values are based on a 2,000 calorie diet.

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## Spicy Bean Salsa

Submitted By: Susan Navarrete

Prep Time: 10 Minutes

Ready In: 8 Hours 10 Minutes

Servings: 12

"Also known as 'cowboy caviar', this twist on traditional salsa is enlivened with black beans, corn and black-eyed peas."

### Ingredients

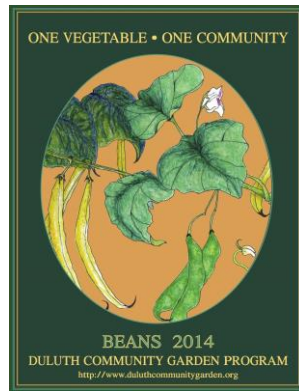
- 1 (15 ounce) can black-eyed peas*
- 1 (15 ounce) can black beans, rinsed and drained*
- 1 (15 ounce) can whole kernel corn, drained*
- ½ cup chopped onion*
- ½ cup chopped green bell pepper*
- 1 (4 ounce) can diced jalapeno peppers*
- 1 (14.5 ounce) can diced tomatoes, drained*
- 1 cup Italian-style salad dressing*
- ½ teaspoon garlic salt*

### Directions

In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

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## Texas Caviar

By Arlene Coco Buscombe, as featured at the Lincoln Park Summer Celebration on June 26, 2014.

This dish has origins in Texas, but black eyed peas are served in many dishes around the world.

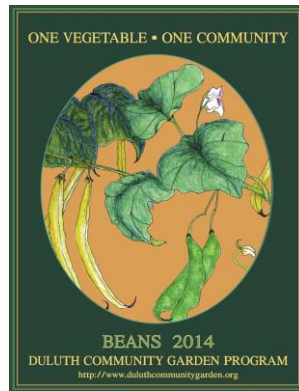
Makes 8 Servings.

### Ingredients

*1 frozen (16 ounce) black-eyed peas*  
*1 cup green pepper, chopped small*  
*1 cup red pepper, chopped small*  
*¼ cup jalapeno pepper, finely chopped*  
*½ cup finely chopped green onion*  
*2 cloves garlic, minced*  
*1 cup parsley*  
*1 teaspoon salt or to taste*  
*1 teaspoon maple syrup, optional*  
*½ cup vegetable or olive oil*  
*¼ cup red wine vinegar*

### Preparation

Cook black-eyed peas until tender, 20–30 minutes. Drain well. Place black-eyed peas in a large mixing bowl. Toss with peppers, onion, garlic and parsley. Whisk together oil, vinegar, maple syrup, and salt. Adjust seasoning to taste. Pour over vegetables and refrigerate overnight. Store up to 2 weeks. Serve with chips for a dip.



## Thai Inspired Green Beans

**Arlene Coco Buscombe**

Recipe from the Duluth Public Library Seed Lending Library Kickoff Event

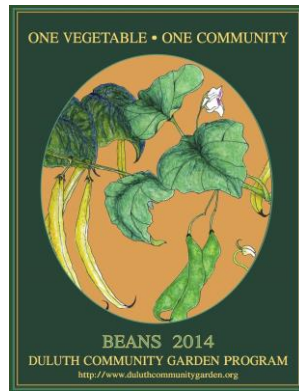
Makes 6 Servings

### Ingredients

*1 pound fresh green, wax, or purple beans*  
*3 tablespoons toasted sesame oil*  
*1 teaspoon kosher salt*  
*1 tablespoon toasted white sesame seeds*  
*1 tablespoon toasted black sesame seeds*  
*1 teaspoon fresh ginger*

### Preparation

Preheat oven to 400°F. Place beans in a shallow pan and add sesame oil, ginger, and salt. Roast green beans in oven until tender (about 10 minutes)



## The Three Sisters Salad

Prep and cook time: 15 minutes  
Serves 4

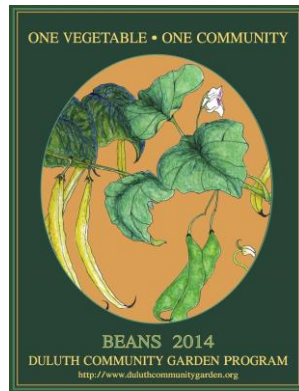
### Ingredients

*½ cup minced onion*  
*2 medium cloves garlic, pressed*  
*2 cups black beans or 1 15-ounce can (without BPA), drained and rinsed*  
*1 cup frozen corn, thawed*  
*8 cherry tomatoes, quartered*  
*½ cup diced red bell pepper*  
*2 tablespoons pumpkin seeds, coarsely chopped*  
*¼ cup chopped fresh cilantro*  
*2 tablespoons extra virgin olive oil*  
*3 tablespoons fresh lemon juice*  
*Salt and black pepper to taste*

### Directions

Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator.

