



## **"The Wooden Spoon"**

*A cooking school dedicated to providing instruction on using  
recommended home storage commodities.*

# Legumes

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# LEGUMES

Legumes—a class of vegetables that includes beans, peas and lentils—are among the most versatile and nutritious foods available. They are low in fat, a good source of protein, carbohydrates, folate, and many trace minerals such as potassium, iron and magnesium. They also have phytochemicals, a group of compounds that may help prevent chronic diseases such as cardiovascular disease and cancer. They are also high in fiber—the part of plant-based foods that your body doesn't digest. A diet high in fiber can reduce your risk of developing diabetes and help lower blood cholesterol levels, which can reduce your risk of heart disease. Legumes store well, cost little, and provide a punch for the nutrition dollar.

## Varieties

There are many different beans in the legume family. While the following is a partial list of legumes and a suggested cooking hint, beans may be interchanged in most recipes. Often names are interchanged as well.

Baby Lima- Mild flavored. Serve as a vegetable or in casseroles.

Light Red Kidney- Excellent in any recipe calling for cooked beans.

Black eye Peas- Dry form of the popular pea. Cook with pork or chicken.

Navy- Medium sized white pea bean. Great for baked beans and soups.

Dark Red Kidney- Colorful salad bean, mainly sold in canned form.

Pink- Great barbeque style or cooked with other spicy seasonings.

Turtle or Black Bean- A favorite in southern Mexico and Caribbean foods. Great with rice.

Garbanzo or Chick Peas- Nut-like flavor. Ideal for salads and appetizers, e.g. hummus.

Pinto- Popular in chili, refried beans, and other Mexican dishes.

Great Northern- Larger than small white or navy beans. Good for baking.

Red- Dark red, pea-shaped. Use in any colored bean recipe.

Large Lima- Rich, buttery flavor. Cook with smoked meat or cheese.

Small White- Firm texture, holds up under long, slow baking.

Anasazi or Ancient Ones- Cooks in about half the time, sweeter, flavor, mealier, less gassy.

## Food Safety

Dry legumes must be cooked completely before eating. For this reason it is not recommended that you grind beans and then simply add hot water to make instant refried beans. Also, if grinding beans into flour, thoroughly cook the dish made with flour or it stops the digestion of the protein from the beans.

## Protein Compliments

Animal protein contains all the essential amino acids and can stand alone as a protein choice. Due to the lack of one or more amino acids in plant proteins they need to be paired with either an animal protein or another plant protein to improve their quality. For example: Legumes or dry beans may be paired with seeds and nuts or with grain (wheat, cornmeal, rice, oats, etc.) The combination of one of these grains along with the beans

provides a complete protein. This is called protein compliments or protein pairs. The only exception to this rule is **Soy Beans** which contain all amino acids to make a complete protein. They also contain isoflavones, a plant-based compound that may reduce the risk of some forms of cancer.

### **Many healthy foods come from soybeans, including:**

**Tofu** is a curd made from soybeans. Because it has a bland, spongy texture, it absorbs the flavor of other foods when you marinate or cook it. It is available in many textures, including extra firm, firm, soft and silken. Freezing and thawing tofu before use gives it a firmer, chewier texture.

**Soy Milk** is a soy beverage made by grinding soybeans and mixing them with water to form a milk-like liquid. It can be used as a replacement for cow's milk sometimes. It can also be fortified with vitamins and minerals.

**Tempeh** is a food made from fermented soybeans. It has a meaty texture and nutty flavor so can be used as a meat substitute.

**Soy Flour** is a flour made from ground-roasted soybeans. Use soy flour in baked goods for added protein, fiber and phytochemicals..

### **Note:**

**Peanuts**, commonly thought of as nuts, are actually a member of the legume family along with beans and peas. Peanuts are good sources of protein, fiber, iron, magnesium, phosphorus, zinc, copper, niacin and folate. They are high in fat, but most of the fat is monounsaturated fat—the healthier type of fat. Peanuts can be eaten in moderation as a snack, or added to foods such as stir-fry.

### **Selecting Legumes**

- Choose legumes with a deep, almost glossy color. Dry-looking or faded legumes indicate a longer storage time. The longer legumes are stored, the more likely the legumes won't taste fresh. A cloudy surface may also indicate the growth of mold.
- Select a wide variety of legumes. Many supermarkets and food stores stock a wide variety of legumes—both dried and canned—for greater versatility in cooking.

