Beans

The Bold and Beautiful Book of Bean Recipes

Welcome to the World of Beans!

At a first glance beans may seem rather dull. But when you take a closer look you see that beans have a rainbow of colors, and a variety of shapes and flavors! The natural colors of beans are dazzling: there are white beans, pink beans, red beans, black beans. Beans can be tan, yellow, spotted, speckled and splashed with other colors. Beans can be round, oval, flat, fat or kidney shaped. Their flavors range from hearty and earthy to delicate and mild. Some beans maintain their shapes in recipes and others can be smoothed into creamy dips or velvety soups.

We hope the recipes in this book will lead you to discover the wonderful world of beans!

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Special acknowledgement is extended to the following people for their exceptional contributions, insights, expertise and willingness to talk "beans" everyday for an entire year:

- Heidi Feston (a.k.a. Heidi Beanston)
- Sue Babl, RD, CD
- Margaret Dosland, RD, CD
- Cathy Franklin, MS, RD

In the spirit of The Bold and Beautiful Book of Bean Recipes:

"Thanks to everyone who participated in this project – you are "Bean-riffic!"

For information about this book please contact the Washington State WIC program at 1-800-841-1410.

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The* Bold and Beautiful Book of Bean Recipes *is filled with ideas for using beans. Inside you'll find lots of delicious recipes from WIC staff, WIC clients and families just like yours.

Preparing & Cooking Dry Beans

Follow these 3 easy steps for cooking dry beans:

1. Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.

2. Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:

Hot Soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.

Quick Soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.

Overnight Soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.

3. Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for $1^1/_2$ -2 hours until tender.

Simple Cooking Tips

- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

Quick Tip:
While you are preparing dinner tonight, prepare a pot of beans for tomorrow's dinner. Use the Overnight Soak Method. In the morning the beans will be ready for your favorite recipe.

Kitchen Helpers for Easy Cooking

Time to use the MICROWAVE for cooking beans in a snap!

To prepare beans for cooking:

- Put 1 pound of beans and 8 cups of water in a microwave-safe container.
- Cover and cook on full power for 8-10 minutes, or until boiling.
- Let stand for 1 hour or longer, drain.

To cook the beans:

- Add 6-8 cups of fresh, hot water.
- Cover and cook at full power for 8-10 minutes or until boiling. Reduce power by 50% and cook another 15-20 minutes or until beans are tender.

Time to cook beans in the CROCK POT!

Wouldn't it be great to come home to a simmering pot of beans?

To cook beans in a crock pot:

1. Bring 3 cups of water to a boil in a large pan.
2. Add 1 cup dry beans, 1 teaspoon salt and simmer for 10 minutes.
3. Pour the beans and water into the crock pot.
4. Cook beans 2-3 hours on high, making sure they are covered with water. When the beans are tender; turn the setting to low and let cook 6-8 hours longer.
5. Beans will now be ready for use in your favorite bean recipe.

Note: the ratio of beans to water is 3 cups of water to 1 cup of beans.

Time to use *CANNED BEANS and say "I CAN do it!"

Canned beans can be a wonderful help in preparing bean dishes. Substitute canned beans in recipes calling for cooked dry beans or use in no-cook dishes, like dips and salads.

To use canned beans:

- Drain beans in a colander.
- Rinse with cold water to wash away any packing liquid and excess salt.
- Add to recipes at the end of the cooking time to prevent mushiness.

***Canned beans are NOT a WIC allowed food.**

Be sure to try Crock Pot Cuban Black Beans on page 23!

Be Safe When Cooking & Storing Dry Beans!

Treat bean dishes like a meat dish. Keep hot foods hot (140 to 165 degrees) and cold dishes cold (under 40 degrees).

Storing Beans

Storing Dry Beans

- Place in a cool dry place. Beans may spoil if they get wet.
- Store opened packages of beans in covered plastic or glass containers for up to 6 months.

Storing Cooked Beans

In the refrigerator

- Cooked beans may be stored in the refrigerator for 4-5 days.

In the freezer

- Cook up a large pot of beans and freeze them in one to two cup amounts for up to 6 months.
- Before freezing, cover the cooked beans with the cooking liquid or water to resist freezer burn.

Thawing frozen beans

- Defrost in your microwave, or…
- Place them in the refrigerator overnight, or…
- Place them in a pan of WARM water for one hour. Use in any recipe calling for cooked beans, or…
- Put frozen beans directly into a pot of soup. They will defrost and cook right along with the other ingredients.

Beans are Good for You

Do you know these nutrition facts?

- Beans provide more protein for your money than most other foods. One cup of beans will provide over 1/3 of your daily protein needs.
- Everyone needs protein for good health because it supplies what's needed to build and repair body tissues.
- Amino acids are the building blocks of protein. A complete protein contains certain types of amino acids. Beans do not contain all these amino acids.
- Add grains to the meal where you serve beans to make a complete protein.

Some examples of a complete protein include:

★ Split Pea Soup & Cornbread (bean recipe page 15)

★ Baked Beans & Brown Bread (bean recipe page 16)

Beans have other great nutrition "beanafits" too!

- Beans are naturally low in fat and salt, with no cholesterol.
- Beans are high in fiber and complex carbohydrates.
- Beans are packed with vitamins and minerals, including B, E, calcium, potassium and iron.
- One cup of cooked beans contains about 230 calories and provides half of a woman's daily iron needs. Children's iron needs are met with only 1/2 cup.

Psst.. oh by the way. . .

…that annoying "bean-problem"…you know the one!

- Use the Quick Soak method to help reduce intestinal gas.
- Add beans to your diet over a 3-8 week period. Eating beans on a more regular basis can reduce the problem with gas.
- Chew beans well and slowly to help digest them.
- Drink plenty of water and other liquids to help your system with the extra fiber from the beans.
- You might try a product called Beano, an enzyme product that helps digest the indigestible. It's available at most grocery stores.

Nutrition Note:

Beans have iron. Eat vitamin C foods along with beans to help your body absorb the iron. Vitamin C rich foods include oranges, orange juice, tomato products, green peppers, cantaloupe and broccoli. Try this combination in Minestrone Soup on page 13.

Spice Advice for Bean-ginners and Well-seasoned Cooks!

