

Dried Beans

This week we will be focusing on dried beans – a protein sources that can be easy on our budgets -and a bonus they also fall into the vegetable category! They're convenient, versatile and lend themselves to many tasty dishes. Beans are a rich source of protein, fiber, vitamins and minerals. Replace some of the fat in baked goods such as brownies with mashed black beans. Beans can be added to casseroles or soups to add flavor, texture and more nutrients.

5 Bean Soup

Bean Soup Mix

Easy Lentil Soup

Hearty Bean Soup

Kid Friendly Taco Soup

Spicy Black Bean Soup

Stuffed Peppers

Turkey and Beans Chili

Chocolate Chip Bean Muffins

Ranch Beans

Dried Bean Cooking Methods

5 Bean Soup Mix

Ingredients (this recipe makes 3 mixes – if don't wish to make all divide recipe into 3)

- 1-16 oz package Pinto Beans
- 1-16 oz package Spilt Green Peas
- 1-16 oz package Great Northern Beans
- 1-16 oz package Black Beans
- 1-16 oz package Red Beans (Kidney Beans) or Red Lentils
- 1 Tbsp Black Pepper
- 1 Tbsp Paprika
- 1 Tbsp Dry Mustard
- 2 Tbsp dried Minced Onion
- 2 Tbsp Salt
- 2 Tbsp Garlic Powder
- 2 Tbsp Oregano
- 1 tsp Dried Rosemary
- 1 tsp Dried Basil
- 6 Bay Leaves
- 3 Vegetable Bouillon Cubes
- 3 Quart-size Mason Jars with Lids – for storage – may also use Ziploc bag

Instructions

1. Layer $\frac{3}{4}$ cup beans in a jar; shake gently to level beans. Repeat with $\frac{3}{4}$ cup of peas, northern beans, black beans and red beans. Set jar aside.
2. Combine pepper, paprika, dry mustard, minced onion, salt, garlic powder, oregano, rosemary and basil in a small bowl.
3. Place 3 tablespoons of spice mix in a snack-size Ziploc bag. Add 2 bay leaves and 1 bouillon cube. Gently shake contents to one side of bag and close. Fold bag around spices and place in top of each jar.
4. Place lids on jars, sealing tightly. Attach label to jar – may tape on or wrap a string around mouth of jar and attach recipe to string.

Cooking Instructions

Additional Ingredients Needed:

1-14 oz can Diced Tomatoes

1. Remove spice packet from jar; set aside.
2. Rinse beans and place in a large stock pot. Fill pot with water about 1-inch above beans.
3. Bring to a boil over high heat and boil 1 minute. Remove from heat, cover and let soak for 1 hour.
4. Drain and rinse beans. Return back to stock pot, add spice packet, diced tomatoes and 6 cups water (if using liquid broth in place of bouillon cubes – add 5 cups water + 1 cup broth).
5. Bring to a boil over high heat; reduce heat and simmer 1 $\frac{1}{2}$ to 2 hours until beans are tender, and soup thickens.
6. Refrigerate leftover for up to 5 days. May also freeze leftover won't use in 5-day time period.

Recipe Suggestions: When preparing recipe may also add any additional vegetables of choice (fresh, canned or frozen) or cooked meat. May season as desire as well – this recipe is simply just a guide!

Bean Soup Mix

Ingredients

- 1/2 cup dried Kidney Beans
- 1/2 cup dried Pinto Beans
- 1/2 cup dried White Beans or Navy Beans
- 1/2 cup dried Lentils
- 1/2 cup dried Split Peas
- 1/2 cup dried Black Beans
- 1 tablespoon Red Pepper Flakes optional
- 2 teaspoons dried Minced Onion
- 1 teaspoon Salt
- 1/2 teaspoon Celery Salt
- 1/2 teaspoon Garlic Powder
- 5 Tablespoons Brown or Raw Sugar

Instructions

1. Layer the beans in a quart-sized jar.
2. In a small bowl, mix together the spices.
3. Place them in a small bag and label them so you don't forget what it's for. Place the bag in the jar on top of your beans. Store until you are ready to cook soup.