### **Storing Legumes**

- Place dried legumes away from heat, light and moisture. They keep well in an airtight container or sealed plastic bag.
- Keep unopened canned beans and peas in a cool, dry place. They safely store for two to five years. Legumes canned at home keep up to a year.

*Canned Beans = 1 1/2 cups*

## Preparing Beans and Legumes

- Sort and rinse all legumes carefully before use. Bags of legumes may include a few small stones, fibers, dirt or misshapen or discolored items. Remove these before cooking and rinse in cold water.
- Soak the beans in 3 times the amount of water as the beans. They can be soaked overnight at room temperature. Lentils and split peas do not need to be soaked first. Discard soaking water before cooking.
- **Quick soaking method:** For each pound of beans, bring 8 cups of water to boiling. Wash the beans, add them to boiling water, and boil for 1-2 minutes. Remove from heat, cover and soak for 1 hour. Discard soaking water.
- Add 1/8 tsp. baking soda and 1 T. cooking oil to each cup of beans. This will shorten the cooking time and decrease foaming.
- If you need to add liquid to your beans while cooking, **use boiling water**, or the beans will be tough.
- To avoid toughened beans add the **salt** midway through cooking.
- The slower the beans are cooked, the easier they are to digest.
- Add meat, onions, celery, and seasonings during cooking to add more flavor. Add tomatoes, catsup, vinegar and other acid foods after the beans are tender. (The acid prevents softening of the beans).
- Beans will increase double to triple during soaking and cooking (1 cup dry beans will produce 2 to 3 cups cooked beans).
- One pound of dry beans equals 6 to 7 cups of cooked beans.
- Cooked beans freeze well and will keep up to 6 months in the freezer.
- Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.
- Beans can be also be cooked in a crock pot—you may need to experiment with your individual crock pot for exact cooking times.
- Use canned legumes for convenience. Already prepared legumes are okay as is in dishes that don't require long simmering. Do rinse them well to remove any sodium added during processing.

*Baking Soda can be used in soaking water for old beans to soften them*

## Cooking Guidelines & Equivalents for Beans

Black beans.....	2 hours	
Black-eyed peas.....	1/2 hour	
Great Northern beans.....	1 1/2 hours.....	2 1/3 c. = 1 lb. = 6 c. cooked
Kidney beans.....	2 hours.....	1 1/2 c. = 1 lb. = 9 c. cooked
Lentils.....	1/2 hour.....	2 1/2 c. = 1 lb. = 5 c. cooked
Lima beans, large.....	1 hour.....	2 1/3 c. = 1 lb. = 6 c. cooked
Navy beans.....	2 hours	
Pinto beans.....	2 hours	
Split peas.....	1/2 hour.....	2 c. = 1 lb. = 5 c. cooked

*store 60 lbs per person  
store a variety*

### **Digestive Distress**

Digestive distress is an undesirable side effect of eating legumes. *The body lacks enzymes to digest some sugars in the beans.* Since sugars are not digested, they ferment in the digestive tract creating gas. Following are a few ways to help alleviate undesirable gas:

- Soak beans a minimum of 3 hours (8-12 hours better); discard soaking water.
- Sprout beans—soak beans 2 to 3 days, changing water 3 to 4 times, until beans begin to sprout.
- Add the lacking enzyme to the diet in the form of tablets or liquid; one commercial product is called "Beano".
- Add some millet to the beans while cooking to lessen or eliminate gas.

### **Bean Flour**

Grind dry beans to make a fine flour. Freeze flour. Use 2 T. per cup of liquid for thin soups, 3 T. for medium soups, and 4-5 T. for thick soups, stews or gravies. Whisk into soup stock or use boiling water flavored with 1 tsp. meat or vegetable base per cup. Cook and stir 3 minutes. Blend after cooking, if desired, for a creamier soup.

To thicken soups, containing vegetables, noodles, etc: For 6 c. soup, blend 1 cup bean flour and 2 c. hot, strained soup broth in a blender on high speed for 1 minute. Whisk into hot soup mixture and cook 4-5 minutes over medium high heat, stirring occasionally.

### **Beans as a Fat Substitute**

Dry cooked beans may be pureed and used in place of part of the fat in baked goods. Beans will help provide moisture to the recipe, but since pureed beans will not act the same way as fat in baking, the final product will be changed. Do not replace all fat with pureed beans. Begin by replacing  $\frac{1}{4}$  to  $\frac{1}{2}$  and test the quality of the product.