- Spices are affected by heat and light. For the best flavor, store spices in a cool, dark place and keep tightly sealed.
- Ground spices lose flavor as they age. Buy small amounts and use right away. For longer storage, place in canning jars and freeze.
- Too spicy? Adding a can or two of beans, drained and rinsed, and simmering for 10 minutes will make the dish milder.
- Still too spicy? Drinking milk can relieve a hot pepper ambush!

Spice Advice on Using this Book

When it comes to cooking beans are you

"Well-Seasoned" or a ***"Bean-ginner"***?

Is this you?

☐ I have never cooked beans before, I really don't know anything about beans, but I am willing to give them a try!

If this is you…turn to page 62 of *the Beandex* for easy to prepare recipes.

☐ I have cooked beans before, and now I am ready to try some new recipes that are family friendly!

If this is you…. Turn to page 63 of *the Beandex* for recipes that can be enjoyed by the whole family, including kids and older babies.

☐ I am comfortable cooking with beans and would really like to try some new recipes!

If this is you…. Turn to page 64 of *the Beandex* to expand your list of bean favorites.

So, dig into the Wonderful World of Beans

Main Dishes & Soups

Red Beans & Rice

- 1/2 pound dry kidney beans, sorted and rinsed
- 7 cups vegetable stock or chicken broth
- 1 yellow onion, chopped
- 1 green pepper, chopped
- 1 1/2 cups celery, chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 4 cups hot cooked rice
- Salt to taste
- Freshly ground pepper

1. Cook* and drain beans.
2. In a large pan, heat vegetable stock (or chicken broth). Add the beans, onion, green pepper, celery, garlic, and bay leaves. Bring to a boil, reduce heat, cover and simmer for 1 hour.
3. While beans are cooking, prepare rice according to package directions.
4. Continue cooking the beans until they become tender. Watch the pot carefully to prevent scorching of beans. Add more water to the pot as needed.
5. When beans are tender, remove bay leaves, and serve over hot cooked rice in a large bowl. Salt and pepper to taste.

Makes 8 servings

* Bean preparation & cooking instructions are on page 2.

Pat's Lentil Spaghetti Sauce

1 cup onion, chopped
2 green peppers, diced
2 teaspoons oil
1 teaspoon pepper
2 tablespoons +1 teaspoon dried oregano
1 tablespoon fresh or dried parsley
1 tablespoon +2 teaspoons dried basil
1 teaspoon garlic powder
4 cups tomato sauce
1 cup tomato paste
4 cups water
1 1/2-2 cups lentils, rinsed
1 can (l6oz) mushrooms, drained
2 tablespoons Parmesan cheese

1. Sauté onions and green peppers in oil about 10 minutes.
2. Add seasonings, tomato sauce, tomato paste, lentils, mushrooms, water and cheese.
3. Simmer on low for 2-3 hours, stirring occasionally. Keep pot uncovered.
4. Prepare pasta according to package instructions 10 minutes prior to meal.
5. Serve over hot pasta with more grated Parmesan cheese.

Makes 10 servings

Budget Idea

Use "planned leftovers" to save both time and money. Prepare this recipe and serve half of it tonight, and freeze the remaining half to use later.

Notes

Bean Soup

1 1/2 cups dry navy, great northern, or lima beans, sorted and rinsed

7 cups water

1 medium onion

1 teaspoon salt

1 ham bone or 1 cup cut-up ham

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1. Put beans and water in pan, bring to a boil and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour.
2. Chop onion and add to beans.
3. Add salt and ham to beans. Cover and simmer 1 1/2 to 2 1/2 hours or until beans are soft.
4. Remove ham bone, chop ham into bite-size pieces and stir back into soup. For thinner soup add more water. Serve.

   Optional additions: Carrots and/or celery may be added during the last hour of cooking.

Makes 6 servings

"A good and filling soup perfect for a winter's day. Serve with rolls, biscuits, cornbread or bread and a green salad."
Sue - WIC client

Kidney Bean with Cheddar Cheese Soup

- 1 cup dried kidney beans, sorted and rinsed
- 4 cups water
- 1/2 cup butter or margarine
- 4 celery stalks, chopped
- 4 medium onions, chopped
- 2 large carrots, peeled and chopped
- 1 cup green pepper, chopped
- 1/2 cup flour
- 4 cups chicken broth
- 4 teaspoons Worcestershire sauce
- 1/2 teaspoon chili pepper
- 1 1/2 cups apple juice
- 3 cups (3/4 lb.) cheddar cheese, shredded

1. Place beans in large pan, cover with water and either soak overnight or use the Quick-Soak Method (See page 2).
2. Drain beans, keeping soaking liquid, adding extra water to soaking liquid to equal 3 cups. Place beans in pan with the 3 cups of liquid. Heat to boiling, cover and simmer until beans are tender (1 1/2 to 2 hours).
3. Melt butter in pan; add celery, onions, carrots and green pepper and sauté for 5 minutes over low heat. Gradually add flour and cook 1 minute.
4. Gradually add chicken broth, Worcestershire Sauce, chili pepper, and 2 cups of beans. Bring to boil, reduce heat to low, cover and simmer 30 minutes.
5. Stir in the rest of the beans and apple juice. Cook 15 minutes.
6. Add cheese and stir until it melts.

Makes 10 servings

"I use my WIC cheese and kidney beans in this hearty soup."
Ellen - WIC client

New Orleans Red Beans

1 pound dry red beans, sorted and rinsed
2 quarts water
1 1/2 cups onion, chopped
1 cup celery, chopped
4 bay leaves
1 cup green pepper, chopped
3 tablespoons garlic, chopped
3 tablespoons parsley, chopped
2 teaspoons dried thyme
1 teaspoon salt
1 teaspoon black pepper

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1. In a large pan combine beans, water, onion, celery and bay leaves.
3. Bring to a boil, reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender.
3. Stir and mash beans against side of pan.
4. Add green pepper, garlic, parsley, thyme, salt and pepper.
5. Cook, uncovered, over low heat until creamy, about 30 minutes.
6. Remove bay leaves, serve over hot cooked rice, if desired.