Cooking Instructions

Additional Ingredients Needed

- 4 cups Water
- 28 oz Stewed Tomatoes
- 2 cups Chicken Broth

1. Place the jar of beans into about 4 cups of water in the morning and let them soak all day.
2. Drain off any excess water and place the beans in a large stockpot.
3. Add in the spice packet and stewed tomatoes. Also pour in 4 cups of water and 2 cups of chicken broth. Turn on a low to medium heat and let the soup simmer until beans are cooked through (about an hour or 2) you may need to add a bit more water if your soup is getting too thick as the beans soak up more water.

Easy Lentil Soup

Ingredients

- 1 pound Italian Sausage
- 2 medium Onions, chopped
- 4 cloves Garlic (4 tsp Minced Garlic or 1 ¼ tsp Garlic Powder)
- 3 cups Lentils
- 12 cups Beef, Chicken, or Vegetable stock
- 2 Bay Leaves
- 4 Carrots, chopped
- 6 stalks Celery, chopped
- 28 oz. diced Tomatoes
- 1/2 cup lemon juice
- 4 T. Worcestershire sauce
- 2 T. organic brown sugar
- Salt and Pepper, to taste

Instructions

1. Brown sausage in large soup for about ten minutes, breaking up meat as it cooks.
2. Stir in onion and garlic; cook for ten minutes more.
3. Add lentils, stock, bay leaves, carrots, celery, and tomatoes (with juices). Bring soup to a boil, then simmer for an hour.
4. Remove bay leaf and stir in remaining ingredients except green onions. Simmer for 30 more minutes. Serve with green onions as optional garnish.

Recipe Suggestions: When overcooked, lentils can become quite mushy. I don't recommend this recipe for an all-day slow cooker meal. You can use the slow cooker but do it when you'll be around to check for doneness. May also make this recipe without the meat!

Hearty Bean Soup

Ingredients

- ¼ cup Beef Bouillon Granules
- ½ cup Green Split Peas
- ¼ cup Pearled Barley
- ¼ cup Dry Lentils
- 1/3 cup Red Kidney Beans
- ¼ cup Dried Onion Flakes
- 2 tsp Dried Italian Seasoning
- ¼ cups uncooked Long-Grain Rice (may use Wild Rice)
- 2 Bay Leaves
- ½ cup uncooked small, dry Pasta

Instructions

1. In a standard jar, layer the bouillon, split peas, pearled barley, lentils, kidney beans, onion flakes, Italian seasoning, rice, bay leaves and pasta. Seal tightly.

Cooking Instructions

Additional Ingredients

- 1 pound Ground Beef
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1/4 teaspoon Garlic Powder
- 1 tablespoon Olive Oil
- 1-14.5 ounce can Diced Tomatoes
- 1-14.5 ounce can Tomato Sauce
- 10 cups Water

1. Place ground beef in stock pot, then season with salt, pepper and garlic powder – break meat up.
2. Cook until no longer pink, continuing to break up and stir occasionally, 5-6 minutes.
3. Add diced tomatoes, tomato sauce, water and bean soup mix. Bring to a boil then reduce heat to low.
4. Cover and simmer for 1 hour, or until the pasta, peas, lentils, beans and barley are tender.

Spicy Black Bean Soup Mix

Ingredients

- 3 cups dried Black Beans (about 1 1/2 pounds)
- 1 cup dried Navy or Great Northern Beans (about 1/2 pound)
- 1 tablespoon dried Onion Flakes
- 2 teaspoons Garlic Powder
- 2 tablespoons Cumin
- 1/4–1/2 teaspoon crushed red pepper flakes (depending on how spicy you'd like it)
- 1 teaspoon Celery Seed
- 2 Bay Leaves
- 1/2 teaspoon Black Pepper
- 1 tablespoon Chili Powder
- 4 Chicken or Vegetable Bullion Cubes

Instructions

1. Fill your clean jar with 3/4 cup black beans, followed by 1/3 cup white beans, and then repeat, ending with the last 3/4 cup of black beans. (May also use all black beans in this recipe)
2. Place all the spices in a small Ziploc bag. Once spices are all in bag – mix together a bit and then seal. Fold bag in half and place in top of jar. Close Jar – keep in pantry until ready to prepare.