From: <http://www.whfoods.com/genpage.php?tname=recipe&dbid=20>



## Turkish White Bean Salad

By Abigail Klema

### Ingredients

*3 tablespoons fresh lemon juice*

*2 15-ounce cans of white beans, rinsed and drained (or cook white beans from scratch)*

*2 tablespoons olive oil*

*½ teaspoon red pepper flakes*

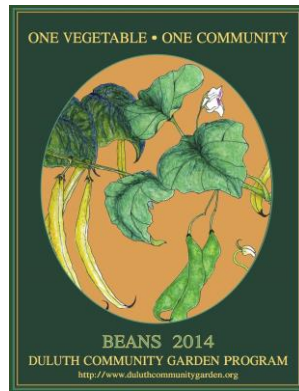
*¼ cup chopped, fresh parsley*

*4 green onions, thinly sliced*

*1 teaspoon Za'atar (Turkish spice, <http://mideastfood.about.com/od/middleeasternspicesherbs/r/zaatar.htm> ) or simply make a combination of oregano, savory, thyme, and basil)*

### Directions

Toss all ingredients together. Serve at room temperature with crusty, fresh bread and slices of white cheese.



## Two-bean Chili

*1 pound hamburger*  
*1 onion, diced*  
*3 stalks celery, diced*  
*4 cloves garlic, minced*  
*Handful of fresh mushrooms, chopped*

Brown the above ingredients.

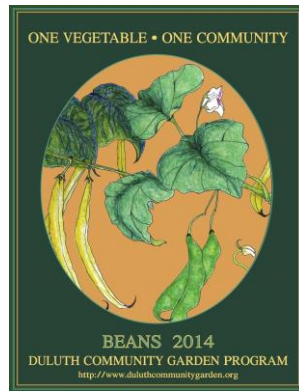
When ground beef is cooked, add:

*1 teaspoon cumin*  
*1 teaspoon oregano*  
*1 can diced tomatoes*  
*2 cans tomato sauce*  
*1 can beef broth*  
*2 cans any kind of beans (red, pinto, black, garbanzo, kidney, etc...)*  
*1 cup grated sweet potato*  
*½ cup green pepper, chopped*

Add more water if chili is too thick. Cook until flavors have blended. Season with salt and pepper (watch salt content, as canned tomatoes and broth often have a high sodium content). Serve with a green salad and whole grain bread. Add cayenne, Tabasco, chili powder, or jalapenos if you like spicy chili.

This chili tastes great and is so full of vegetables and beans! You'll be getting fiber from the beans and vegetables, lycopene from the tomatoes, and other vitamins and nutrients that contribute to a healthy diet.

Recipe from "Beans, Peas and Lentils", University of Minnesota Nutrition Education Program.



## Vegan Black Bean Brownies

**Arlene Coco Buscombe**

Recipe from the Duluth Public Library Seed Lending Library Kickoff Event

Makes 8 Servings.

Yield: 1 pan.

### Ingredients

*1½ cups black beans (1 15-ounce can, drained and rinsed very well) (250g after draining)*

*3 tablespoons cocoa powder- Dutch or regular (10g) (add a little extra if desired)*

*½ cup quick oats*

*¼ teaspoon salt*

*⅓ cup pure maple syrup or agave (honey will work, but not for strict vegans.) (75g)*

*2 NuNaturals stevia packs or 2 tablespoons sugar (or omit and increase maple syrup to ½ cup)*

*¼ cup coconut or vegetable oil*

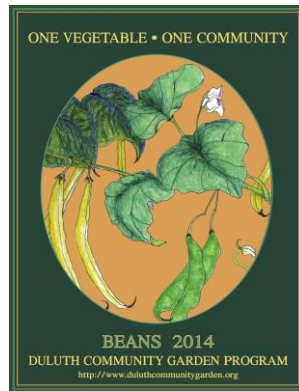
*1 teaspoon pure peppermint extract*

*½ teaspoon baking powder*

*½ cup to ⅔ cup chocolate chips (115-140g) (not optional. omit at your own risk.)*

*Optional: more chips, for presentation.*

Preheat oven to 350°F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture, and even the taste, will be much better in a food processor.) Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Bake 15–18 minutes, then let cool at least 10 minutes before trying to cut. Makes 9–12 brownies.