Makes 8 servings

Minestrone Soup

2 cups cooked* kidney beans
1/2 onion, chopped
1 small potato, cut into slices
1 small carrot, cut into slices
1 teaspoon oil
2 cups water
1/2 teaspoon oregano
1/2 teaspoon basil
1/8 teaspoon garlic powder
1/2 teaspoon salt
Pinch of pepper
1 zucchini, sliced
1 cup canned tomatoes
2 oz. elbow macaroni

1. Sauté onion, potato, and carrot in oil until onion is golden brown and soft.
2. Add water, oregano, basil, garlic powder, salt, and pepper.
3. Boil gently for 15 minutes. Add zucchini and boil gently for 15 more minutes.
4. Add beans, tomatoes, and macaroni.
5. Boil 12 to 15 minutes until macaroni is just cooked.

Makes 8 servings

* Bean preparation & cooking instructions are on page 2.

Bean Arithmetic:

Kidney Beans (Iron)
+ Tomatoes (Vitamin C)

= Better Iron Absorption (Healthy Blood)

Italian Garden Pea Soup

- 1/2 cup dry navy beans, sorted and rinsed
- 1 1/2 cups dry yellow or green split peas, sorted and rinsed
- 1 teaspoon salt
- 1/2 cup onion, chopped
- 1/2 cup celery, sliced
- 1 cup zucchini, cubed
- 2 cups cabbage, coarsely chopped
- 1 cup turnip, diced
- 1 cup carrots, diced
- 1 garlic clove, minced
- 1/2 teaspoon pepper
- 1/2 teaspoon Italian seasoning
- 2 cans (12oz) tomato juice
- 2 oz spaghetti, uncooked, broken in quarters
- 8 tablespoons Parmesan cheese

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1. Cook navy beans as instructed on page 2.
2. Drain navy beans. Add 8 1/4 cups more water.
3. Add peas and bring to a boil. Reduce heat. Cover and simmer 1 hour or until peas and beans are tender.
4. Add remaining ingredients except tomato juice, spaghetti, and cheese. Cook until vegetables are tender.
5. Add tomato juice and spaghetti and cook an additional 8 to 10 minutes until spaghetti is tender.
6. Sprinkle with cheese before serving.

Makes 8 servings

Split Pea or Lentil Soup

- Good for older babies too!

For a variation, add pieces of cooked ham before cooking and omit the salt, or add milk for a cream pea soup. Serve with bread, rolls or biscuits, and a green salad.

- 1 cup dry split peas or lentils, sorted and rinsed
- 4 large onions, chopped
- 4 large carrots, sliced
- 1 stalk celery, chopped
- 4 cups water
- 1 teaspoon salt
- 1 medium bay leaf (optional)

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1. Put all ingredients into pan.
2. Heat to boiling.
3. Cover and cook gently about 30 minutes or until peas or lentils are tender. Remove bay leaf before eating.

Makes 4 servings

Source: WIC and You and Recipes Too

Split peas and lentils are easy to prepare and quick to cook. They do not require soaking.

Notes

"This is the traditional recipe where you bake the beans for 3-4 hours. Serve with brown bread on Saturday night." Enjoy.
Aubrey - WIC staff

Baked Beans

- 1 1/2 cups dry navy, kidney or lima beans, sorted and rinsed
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- 1/2 cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon mustard, dried

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1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Makes 6 servings

Lentil Soup or "Dhaal"

1 cup split lentils, sorted and rinsed

3 cups water

1/4 teaspoon crushed ginger

1/4 teaspoon crushed garlic

1/4 teaspoon red chili powder

1/8 teaspoon turmeric

1/2 teaspoon salt (or to taste)

1 teaspoon cilantro, finely chopped

1 small whole green chili, seeded and chopped

Curry leaves (optional)

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1. Bring the water to a boil in a pan (large enough to hold the water with enough room to add the lentils).
2. Add the lentils to the water and all other ingredients except salt, cilantro, green chili and curry leaves.
3. Let cook for 15 minutes.
4. Add salt and the green chili and let boil for a minute.
5. Garnish with cilantro (and curry leaves if available) and serve hot.

Makes 6 servings

"My family eats this with pita bread. Either dip and eat or break pita into small pieces and drop in the soup. Let pita bread soak before eating".
Aliya - WIC staff

Notes

Budget Idea

Do "batch cooking" when your food budget & time allow. For example cook a large batch of the recipe, Enchilada Bake, divide it into family size portions and freeze some for meals later in the month.

Enchilada Bake

1 tablespoon oil
1 large onion, chopped
3 cloves garlic, minced
2 cups black beans, cooked*
1 can (7oz) kernel corn, drained and rinsed
1 teaspoon cumin
2 cups prepared salsa, divided
8 corn tortillas
1/2 cup shredded Monterey Jack cheese

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1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
5. Cover and bake in 350° degree oven for 15 to 20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

Makes 8 servings

* Bean preparation & cooking instructions are on page 2.

Tostada

Kidney beans can also be used in this Mexican dish.
Allow two tostadas per person.

- 1/2 pound dry pinto beans, sorted and rinsed
- 2 tablespoons vegetable oil + additional oil for brushing on tortillas
- 1 dozen corn tortillas
- 1 small head lettuce, chopped
- 2-3 small tomatoes, chopped
- 1/2 cup cheddar cheese, shredded
- 1/2 cup Monterey Jack cheese, shredded

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1. Cook pinto beans as instructed on page 2.
2. Fry cooked beans in 2 tablespoons oil until they are tender and browned.
3. Place tortillas on a baking sheet. Brush lightly with oil. Bake until crisp, about 7-10 minutes.
4. When all tortillas are baked, spread beans on tortillas. Sprinkle lettuce, tomato and cheese on top.

Makes 6 servings (2 per person)

Nutrition Note

The American Heart Association recommends that people get no more than 30% of their calories from fat. However, many Americans continue to eat high fat diets. High fat diets have been shown to be one cause of heart disease, diabetes and cancer. The sooner you are able to cut the fat from your diet, as well as your family's diet, the healthier you all will be! Beans have almost no fat and are a healthy choice.

Nutrition Note

Children are more willing to try new food when:

- *New foods are served along with familiar foods*
- *Families sit down and enjoy the meal together*
- *Given the opportunity to decide whether and how much to eat*
- *They've helped prepare it*

Bean Burritos

1 2/3 cup pinto or kidney beans, cooked*
1/2 cup finely chopped, peeled tomato
1/4 cup green pepper, chopped
1/4 cup onion, chopped
2 tablespoons diced green chilies
1 clove garlic, minced
1/4 teaspoon salt
2 tablespoons oil
1/2 cup shredded Monterey Jack cheese
Hot pepper sauce (like Tabasco)
6 large flour tortillas
Taco sauce
Tomato wedges (optional)

1. Mash cooked beans.
2. Sauté chopped tomato, green pepper, onion, chilies, garlic and salt in oil until thoroughly heated.
3. Add mashed beans, cheese and hot pepper sauce to taste; mix well.
4. Wrap tortillas in foil and heat at 350° for 10 minutes. (Or, loosely wrap in plastic wrap or waxed paper and microwave at full power 30 to 40 seconds.)
5. Fill each tortilla with about 1/4 cup bean mixture. Fold the sides of the tortilla over the center. Serve with taco sauce.
6. Top each with tomato wedge. Serve warm.