Cooking Instructions

1. In a large stock pot, combine the beans, spice packet contents, and 12 cups of water.
2. Bring to a boil, reduce heat and simmer for 1½–2 hours, stirring occasionally, until the beans are tender, and the soup is thick. You might need to add more water as the beans cook. Adjust seasonings if necessary.
3. Serve topped with sour cream and diced avocado. Great with tortilla chips or cornbread on the side.

Stuffed Peppers

Ingredients

- 4 medium Bell Peppers, any color
- ½ medium Onion, chopped
- 2 c. Corn (fresh or frozen)
- 2 small Tomatoes, chopped
- 2 (15.5-oz.) cans Black Beans, drained and rinsed or 4 cups dried Black Bean, soaked and cooked
- 2 tsp. Olive Oil
- 1 tsp. Cumin
- ½ tsp. Cayenne Pepper
- 1 Garlic Glove, minced
- 2 tsp. Cilantro, finely chopped - optional
- 1 c. shredded reduced-fat Cheddar Cheese (try Pepperjack for more spice)

Instructions

1. Rinse peppers and cut in half lengthwise; remove seeds. Place peppers in a large pot and cover with water. Bring to a boil, reduce the heat, cover and simmer for five minutes; drain. Set pepper halves on greased baking sheet. Preheat oven to 350 F.
2. In a small skillet, sauté the chopped onion in olive oil until tender.
3. Mix together onions, tomatoes, corn and black beans in a medium-sized bowl.
4. In a small bowl, combine oil and seasonings; add to vegetable mixture and mix thoroughly.
5. Fill pepper halves with mixture and top with cheese.
6. Bake for eight to 10 minutes or until cheese is melted.

Turkey and Bean Chili

Ingredients

- 1 Tbsp. Olive Oil
- 1 Yellow or White Onion, chopped
- 1 Green Bell Pepper, chopped
- 2 cloves Garlic, chopped
- ½ lb. Ground Turkey (any ground meat will work)
- 2 Tbsp. Tomato Paste
- 1 tsp. Ground Cumin
- 2 tsp. Chili Powder
- 1 (28-oz.) can Diced Tomatoes
- 2 (15-oz.) cans Beans (Kidney, small red, pink), drained and rinsed or 4 cups cooked Dried Kidney Beans
- ½ c. Water
- 1¼ tsp. Salt
- ¼ tsp. Pepper

Instructions

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender.
3. Add turkey and cook, breaking up with a spoon, until no longer pink. Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute.
4. Add tomatoes (with liquid), beans, water, 1¼ tsp. salt and ¼ tsp. pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes.
5. Serve with sour cream, cilantro, avocado or cheese.

Chocolate Chip Bean Muffin

Ingredients

- 2-15.5-oz. cans Beans (any white bean), drained and rinsed or 4 cups cooked/dried Beans
- 1/3 c. low-fat Milk
- 1 c. Sugar
- ¼ c. Butter or Margarine
- 3 Eggs
- 3 tsp. Vanilla Extract
- 1 c. All-Purpose Flour
- ½ c. Whole-Wheat flour
- 1 tsp. Baking Soda
- ½ tsp. Salt
- ¾ c. Semisweet Chocolate Chips

Instructions

1. Combine beans and milk in a food processor or blender until smooth.
2. Mix sugar and butter or margarine in a large bowl; beat in eggs and vanilla.
3. Add bean mixture, mixing until well blended.
4. Mix in flours, baking soda and salt.
5. Stir in chocolate chips.
6. Spoon mixture into 16 greased or paper-lined muffin tins about half full. Bake at 375 F for 20 to 25 minutes.
7. Cool on wire racks.