## Vegetarian Pinto Bean Sloppy Joes

10 servings | Active Time: 30 minutes (not including bean-soaking time) | Total Time: 5 1/2-9 1/2 hours

Recipe posted on the bulletin board at the Center for Personal Fitness Essentia Health.

From EatingWell: May/June 2014

[http://www.eatingwell.com/recipes/vegetarian\\_pinto\\_bean\\_sloppy\\_joes.html](http://www.eatingwell.com/recipes/vegetarian_pinto_bean_sloppy_joes.html)

This vegetarian Sloppy Joe recipe uses pinto beans and a heap of veggies tossed in a sweet, tangy sauce for the filling of a tad messy kid-friendly sandwich you can make in your slow cooker.

### Ingredients

*2 tablespoons extra-virgin olive oil*

*2 medium carrots, sliced*

*1 large white onion, sliced*

*4 cloves garlic, minced*

*3 tablespoons chili powder*

*2 tablespoons balsamic vinegar*

*1 cup dry pinto beans, soaked overnight*

*1 large red bell pepper, diced*

*1 8-ounce can no-salt-added tomato sauce*

*1/2 cup water*

*2 tablespoons reduced-sodium soy sauce or tamari*

*2 tablespoons tomato paste*

*4 cups very thinly sliced green cabbage*

*1 medium zucchini, chopped*

*1 cup corn, fresh or frozen (thawed)*

*3 tablespoons honey mustard*

*1 tablespoon brown sugar*

*1 teaspoon salt*

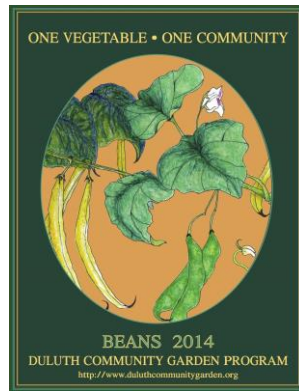
*10 whole-wheat hamburger buns*

### Preparation

Heat oil in a large skillet over medium-high heat. Add carrots and onion; cook, stirring occasionally, until starting to brown, about 8 minutes. Stir in garlic and chili powder; cook, stirring, until fragrant, about 15 seconds. Remove from heat; stir in vinegar and scrape up any browned bits. Coat a 6-quart slow cooker with cooking spray. Drain and rinse the soaked beans; transfer to the slow cooker. Stir in bell pepper, tomato sauce, water, soy sauce (or tamari) and tomato paste to combine. Spread the carrot-onion mixture over the bean mixture, but don't stir the two together. (The layer on top helps keep the beans submerged during cooking so they don't dry out.) Cover and cook on High for 5 hours or Low for 9 hours. Stir in cabbage, zucchini, corn, honey mustard, brown sugar and salt; cook on High for 30 minutes. Serve the mixture on buns.

Before using beans in a slow-cooker recipe, soak them to ensure even cooking. Start by sorting beans to remove any pebbles; rinse well with cold water. To soak overnight: Place beans in a large bowl, cover with 3 inches of cold water and soak at room temperature for 8 to 24 hours. To "quick soak": Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.





## Washday Red Beans

### Arlene Coco Buscombe

Recipe from the Duluth Public Library Seed Lending Library Kickoff Event

Makes 6 servings

Traditionally served on Mondays in Louisiana, which is also washday. This is a great dish to cook while doing chores around the house. Leftover ham or smoked turkey legs can be used for flavoring beans.

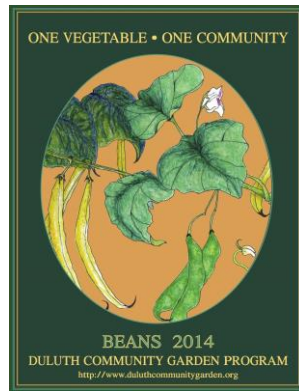
This recipe can be made from dried or canned beans..

### Ingredients

*1 pound dried kidney beans*  
*1 tablespoon olive oil*  
*1 cup diced onion*  
*1 cup diced celery*  
*½ cup diced green pepper*  
*1 tablespoon minced garlic*  
*2 teaspoons salt*  
*1 teaspoon ground black pepper*  
*1 teaspoon Cajun seasoning*  
*1 teaspoon Worcestershire sauce*  
*Tabasco sauce*

If using dried beans, pick over the beans removing any dirt and pebbles from the field. Rinse and soak overnight, or use the quick soak method. (Place beans in a large pot, cover with 3 inches of water and bring to a boil and let sit for 1 hour.) Drain and rinse again before cooking. If using canned, rinse and set aside.