Makes 6 servings

* Bean preparation & cooking instructions are on page 2.

Kelly's Herbed Lentils & Rice Casserole

2 2/3 cups chicken broth
3/4 cup lentils, sorted and rinsed
3/4 cup onion, chopped
1/2 cup raw brown rice
1/4 cup water
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 cup mozzarella cheese (divided)

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1. In a 2 1/2 quart casserole dish add the chicken broth, lentils, onions, brown rice, water, spices and 1/4 cup mozzarella cheese.
2. Cover and bake at 350° for 2 hours, adding more broth if casserole seems dry.
3. Top with remaining cheese and bake another 2 or 3 minutes until all the cheese is melted.

Makes 4 servings

"Even my 7 year old Sarah likes this. I know I've found a good recipe when Sarah likes it. I make it the night before, refrigerate it and it is ready to reheat and eat when we are."
Mary - WIC staff

"My family loves this quick meal."
Recipe provided by Shelley - WIC staff

Speedy Tacos

4 cups cooked pinto beans with liquid*
1 pound extra lean ground beef, turkey or chicken
1 package taco seasoning
1 package burrito size flour tortillas
1 cup low-fat cheese, shredded
Chopped lettuce, tomato and onion
Fat free sour cream
Favorite salsa

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1. Cook meat in skillet and brown, draining excess fat.
2. Mash beans with potato masher and add mashed beans and taco seasonings to meat in skillet. Simmer.
3. Warm flour tortillas on grill or in microwave.
4. Put $^{1}/_{4}$ cup taco filling into tortillas and add toppings as desired. Fold sides of tortilla in over filling.

Makes 12 servings

* Bean preparation & cooking instructions are on page 2.

Notes

Crock Pot Cuban Style Black Beans

- 1 1/2 cups dried black beans, sorted and rinsed
- 3 cups broth (vegetable, chicken or beef)
- 4 cups water
- 1 small onion, chopped
- 1 fresh jalapeño pepper, seeded and diced or 1 teaspoon dried red pepper flakes
- 4 cloves garlic, minced
- 2 bay leaves
- 2 teaspoons ground cumin
- 2 teaspoons finely grated lime peel
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

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1. In a large pan, combine beans and 4 cups of water. Bring to a boil and reduce heat. Simmer beans uncovered for 10 minutes. Cover, remove from heat and let stand for one hour.
2. Drain and rinse beans.
3. Place the beans in a 3 1/2-4 quart slow cooker. Add all other ingredients. Cover and cook on low setting for 10-12 hours or for 5 hours on the high setting.
4. Remove the bay leaves, mash beans slightly (if desired) and serve over rice.

Source: Healthy Mothers, Healthy Babies Coalition of Washington

Recipe adapted from the Biggest Book of Slow Cooker Recipes, Better Homes and Gardens, September 2002.

Makes 8 servings

Quick Tip

Prepare the ingredients the evening before and refrigerate. In the morning, just pour into the crock pot and let cook. Crock pots and slow cookers make it easy to prepare meals when you are out for the day, and everyone is hungry when you walk in the door at night.

Serving Ideas

- *Serve over brown or white rice*
- *Sprinkle fresh cilantro and cheese over the top*
- *Top with non-fat plain yogurt, diced tomatoes and/or avocado*

"When we were growing up, we loved to be invited to Ada's for her beans! She always had lots of flour tortillas and Spanish rice to soak up the delicious beans!"
Maria - WIC client

Notes

Ada's Beans

1 pound red beans, sorted and rinsed
1 teaspoon whole allspice
2 teaspoons sugar
2 tablespoons chili powder
Cumin and oregano to taste
1 small can tomato sauce
1 small onion, chopped
1 clove garlic, minced

1. Cook red beans as instructed on page 2.
2. Add remaining ingredients and simmer until beans are tender, about $1^1/_2$ hours.
3. Remove whole allspice before serving.
4. Serve over Spanish rice with lots of warm tortillas.

Makes 8 servings

Nora's Lentil Soup

1 cup dry lentils, sorted and rinsed

4 cups water

1/4 medium onion, finely chopped

1-2 medium garlic cloves, finely chopped

Salt to taste

2 tablespoons oil

1 cup tomato, chopped

1/2 cup onion, chopped

1/2 cup green peppers (mild or hot), chopped

Chives for garnish (optional)

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1. Place lentils in water and add onion, garlic and salt. Boil together until lentils are tender. Put aside while preparing the next ingredients.
2. In a separate frying pan, sauté tomatoes, onion and green pepper in oil.
3. Add the cooked lentils to the frying pan with the vegetables. Simmer for 2 minutes.
4. Garnish with fresh chives.

Makes 6 servings

"Kids and adults love this easy dish."
Nora - WIC staff

Notes

"Everyone who tries these really loves them!"
Kim – WIC staff

Lentil Tacos

- 1 1/2 cups dry lentils, sorted and rinsed
- 1/4 cup raisins
- 4 cups water
- 1/2 green pepper, chopped
- 4 cloves garlic, minced
- 1/2 teaspoon hot pepper flakes (optional)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon basil
- 2/3 cup tomato paste

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1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Makes 6 servings

Notes

Salads

Beans in salad add good looks, flavor and body. The trick to making good bean salad is cooking beans until just tender and draining them while hot. Cool uncovered and chill before adding other ingredients.

Three Bean Salad

- 1 cup kidney beans, cooked*
- 1 cup cut green beans, canned or cooked
- 2 cups yellow wax beans, canned or cooked
- 1 green pepper, diced
- 2/3 cup onion, thinly sliced
- 1/2 cup celery, thinly sliced
- 2 cloves garlic, whole
- 1/2 cup wine vinegar
- 1/4 cup oil
- 1/4 cup sugar
- 1/4 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper

1. Mix beans, vegetables and garlic cloves in a large bowl.
2. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
3. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
4. Remove garlic before serving.