Ranch Beans

Ingredients

- ¼ cup Green Pepper, chopped
- 1 ¾ cups canned Baked Beans
- 1 ¾ cups canned Red Kidney Beans, drained
- 2 Tbsp Ketchup
- 2 Tbsp Molasses
- ½ tsp Onion Flakes

Instructions

1. Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

Super Food: Beans

Beans are composed of protein, complex carbohydrates, fiber, antioxidants and important vitamins such as folate and minerals, including manganese, potassium, iron, phosphorus, copper and magnesium. On average, ½ cup of beans contains 116 calories, 8 grams of protein and less than 1 gram of fat. This makes beans a good addition to any diet.

Beans for Your Health!

Heart health: Beans are naturally low in fat and contain no saturated fat(s), trans fats or cholesterol. Studies show a diet that includes beans may reduce the risk of heart disease.

Cancer-reducing agents: Beans such as the small red beans have an abundance of antioxidants and phytochemicals (natural plant chemicals), which have been shown to reduce the risk of certain cancers such as colon cancer.

Blood sugar management: Beans contain complex carbohydrates the body digests slowly. This makes them a good choice for diabetics to help keep tight control over their blood sugar levels.

Weight control: Beans are low in fat and an excellent source of fiber and protein. Fiber and protein will help the body feel full faster and longer. Protein, along with exercise, will help build lean muscle.

Pregnancy and healthy babies: Folate (the natural form of the B vitamin folic acid) is one of the many vitamins found in beans. Folic acid has been shown to reduce the risk of neural tube defects in newborns significantly. Pregnant women and women of child-bearing age should get the daily recommendation of 400 micrograms of folate (folic acid). Eating a diet rich in beans will contribute to this goal.

Food allergies and intolerances: For people with food allergies and intolerances, beans provide a great source of nutrition. Individuals who have celiac disease are unable to consume gluten, a protein found in grain products. They can supplement their diet with beans to get fiber, protein, vitamins and minerals that might otherwise be missing because they aren't able to eat grain foods.

Tips for Adding Beans to Your Diet

When adding beans to your diet, start slowly and be sure to drink extra fluids because of the increased fiber. Experiment with different kinds of beans to find the best flavor combination for your dish. Here are a few ideas for adding beans to your diet:

- Main dishes: Add beans to chili, burgers and rice for a satisfying entrée.
- Side dishes: Baked beans or bean salad would make a great addition to any meal.
- Salads: Add beans to salads for added nutrition and color.
- Pasta: Adding beans to pasta dishes will add not only another dimension of flavor but boost the appearance of your dish.
- Dips and spreads: Bean dips and spreads make a great snack or an appetizer
- Baked goods: Replace all or part of the fat ingredients with mashed or pureed beans in foods such as brownies and cookies. You will add protein and fiber while cutting back on fat, cholesterol and calories.

Preparing Dry Beans

Dry beans offer nutrition, health and economic benefits. However, you need to follow certain steps to ensure dry beans are cooked properly. The four basic steps are 1) clean, 2) rinse, 3) soak and 4) cook. The first two steps simply involve removing any broken beans or foreign objects from beans, and then rinsing them in a colander under cold running water.

The three different soaking methods vary in the amount of time required for adequate soaking. The “hot soak” method typically is recommended because it reduces cooking time and gas-producing compounds the most while consistently yielding tender beans.

- **Traditional way**
 - Pour cold water over beans to cover.
 - Soak beans for eight hours or overnight.
 - Drain beans and discard soak water.
 - Rinse beans with fresh, cool water.
- **Hot Soak**
 - Place beans in a large pot and add 10 cups of water for every 2 cups of beans.
 - Heat to boiling and boil for an additional two to three minutes.
 - Remove beans from heat, cover and let stand for up to 24 hours.
 - Drain beans and discard soak water.
 - Rinse beans with fresh, cool water.
- **Quick Soak**
 - Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
 - Bring to boil and boil for an additional two to three minutes.
 - Remove beans from heat, cover and let stand for one hour.
 - Drain beans and discard soak water.
 - Rinse beans with fresh, cool water.

4 Steps to Soaking Dry Beans

1. First, inspect the dry beans, removing any broken beans or foreign materials.
2. Rinse thoroughly in cold water.
3. Next, use the preferred “hot soak” method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.
4. Finally, drain and rinse-soaked beans. Cook and use in recipes.

2 cups of dry beans = 4 to 5 cups of cooked beans