

Hints & General Information

Beans should be incorporated slowly into your diet, starting once a week and slowly increasing to prevent problems with the digestive system.

You can substitute pureed white beans for part of the oil in baking.

When using canned beans, drain and rinse first before using in recipes. Be sure to do this before making pureed beans. It will cut down on the "bean" taste.

When soaking beans, ALWAYS drain and rinse beans after soaking and before cooking. This will drain off some of the indigestible sugars that cause gas.

Most beans can be ground into flour. If you have a stone grinder, you can only grind about two cups of beans at a time and then clean stones by running one cup of wheat through. Bean flour stores up to six months on shelf or one year in the refrigerator.

One pound dry beans = 5 cups flour.

Bean flour can be added to many recipes calling for wheat flour by replacing up to one-fourth of the total amount of wheat flour with bean flour. You will not know the difference.

Adding a little bean flour to cookies will boost protein and vitamin content.

Cooked beans can be frozen in ziplock bags. Lay them flat while freezing and they'll keep 3-6 months. Add frozen beans to soups, etc.

Canning Dry Beans. (Works for all beans)

Soak beans overnight with plenty of water. For 7 quarts or 9 pints soak 10 ½ cups beans. Use two pans with plenty of water.

In the morning, drain beans and rinse thoroughly. Cover with fresh water and boil 30 minutes. (If you are canning 10 ½ cups of beans, use two pans for the cooking and use plenty of water.)

Fill the jars with beans and hot water, leaving 1 inch headspace.
Add salt to each jar: ½ tsp salt per pint, 1 tsp per quart.

Process in a pressure canner at 13 lbs., 75 minutes for quarts, 65 minutes for pints.

10 ½ cups beans = 7 quarts or 9 pints (11 cups if using small white beans)

User Friendly Beans

Many doctors are recommending we use up to 1 cup a day of beans! Unfortunately, beans are known to discourage second and third time users because of the intestinal upsets which occur after eating, namely flatulence or plain old "gas." Research has shown that using sprouted beans eliminates most of the gas many people experience after eating beans. However, since beans are so high in fiber, you may still have problems for a short time. Our digestive systems develop the enzymes necessary to handle beans when we eat them often, usually 2-3 times a week for 1 month.

Sprouting

Sort beans for small rocks and damaged beans and soak overnight in 3 times as much water as beans. Drain and rinse. Place in sprouting tray. Rinse 2-3 times a day in warm water. Sprout 2-3 days, until sprout pushes through end of bean. Discard beans that are still small and hard, as they will not sprout. To cook, add water to cover and cook until tender, usually 20-30 minutes.

Soaking

Sort beans and soak overnight. Drain and rinse. Place beans and enough water to cover in a large pan. Bring to a boil, then remove from heat, drain and rinse. Add water to cover and cook until tender.

Recipes

QUICK SPLIT PEA SOUP

2 cups hot water
3 Tbsp. split pea flour
½ to 1 teaspoon powdered carrots (put dehydrated carrots in blender to powder)
2 teaspoons chicken soup base or 2 bouillon cubes
onion powder and dehydrated parsley to taste

Bring to boil, blending with a whisk and stir. Cook about 6 minutes -- add some regular or canned milk to taste. Add leftover ham or bacon for flavor. (This is good when first made, but doesn't keep well overnight.)

REFRIED BEANS

Puree 1 quart of pinto or red beans in food processor
add:
½ tsp garlic powder
¼ tsp cumin
¼ tsp chili powder
Use beans in Navajo tacos, bean and cheese burritos, tostados, etc.

FRESH ZUCCHINI SALAD

| | |
|-----------------------------------|----------------------------|
| 1 cup diced celery | 2 Tbs. fresh minced onion |
| 1 cup diced tomato | 1 cup buttermilk |
| ½ cup cooked red beans | 1 small can chopped olives |
| 2 cups diced or shredded zucchini | 1 Tbs. mild picante sauce |

Mix well and serve on a bed of lettuce.

TUSCAN BEAN SOUP

2 cans Cannelloni Beans (or Great Northern Beans) drain and rinse and put in large pot.
Saute in 2 tablespoons olive oil: 1 cup diced yellow onion and 2 teaspoons minced garlic.
Add ½ cup diced celery and ½ cup diced carrots. Add to beans.
Cook the above in 8 cups chicken broth for 20-30 minutes.
Add 1 can (4 oz.) diced green chiles
3 Tablespoons chopped fresh parsley
1 tablespoon chopped fresh rosemary leaves
1/4 teaspoon pepper
Cook all this for about 5-10 minutes.

Place fresh torn spinach leaves in bottom of individual bowls. Spoon hot soup over spinach.
Garnish each bowl with some fresh grated Parmesan cheese and diced red bell peppers. This makes a light soup. For a main dish add cooked chicken pieces and more beans.

APPLESAUCE BEAN COOKIES

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| ½ cup shortening | 1 cup sugar |
| 1 egg | 1 cup cooked mashed beans |
| ½ cup applesauce with 2 tsp. soda added | 2 ½ cups flour |
| ½ tsp cinnamon | ½ tsp cloves |
| ½ tsp nutmeg | ½ tsp salt |
| 1 cup raisins | 1 cup nuts |
| 1 cup oatmeal | |

Cream shortening and sugar, add egg and beat well. Stir in beans and applesauce and add sifted dry ingredients. Add raisins, nuts and oatmeal. Bake at 350 degrees for 9-10 minutes.
[Try these with canned white beans, and half white / half wheat flour. Substitute chopped dates for raisins.]

ONE-POT DINNER

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| 1 lb ground beef | 1 can butter beans, drained |
| 3/4 lb bacon, cut in small pieces | 1 cup ketchup |
| 1 cup chopped onion | 1/4 cup brown sugar |
| 2 cans pork and beans | ½ cup BBQ sauce |
| 1 can kidney beans, drained | 3 Tbs.. white vinegar |
| 1 tsp salt, dash pepper | |

Brown ground beef in skillet; drain off fat and put beef in Crock-pot. Brown bacon and onions; drain off fat. Add bacon, onions and remaining ingredients to crock-pot. Stir together well.
Cover and cook on low 4 to 9 hours.

BROWNIES

Cream together:

1 cup great northern or small white beans, pureed

2 cups sugar

1/3 cup cocoa

Add:

4 eggs (or 8 egg whites)

1/4 tsp salt

2 Tbs. vanilla

1 1/2 cup flour

1 cup nuts, chopped

Grease pan well. Bake at 350 degrees for 25 minutes.

You can substitute any type of white bean (pureed) for an equal measure of shortening or butter to make your recipes fat free and very moist. Be sure to grease pan well.

PINTO BEAN FUDGE

1 cup cooked soft pinto beans, drained and mashed*

1/4 cup milk

1 Tbs. milk

6 oz unsweetened chocolate

6 Tbs. butter or margarine

2 lbs powdered sugar

nuts**

In large bowl, stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir in bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into two 1 1/2 inch rolls. Chill 1-2 hours.

*tip #1: use reconstitute beans blended in blender

**tip #2: if using canned beans, wash well and definitely use nuts to detract from flavors accompanying commercial canning (most use large amounts of salt and synthetic onion or bacon flavorings even when labeled lightly seasoned).