Makes 6 servings

* Bean preparation & cooking instructions are on page 2.

Bean Chicken Salad

1 2/3 cups kidney beans, cooked*
2 cups cooked chicken, cut into 1/2-inch cubes
1/2 cup celery, sliced
2 tablespoons parsley, chopped
2 tablespoons green onion, chopped
2 tablespoons white wine vinegar
2 tablespoons oil
1 tablespoon lemon or lime juice
1 clove garlic, minced
1/2 (to 3/4) teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon red pepper (optional)
1/8 teaspoon tarragon (optional)

1. Combine beans, chicken, celery, parsley and green onion.
2. Mix remaining ingredients well and toss with bean mixture.
3. Cover and chill thoroughly.

Makes 4 servings

* Bean preparation & cooking instructions are on page 2.

"We love this vegetarian salad, it is great at potlucks!"
Wilma - WIC staff

Notes

Santa Fe Black Bean Salad

1 red pepper, roasted and cut into small strips
2 cups black beans, cooked*
1/2 cup corn, cooked or canned
1/3 cup cilantro, chopped
2-3 cloves garlic, minced
2 tablespoons olive oil
2 tablespoons lime juice
1/4 teaspoon cayenne pepper
Salt to taste

To roast the pepper:

1. Slice pepper in half. Remove seeds and stem.
2. Broil pepper (skin side up) in oven, until skin is charred. Place in plastic wrap or brown paper bag for 15- 20 minutes.
3. Peel off charred skin under cool running water.

To make the salad:

1. Combine all ingredients in mixing bowl, toss gently.
2. Chill 2-3 hours to enhance flavor.

Makes 8 servings

* Bean preparation & cooking instructions are on page 2.

Side Dishes

Bean Fact

Lentils and split peas do not need to be soaked!

Lentil Pilaf

1 cup lentils, sorted and rinsed

3/4 cup white long grain rice

1 bunch green onions, chopped

1-2 cloves garlic, minced

2 tablespoons margarine

2 3/4 cup chicken broth

1/2 teaspoon thyme

1/2 teaspoon salt

1/8 teaspoon pepper

---

1. Sauté the lentils, rice, onion and garlic in the margarine until the onion is tender (about 3-4 minutes).
2. Add the rest of the ingredients, bring to a boil.
3. Reduce heat, cover, simmer 30 minutes or until all the water is absorbed.

Makes 6 servings

Spinach Lentil Sauté

1 cup lentils, sorted and rinsed
1 cup long grain rice
2 quarts water
1 cup onion, diced
2 teaspoons garlic, chopped finely
1 tablespoon olive oil
1 pound fresh mushrooms, washed and quartered
1 package (10-oz) frozen chopped spinach, thawed and drained
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon cayenne pepper
1/2 cup grated Swiss cheese

1. Bring water to a boil; add lentils and rice.
2. Simmer until lentils are tender; drain and set aside.
3. Sauté onion and garlic in oil until softened, about 3 to 4 minutes.
4. Stir in mushrooms, spinach, salt, pepper and cayenne.
5. Sauté mixture until mushrooms are almost cooked through.
6. Stir in reserved lentils; heat through.
7. Remove from heat to a serving dish and sprinkle with cheese.

Makes 6 servings

Nutrition Note:
Did you know that 1/2 cup cooked dry beans has only 118 calories and zero cholesterol?

Notes

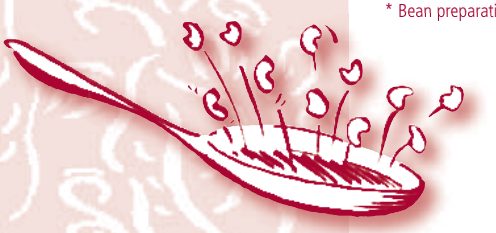
Refried Beans

1 1/2 cups dry pinto beans, sorted and rinsed
2 cloves garlic, minced
1 tablespoon oil
1/4 cup chopped onion
1 teaspoon ground cumin

1. Cook* beans and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Makes 6 servings

* Bean preparation & cooking instructions are on page 2.



Bar-B-Q'd Lentils

2 cups lentils, sorted and rinsed
5 cups water
1/2 cup molasses
2 tablespoons brown sugar
1 teaspoon Worcestershire sauce
1/2 cup catsup
1 teaspoon dry mustard
1 can (15 ounce) tomato sauce
2 tablespoons minced onion
1 tablespoon vinegar

1. Simmer lentils in water in a tightly covered pan for 30 minutes or until tender, but whole. Drain.
2. Add remaining ingredients to lentils.
3. Mix well, place in oven-proof baking dish.
4. Bake uncovered at 350° for 45 minutes.

Makes 8 servings

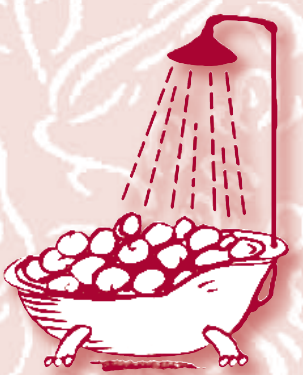
Nutrition Note

One cup cooked dry beans has less fat and cholesterol than a skinless chicken breast.

Tip

Save the liquid from the drained lentils. Refrigerate or freeze and use as a healthy soup broth in your favorite soup recipe.

"Add other vegetables, if you like, to this colorful salad; 75 calories per one-half cup."



Marinated Vegetables

1 pound, dry garbanzo beans (chick peas), sorted and rinsed

1/3 cup salad oil

1/3 cup cider vinegar

2 tablespoons green pepper, finely chopped

1 tablespoon parsley, chopped

1 teaspoon salt

1/4 teaspoon paprika

1/8 teaspoon pepper

3 cups cauliflower broken into florets, cooked tender crisp

1 cup cucumber, sliced

2 cups carrots, cut in thin strips

---

1. Cook* garbanzo beans until tender (about 3 hours.) Drain well.
2. Place oil, vinegar, green pepper, parsley, salt and spices in a large bowl. Mix well.
3. Add vegetables. Mix gently. Chill for 3-4 hours or overnight.
4. Serve chilled.

Makes 8 servings

* Bean preparation & cooking instructions are on page 2.