### **Pureed Beans**

Large Lima beans and Great Northern Beans are soft and mealy enough when well cooked to puree easily. These two kinds of beans make light-colored, bland purees that come in handy for hurry-up meals. Two cups of uncooked beans make about 4 cups of puree.

To make puree by boiling: Soak beans, then boil gently for 1-2 hours, stirring occasionally. Put beans and cooking water through a sieve or food mill.

To make puree by pressure cooking: Soak beans, then put soaked beans and soaking water into pressure cooker. Bring to boiling, then bring pressure to 15 pounds and cook for 20 minutes. Remove from heat. Let pressure come down gradually. Put beans and cooking water through a sieve or food mill.

Cooling and storing: Cool puree quickly by setting the pan in cold water or crushed ice and stirring frequently. Store at once in the refrigerator or freezer.

### **Softening Old Beans**

The older the bean, the tougher and less digestible it is. Some tips to soften them are:

- Cook and freeze. The freezing moisture in the bean helps to rupture the cell wall and create a more palatable product.
- Pressure cook. Follow manufacturer's directions for using pressure cooker. Increase cooking times as needed to produce a desired texture.
- Pressure "can" beans. This method makes a readily usable product as well as softening beans. Follow USDA canning instructions for pressure canning.

Other uses for old beans are: art projects, counting games, dried flower arranging, bean bags for tossing, pie weights.

### **Increase your consumption of beans**

Consider these ways to incorporate legumes into your meals and snacks:

- Plan menus.
- Puree cooked beans and add to baked goods (bread, cake, cookies, etc.).
- Use pureed beans as the basis for dips and spreads (hummus).
- Replace eggs in baking recipes by using 1 tablespoon of soy flour with 2 tablespoons of water for each egg called for in a recipe. The dough may taste different but it will bake up just fine.
- Add whole or mashed beans to meatloaf, soups, stews, casseroles in small amounts to begin with, then increase as desired, and as allowed by family taste preference.
- Prepare convenience foods such as home canned dry beans or cook and freeze for later use.
- Buy canned beans on sale if you really are in a hurry. Try lots of different kinds.
- Add chickpeas (garbanzos) or black beans to salads.
- Snack on a handful of soy nuts rather than on chips or crackers.
- Use tofu in place of half the ground beef for meatloaf or tacos.

If you can't find a particular type of legume in the store, you can easily substitute one type of legume for another. For example, pinto and black beans are good substitutes for red kidney beans. And cannelloni, lima and navy beans are easily interchangeable.

Experiment with what types of legumes you like best in your recipes to make your meals and snacks both nutritious and interesting.

## MOLASSES GINGERSNAPS

1/2 cup shortening <sup>Butter or</sup> (margarine)  
 1 cup packed brown sugar  
 1 large egg  
 1 tsp. baking soda  
 1 tsp. ground cinnamon  
 1/2 tsp. salt

1/2 cup pinto beans, mashed <sup>white & Better</sup>  
 1/4 cup molasses <sup>dark</sup>  
 3 cups whole wheat flour  
 1 tsp. ground cloves  
 1 tsp. ground ginger

Cream together the shortening, bean puree, brown sugar and molasses. Add the egg and continue mixing. Add dry ingredients into creamed mixture. Roll in sugar and place on greased cookie sheet. Bake at 350 degrees for 9-11 minutes.

## BLACK BEANS AND CORN SALSA

("It's in the Bag")

### Original Recipe

2 T. olive oil  
 2 T. red wine vinegar  
 3 garlic cloves, minced  
 1 cup chopped tomatoes  
 1/3 cup chopped green onions  
 1/2 cup chopped fresh cilantro  
 1 can black beans, drained and rinsed  
 1 can kernel corn, drained  
 1- 4.5 oz. can chopped green chilies  
 Salt and pepper to taste

### Converted "Bag" Recipe

2 T. olive oil  
 2 T. red wine vinegar  
 1 tsp. garlic powder  
 1 can diced tomatoes  
 1 T. dried onions  
 2 T. dried cilantro  
 1 can black beans  
 1 can kernel corn  
 1- 4.5 oz. can chopped green chilies  
 Salt and pepper to taste

Combine first three ingredients with a whisk. Add the rest. Serve with corn chips or pita chips. Best if allowed to sit a few hours to blend flavors.