Heat a large Dutch oven or heavy bottomed skillet over medium heat until pan is hot and add olive oil. Then add onions, celery, and green pepper. Stir until soft, about 2–3 minutes. Add garlic and stir to mix well. Add beans and rest of ingredients. If using dried beans, add enough water to cover the beans by 2 inches. Bring to a boil for 10 minutes and simmer for 1½-2 hours. If using canned beans, add 1 cup of water and simmer vegetables and beans for 30 minutes. Serve with brown or white rice.



## White Bean and Spinach Pizza

Follow that trend! While pizza is hot in more ways than one, and this version is delicious.

Prep Time: 10 Minutes

Total Time: 30 Minutes

Makes 8 servings

### Ingredients

*½ cup sun-dried tomato halves (not oil-packed)*

*1 can (15 ounce) Progresso™ cannellini (white kidney) beans or 1 can (15 or 16 ounce) Great Northern beans, drained, rinsed*

*2 medium cloves garlic, finely chopped*

*1 package (10 ounce) prebaked thin Italian pizza crust (12 inch)*

*¼ teaspoon dried oregano leaves*

*1 cup firmly packed washed fresh spinach leaves (from 10-ounce bag), thinly sliced or torn into small pieces*

*½ cup shredded reduced-fat Colby-Monterey Jack cheese blend or Cheddar cheese (2 ounce)*

Heat oven to 425°F. Pour enough boiling water over dried tomatoes to cover; let stand 10 minutes. Drain. Cut into thin strips; set aside.

In food processor, place beans and garlic. Cover; process until smooth. Spread beans over pizza crust. Sprinkle with oregano, tomatoes, spinach and cheese. Place on ungreased cookie sheet.

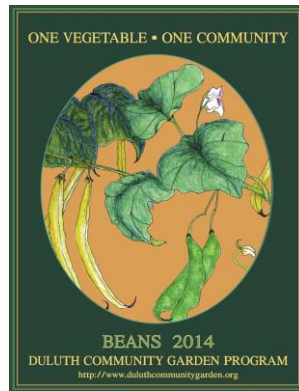
Bake about 10 minutes or until cheese is melted.

### Nutrition Information

1 Serving (1 Serving)Calories 190(Calories from Fat 45),Total Fat 5g(Saturated Fat 2g,Trans Fat 0g),Cholesterol 5mg;Sodium 400mg;Total Carbohydrate 27g(Dietary Fiber 3g,Sugars 3g),Protein 9g;Percent Daily Value\*:Exchanges:1 1/2 Starch;0 Fruit;0 Other Carbohydrate;0 Skim Milk;0 Low-Fat Milk;0 Milk;1/2 Vegetable;1/2 Very Lean Meat;0 Lean Meat;0 High-Fat Meat;1 Fat;Carbohydrate Choices:2;\*Percent Daily Values are based on a 2,000 calorie diet.

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From Live Better America website



## **White Bean Pâté**, by Martha Rose Shulman

### **Ingredients**

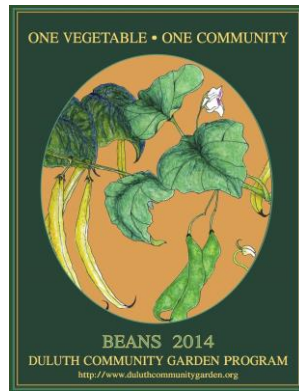
*1 can white beans, rinsed, or 1½ cups cooked white beans*  
*¼ cup extra virgin olive oil*  
*½ cup finely chopped onion*  
*½ cup finely chopped carrot*  
*3 garlic cloves, minced*  
*2 eggs*  
*2 tablespoons lemon juice*  
*¼ cup finely chopped parsley*  
*1 teaspoon chopped fresh sage*  
*Salt to taste (about ¾ teaspoon)*  
*Freshly ground pepper to taste*