Dips & Salsas

Black Bean Salsa

1 cup dry black beans, sorted and rinsed

2 tablespoons lime juice

1/3 cup fresh cilantro, minced

1/2 cup white onion, diced

3 small tomatoes, finely chopped

1 fresh hot chili, diced

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1. Bring beans to a boil in 3 quarts of water.
2. Reduce the heat, cover and simmer for an hour until the beans are tender.
3. Drain the water, reserving one tablespoon of the cooking liquid.
4. Place the reserved liquid and about half of the beans in a bowl.
5. Add the lime juice and mash the beans until smooth.
6. Stir in the remaining beans, the cilantro, onion, tomatoes and chili.
7. Season with salt. Chill the mixture for up to 4 hours.

Makes 8 servings

Quick Tip:
This black bean salsa makes a great dip for corn chips. It can also be served over an enchilada, burrito or any other Mexican entrée or try it over eggs!

Chili Bean Dip

1 pound dry kidney beans, sorted and rinsed

3 cups water

1 tablespoon vinegar

$^{3}/_{4}$ teaspoon chili powder

$^{1}/_{8}$ teaspoon ground cumin

2 teaspoons onion, finely chopped

2 teaspoons parsley, chopped

Raw vegetable sticks as desired

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1. In a large pan, combine beans with 3 cups water. Prepare by quick-soak or overnight soak method (see page 2).
2. Cook the beans until tender, about $1\,^{1}/_{2}$ hours; drain.
3. Place drained beans, vinegar, chili powder, and cumin in blender. Blend until smooth.
4. Remove mixture from blender. Stir in onion and parsley.
5. Serve with raw vegetables, taco shells, or tortilla chips.

Makes 20 servings

"We like this with taco shells or raw vegetables such as carrots, celery, green peppers, broccoli, cauliflower, etc."
Rhonda - WIC client

Notes

Use as a dip with vegetables, tortilla chips or pita bread. Also good as a sandwich spread with fresh vegetables in pita pocket bread.

"I like this recipe because of its simplicity."
Julie - WIC staff

Hummus

- 2 cups garbanzo beans, cooked*
- 5 tablespoons Tahini (ground sesame seed paste or sesame butter found in the health food section of the store)
- 1/2 teaspoon salt
- 1/2 cup lemon juice
- 2-3 cloves garlic
- 3 tablespoons olive oil or light vegetable oil
- 1/4 cup water

1. Combine all ingredients in a food processor or blender until smooth.
2. Add water a little at a time until it reaches desired consistency.
3. Serve as a dip or spread.

Store leftovers in refrigerator for up to one week.

Makes 3 cups

* Bean preparation & cooking instructions are on page 2.

Super Bean Dip

1 cup refried beans*

1 - container (8 oz) Mexican Bean Dip

1 - container (8 oz) low fat sour cream

1 cup tomatoes, chopped

1 cup ripe olives, chopped

1 cup green onion, chopped

2 cups low-fat cheddar cheese, grated

Pita bread, raw vegetable, or tortilla chips

1. Spread refried beans on large plate.
2. Combine Mexican Bean Dip and sour cream in bowl and spread over beans.
3. Layer tomatoes, ripe olives, green onion, and cheese over dip.
4. Serve with wedges of pita bread, raw vegetables, or fat-free tortilla chips.

Makes 20 servings

* Use recipe on page 34 or use canned refied beans

Nutrition Note

One cup cooked pinto beans = 3/4 daily requirement (294 mcg) of folic acid for adults.

1-2-3 Bean Dip

3 cups white or pinto beans, cooked*

1/8 cup chili powder (start out using less and add more to taste)

1 teaspoon garlic powder (or garlic salt)

1 teaspoon onion powder

Or

1 package taco seasoning mix in place of the spices

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1. Mash 3 cups of cooked white or pinto beans.
2. Add chili powder to taste, garlic powder (or garlic salt), onion powder--or simply add 1 package of taco seasoning mix.
3. Stir all ingredients together.

Serve with chips or veggies.

Makes 20 servings

*Bean preparation & cooking instructions are on page 2.

Chili

White Chili

3-4 cups white beans, cooked*
1 tablespoon olive oil
2 red peppers, chopped
1 large onion, chopped
1 can chopped green chili (adjust amount to taste)
3 cloves garlic, minced
1 tablespoon chili powder
1 teaspoon cumin
1 teaspoon oregano
2 cups chicken broth
2 cups milk
1/4 cup cilantro
3/4 pound of chicken, cooked and cubed
6 corn tortillas, toasted and cut into 1 inch squares

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, cooked chicken and cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Makes 10 servings

* Bean preparation & cooking instructions are on page 2.

Notes

Chili

2 cups dry kidney beans, sorted and rinsed
1 pound ground beef or turkey
1 large onion, chopped
1 green pepper, chopped
3/4 cup tomato sauce
2 cups canned tomatoes
2 tablespoons chili powder
1 1/2 teaspoons salt

1. Cook* beans until almost tender.
2. Crumble ground beef into heated fry pan. Add onion and green pepper. Cook until beef is no longer pink. Drain fat.
3. Stir in remainder of ingredients. Simmer for about 45 minutes, until thick.

Makes 6 servings

* Bean preparation & cooking instructions are on page 2.

Quick Tip:

Think 2 meals instead of 1!

Make a batch of chili for tonight and plan to have it as part of a baked potato bar tomorrow.
Baked potato bars are an easy dinner for everyone – you bake the potatoes and heat the chili, older kids can grate the cheese.
Optional items to add – chopped onions, tomatoes, olives, light sour cream, and salsa.
Everyone picks their favorites to add to their potato.

Nutrition Note

1/2 cup cooked beans has the same potassium as one medium banana!

Notes

Vegetarian Chili

2 1/2 cups dry kidney beans, sorted and rinsed
1 1/2 cups onion, chopped
4 cloves garlic, minced
1 tablespoon olive oil
1 cup chopped celery, chopped
1 cup chopped carrots, chopped
1 teaspoon ground cumin
1 teaspoon basil
1 teaspoon chili powder
Dash cayenne pepper
Salt and pepper
1 cup green pepper, chopped
3 tablespoons tomato paste
2 cups fresh tomatoes, chopped
1 cup tomato juice or sauce
Optional toppings: Cheddar cheese, sour cream

1. Cook* beans until almost tender.
2. Sauté onions and garlic in olive oil.
3. Add carrots, celery and spices.
4. When vegetables are almost done, add green peppers. Cook until tender.
5. Combine all ingredients and cook in slow cooker on low all day (6-8 hours) or over stove on low heat for 4-5 hours.
6. Serve topped with grated Cheddar cheese and low-fat sour cream, if desired.

Makes 10 servings

* Bean preparation & cooking instructions are on page 2.

Cuban Black Beans

1 cup dry black beans, sorted and rinsed
2 cups water
1 small green pepper, chopped
1 small onion, sliced
1 clove garlic, minced
1 tablespoon oil
1 bay leaf
3/4 teaspoon oregano
1/2 teaspoon ground cumin
1/2 teaspoon salt
Dash of pepper
2 cups hot cooked rice

1. Heat water and beans to boiling in 3-quart saucepan; boil 2 minutes. Remove from heat; cover and let stand 1 hour.
2. Cook green pepper, onion and garlic in oil until onion is tender; stir into beans.
3. Add enough water to cover beans if necessary. Heat to boiling; reduce heat.
4. Stir in bay leaf, oregano, cumin, salt and pepper.
5. Cover and simmer until beans are tender and most of the liquid is absorbed, 1 1/2 to 2 hours. Remove bay leaf.
6. Serve over rice.

Makes 4 servings

"Try this in your crock pot. Serve with chunky cornbread and crispy green salad. Enjoy!"
Cecily - WIC staff

Easy Chili

3 cups pinto or red beans, cooked*

1 1/2 pounds lean hamburger

3 - 8 oz. cans tomato sauce

1 onion, chopped

1 clove garlic, chopped

3 tablespoons chili powder

2 teaspoons cumin

1 teaspoon paprika

1 teaspoon thyme

1 teaspoon oregano

---

1. Sauté hamburger and chopped onion, drain.
2. Add to beans with spices, garlic and tomatoes.
3. Salt & pepper to taste.
4. Simmer 1 hour or until heated and flavors blend.

Makes 10 servings

*Bean preparation & cooking instructions are on page 2.

Sandwiches

Falafel with Yogurt Sandwich

"A Mideastern sandwich using pocket (Pita) bread."

- 1 cup dry garbanzo beans (chick peas), sorted and rinsed
- 3 cups water
- 1/4 cup oil
- 1 clove garlic, crushed
- 1 large onion, chopped
- 1 sprig parsley, chopped
- 1 teaspoon salt
- 2 teaspoons lemon juice
- 1/3 teaspoon hot pepper sauce
- 1 cup plain yogurt
- 1 small onion, chopped
- 4 Pita bread pockets
- Flour

1. Put beans and water in large pot and soak by the overnight or quick-soak method (see page 2).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Makes 4 sandwiches

Notes

Lentil Burger

"A great change of pace from the usual dinner fare. An inexpensive, protein-rich burger."

- 1 1/4 cups lentils, sorted and rinsed
- 3 cups water
- 1 cup onions, chopped
- 1 cup carrots, grated
- 3 cups bread crumbs
- 1 beaten egg
- 1 teaspoon garlic salt
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 3 tablespoons butter
- 8 slices cheese

1. Combine lentils and water. Bring to boil in large saucepan. Lower heat, cover, cook 15 minutes.
2. Add onions and carrots. Cook 15 minutes more or until lentils are very tender. Remove from heat, cool slightly.
3. Stir in bread crumbs, egg, garlic salt, oregano and salt.
4. Melt butter in large skillet. Drop lentil mixture by one-half cupfuls into hot butter, flattening mounds with spatula. Cook until firm and golden brown on both sides.
5. Top each patty with 1 slice cheese; heat until melted.
6. Serve on buns if desired.

Makes 8 servings

Nutrition Fact

1 cup cooked dry beans has the same calories as a medium baked potato, 1 cup cooked pasta or cooked rice.

Cooking with Kids

Let older kids help to grate the carrots or break up bread to make crumbs!

Open-Faced Bean Sandwich

6 French or Italian rolls

1 1/2 cups refried black beans (canned)

1 cup grated Monterey Jack cheese

Salsa

1. Preheat a broiler or grill.
2. Split each roll in half lengthwise and spread each cut side with a layer of beans 1/4 inch thick. Sprinkle the cheese evenly over the beans.
3. Arrange the split rolls on a baking sheet and place in the broiler (grill) 4-6 inches below the heat source.
4. Broil (grill) until the bread is crunchy, the cheeses are melted and the beans are bubbly, 6-8 minutes.
5. Serve hot with the salsa on the side.

Makes 6 servings

Quick Tip

Keep these ingredients on hand for an easy meal anytime.
Store rolls and grated cheese in the freezer; keep canned refried black beans and store-bought salsa on the shelf.

Easy, Cheesy Idea

Grate cheese and spread out on a cookie sheet or flat pan, place in freezer. Once all the cheese is frozen, scrape into a Ziploc bag and store in the freezer. Use straight from the freezer anytime you need to add grated cheese to a recipe… great for tacos, scrambled eggs or as a baked potato topper.

Breads & Cakes

Pinto Bean Muffins

1 cup cooked* and mashed pinto beans
2 cups flour
2 teaspoons brown sugar
2 teaspoons baking powder
1 teaspoon salt
2 eggs
1 cup milk
1/4 cup vegetable oil

---

1. Mix dry ingredients.
2. In a separate bowl, beat eggs, mix with milk, oil and mashed beans.
3. Combine all ingredients, mixing just enough to moisten dry ingredients.
4. Grease muffin tins well or use non-stick spray. Fill muffin tins 1/2 full. Bake at 400˚ for 20-25 minutes.
5. Serve hot.

Note: Do not use cupcake liners - these muffins will stick!

Makes 12 servings

* Bean preparation & cooking instructions are on page 2.

Moist Cocoa-Lentil Cake

2 cups boiling water
1/4 teaspoon salt
2/3 cup lentils, sorted and rinsed
1 1/2 cups white sugar
1 cup oil
4 large eggs
1 teaspoon vanilla
2 cups sifted flour
4 tablespoons cocoa
1 1/2 teaspoons baking soda
1/2 teaspoon salt
Frosting of your choice

1. Add lentils and salt to boiling water. Cover and simmer for 40 minutes. Drain, reserving liquid.
2. Add 1/2 cup of liquid back to lentils. Make puree in blender or food processor.
3. Preheat oven to 350˚.
4. Grease and flour a 9 x 12-inch pan.
5. Mix sugar, oil, eggs and beat well for 2 minutes.
6. Add vanilla and pureed lentils to creamed mixture.
7. Sift and add remaining ingredients. Beat for an additional 2 minutes.
8. Pour into prepared cake pan. Bake for 30-35 minutes.
9. Cool, frost and eat.