### **Preparation**

Preheat the oven to 350°F. Butter or oil a 5-cup pâté tureen or baking dish, or a bread pan. Heat 2 tablespoons of the olive oil over medium heat in a medium skillet. Add the onion and carrot. Cook, stirring, until tender, about five minutes. Add 2 cloves of the garlic. Cook, stirring, until the garlic is fragrant, about one minute. Stir in the parsley and sage. Remove from the heat. Turn on a food processor fitted with the steel blade, and drop in the remaining clove of garlic. When the garlic is chopped and adhering to the sides of the bowl, stop the food processor and scrape down the bowl. Place the beans and eggs in the food processor. Turn it on, and add the lemon juice and the remaining 2 tablespoons of olive oil. Process until smooth. Add the onion mixture, and pulse to combine. Season to taste with salt and pepper. Scrape into the prepared baking dish, and cover tightly. Bake for 40 to 45 minutes until set and the top is just beginning to color. Remove from the heat, and allow to cool. For best results, refrigerate overnight. Serve at room temperature or cold.

Variation: Substitute cooked black-eyed peas for the white beans.

Yield: Serves 8 to 10. Advance preparation: This pâté keeps for about five days in the refrigerator.



## White Bean Salad with Ham, Cilantro, and Mint

Makes 8 small servings

This high-fiber delicious salad is perfect on a hot summer day for lunch or dinner. The fresh mint, tangy vinegar, and salty ham are perfect together and leave you wanting more and more. It is perfect for a quick-fix entertainer.... very easy to make, yet sophisticated enough to impress even the snootiest guest.

### Ingredients

*3 cans of canned Great Northern beans (or 1 pound dried Great Northern beans, cooked)*

*¾ cup diced ham (about 6 ounces)*

*½ cup finely chopped fresh mint*

*½ cup finely chopped fresh cilantro*

*2 garlic cloves, diced and mashed into garlic paste*

*½ red onion, sliced and roasted*

*½ cup olive oil, plus extra for roasting onions*

*¼ cup white wine vinegar*

*Kosher salt to taste, roughly ¼ teaspoon, plus extra for seasoning the onions*

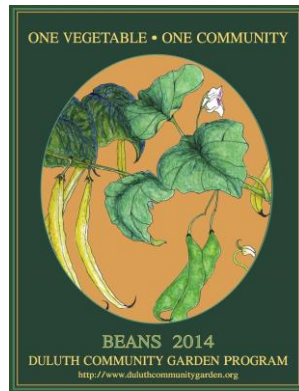
*Black pepper to taste*

### Directions

Start by slicing the onion, tossing with some olive oil, seasoning with salt and pepper, and roasting at 425°F for about 20 minutes, or until just starting to turn golden brown. While onions are roasting, drain the beans and rinse under cold running water until they stop “foaming”. Place the rinsed beans in a large bowl, then finely chop the mint and cilantro and add to the beans. Make the garlic paste and add to the beans. Mash garlic with side of knife to make paste. Dice the ham into ¼-inch squares and add to the beans. Dice on the spot where you made the garlic paste so as to get a little extra garlic flavor onto the ham. So tasty! Add olive oil and vinegar to beans and toss gently. Season the salad to taste with salt and pepper.

Recipe by Jothan Yeager, May 23, 2007 - The Bald Gourmet

<http://thebaldgourmet.com/white-bean-salad-with-ham-cilantro-and-mint/>



## White Chili

Serves 8

- 1 pound Great Northern beans or navy beans*
- 6 cups chicken broth*
- 1–2 onions, diced finely*
- 1–2 stalks of celery, chopped finely*
- 1 tablespoon oil*
- 4–6 cloves garlic, minced*
- 1 4-ounce can fire-roasted chiles (2 if you like your chili spicy)*
- 2 teaspoons cumin*
- 1 teaspoon oregano*
- ½ teaspoon cayenne, optional*
- 2 10-ounce cans chicken (or 3 cups cooked chicken)*
- 1 cup low-fat sour cream (fat-free sour cream will work too)*
- 1½ cups Monterey Jack cheese, grated*

Rinse beans and soak overnight. Cook beans in chicken broth for about 2 hours. Sauté onions, garlic, and celery in vegetable oil. If you are using raw chicken, sauté with onion mixture until cooked completely. Add to beans. Add canned chicken, chilies, and spices to beans. After mixture has cooked a bit, add sour cream and grated cheese. Don't boil after dairy products have been added. Adjust seasonings to taste.

**Note:** pre-made chicken broth and canned chicken contain quite a bit of sodium, so watch salt content. Optional garnishes: chopped green onions, chopped tomatoes, chopped peppers, cilantro, lime wedges.

Serve with corn bread, whole grain bread, or baked tortilla chips.

Recipe from “Beans, Peas and Lentils”, University of Minnesota Nutrition Education Program.