Makes 12 servings

Notes

American Bean Bread

Try this "bean-disguise" It's beans… disguised as bread.

- 1 2/3 cups pinto beans cooked*, mashed or
  1 - can (15 oz) pinto beans with liquid, mashed
- 1 1/2 cups cornmeal
- 2 eggs beaten
- 3/4 cup buttermilk
- Salt to taste
- 1 teaspoon baking soda

---

1. Combine all the ingredients, beating just enough to make a smooth batter.
2. Turn into a greased loaf pan and bake 45 - 50 minutes in an oven preheated to 375º.
3. When top browns and sides pull away from the pan, turn out and cool on a rack.

Delicious warm with butter!

Makes 1 loaf

*Bean preparation & cooking instructions are on page 2.

Kids Corner

When you are cooking a pot of chili or lima beans, save one or two beans and try these fun gardening activities. While the beans are cooking, read the story of "Jack and the Beanstalk."

A Child's First Lesson in Gardening

Growing a Beanstalk (or Growing Beans in a Cup)

1. Select a good-sized cup or other simple container.
2. Soak dried beans (any kind) in water overnight.
3. Fill your container with good quality potting soil.
4. Plant a bean seed or two into the soil, usually one to two inches deep. Water well and place in a window with at least five hours of sunlight a day.
5. Keep soil moist but not overly wet.
6. In a month your plant will be quite large and you may even be rewarded with beans to eat!

Here's a Simple, Fun Project for Kids! No Soil Needed!

Baggie Garden

1. Wet a paper towel, and drop it along with 6 white beans into a re-sealable baggie.
2. Seal the baggie leaving some air in the bag and put it in your window.
3. Your children will love watching the beans grow!

Babies & Toddlers Love Beans

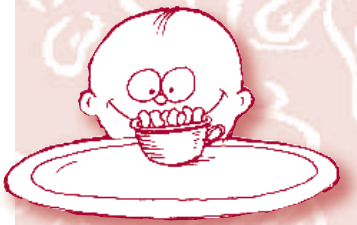
Beans are a good source of protein and can be pureed or mashed for infants older than 6 months of age. Try the following recipe:

Lentils for Little Ones

3 cups water
1/2 cup lentils, washed and sorted
1 cup chopped ham, beef or other meat
3 small carrots, peeled and chopped
1 small onion, peeled and chopped

1. Put all ingredients into a soup pot, bring to a boil, turn down heat, cover and simmer for 1 1/2 hours.
2. Put through a strainer, reserving liquid.
3. Put lentil mixture into a blender and puree, adding as much soup liquid as you like until you get the consistency you want.

Makes about 4 cups of soup. Freezes well.



When baby starts to pick up finger foods – beans are a fun addition! Try this idea:

Cold Bean Cup

Fill a plastic cup half full of cooked beans (kidney, lima, pink, navy etc..) and let baby pick and choose.

For a Fun Lunch Idea

Make Vegetarian Chili on page 46 and serve it over macaroni. Give it a silly name like "Jack and Jilli Chili".

Have children help prepare this delicious bean dish.

Succotash

The food that is as much fun to say as it is to eat!

- 1 cup lima beans (canned, frozen, or freshly prepared)
- 1 cup corn (canned, frozen or freshly prepared)
- 1/2 cup carrots, chopped
- 1/2 cup red bell pepper, chopped
- 1 medium tomato, chopped

---

1. Have children add the lima beans and chopped vegetables to a large bowl and stir together.
2. Place mixture into a pan. Add water, using enough to prevent ingredients from sticking or scorching (about 1/2 - 1 cup depending on the size of your pan).
3. Cover and have an adult cook until all beans and vegetables are tender.
4. Add a small amount of butter or margarine and a little salt to taste.

Serve as a lunch or snack.

Makes 8 servings

the
Beandex

When it comes to cooking beans are you "well-seasoned" or a "bean-ginner?" Use this listing to find recipes just right for you and your family.

☑ I have never cooked beans before, I really don't know anything about beans, but I am willing to give them a try!

Try these recipes that are easy to prepare:

Bean Soup 10
Split Pea or Lentil Soup 15
Baked Beans 16
Tostada 19
Kelly's Herbed Lentil & Rice Casserole 21
Speedy Tacos 22
Ada's Beans 24
Lentil Tacos 26
Lentil Pilaf 32
Refried Beans 34
Black Bean Salsa 38
Hummus 40
Super Bean Dip 41
1-2-3 Bean Dip 42
Easy Chili 48
Open-Faced Bean Sandwich 52
Succotash 60

I have cooked beans before, and now I am ready to try some new recipes that are family-friendly!

Try these recipes that can be enjoyed by the whole family, including kids; and some are great for older babies, too.

Pat's Lentil Spaghetti Sauce 9

Split Pea or Lentil Soup 15

Enchilada Bake 18

Crock Pot Cuban Style Black Beans 23

Three Bean Salad 28

Santa Fe Black Bean Salad 30

Spinach Lentil Sauté 33

Chili Bean Dip 39

Chili 45

Cuban Black Beans 47

Lentil Burger 51

Pinto Bean Muffins 54

Moist Cocoa Lentil Cake 55

Lentils for Little Ones 59

☑ I am comfortable cooking with beans and would really like to try some new recipes!

Try these recipes that can expand your "bean-list" of favorite recipes!

Red Beans & Rice 8

Kidney Bean with Cheddar Cheese Soup 11

New Orleans Red Beans 12

Minestrone Soup 13

Italian Fresh Garden Pea Soup 14

Lentil Soup or Dhaal 17

Bean Burritos 20

Nora's Lentil Soup 25

Bean Chicken Salad 29

Bar-B-Q'd Lentils 35

Marinated Vegetables 36

White Chili 44

Vegetarian Chili 46

Falafel with Yogurt Sandwich 50

We wish you
and your family
happy, healthy eating!

The WIC
Staff

Washington State Department of Health

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