## MEAT LOAF

2 cups cooked pinto beans, mashed (or use other types of beans)	
1 1/2 lb. ground beef	2 tsp. Worcestershire sauce
2 eggs	1 tsp. prepared mustard
1/4 cup onions, chopped	3 T. brown sugar
1 1/2 tsp. beef bouillon granules	1/4 cup ketchup
1/4 tsp. pepper	1/4 tsp. nutmeg
1/2 tsp. sage	1 tsp. dry mustard

Sauce }

Coarsely mash beans with a fork. Combine beans, beef, eggs, onion, bullion, pepper, sage, and Worcestershire sauce and prepared mustard. Mix thoroughly. Oatmeal or cracker crumbs can be added at this point to make loaf more firm. Place in loaf pan. Combine brown sugar, ketchup, nutmeg and dry mustard. Spread over meatloaf. Bake at 350 degrees for 1 hour.

## LENTIL CONFETTI SALAD

1/2 cups lentils, rinsed and drained	1 1/2 cups water
1 cup cooked rice	1 tsp. salt
1/2 cup Italian salad dressing	1 small tomato, diced
1/4 cup chopped green pepper	1/4 cup chopped onion
2 T. chopped celery	2 T. sliced pimento stuffed green olives

In a sauce pan, combine lentils and water. Cover, bring to a boil. Reduce heat, simmer 20 minutes or until lentils are tender. Drain.

Meanwhile, in a bowl, combine remaining ingredients. Add lentils; toss. Chill.

Note: This salad is equally good made with only lentils (double the amount of lentils and water) or a can of drained small red beans, rinsed and drained in place of the lentils.

## BLACK BEANS AND RICE

1 can black beans, rinsed and drained	1 can kernel corn, drained
1 cup long grain rice, uncooked	16 oz. jar salsa
1 1/2 cups vegetable or tomato juice	1/4 tsp. cumin
1/4 tsp. ground oregano	1/2 tsp. salt
1/4 cup water	1 cup grated cheese

Combine all ingredients except cheese. Pour into a 2 quart baking dish, sprinkle with cheese. Bake covered at 375 degrees for 1 hour. Make sure rice is done before removing from oven. Great in burritos.

## CHILI

1 lb. chili beans (about 2 1/4 cups)	3-4 ribs celery stalk
2 -46oz. can tomato juice	3-4 tsp. chili powder
2 lbs. ground beef	1/2 tsp. cumin
1 large onion, chopped	salt and pepper to taste

Soak beans overnight. Bring beans to a boil and simmer until tender. Leave the beans in water. Add tomato juice. Brown hamburger and onion, add to beans along with celery, chili powder and cumin. Simmer until flavors blend, 1 hour or longer. Adjust chili powder, salt and pepper to taste.



## CROCK POT FIVE BEAN BAKE

- |  |   |
|--|---|
| 1 (15 oz.) can kidney beans,<br>drained and rinsed | 2 (15 oz.) cans pork and beans  |
| 1 (15 oz.) can pinto beans,<br>drained and rinsed  | 1-lb. ground beef, cooked and<br>drained or 2 cans canned<br>ground beef from cannery |
| 1 (15 oz.) can white beans,<br>drained and rinsed  | 2 Tbsp. dehydrated onion  |
| 1 (15 oz.) can black beans,<br>drained and rinsed  | 1 (24 oz.) bottle barbeque sauce  |
|  | 1 (16 oz.) jar salsa  |
|  | 2 tsp. garlic salt  |

Place all ingredients into a crock pot and stir. Cook on low heat 6-8 hrs.  
**Or** brown hamburger first and add remainder of ingredients into pan and stir.  
Heat and serve.

## SPROUTING BEANS

Beans require different methods of sprouting. Navy bean, soybean and pinto bean sprouts should be cooked.

Pinto beans: Fill a 2 quart pan with water and soak one pint of beans for 12 hours. After 12 hours, spread beans out on sprouter or in a tray that has a towel or several sheets of cotton cloth on the bottom. Be sure to rinse them every 4-5 hours and drain. Do not sprout for more than 3 days. If sprouts are more than 1/4 inch long, the beans become mushy and have an odor.

Soybeans: It is best if these beans have several changes of water, about 3-4 times while soaking in the 12 hour swelling period because they have an antidigestant enzyme in them that must be leached out.

Mung beans: These beans have 500% more vitamin C when sprouted. They are commonly known as Chinese bean sprouts and are best when sprouted 2-3 inches long. Be sure they are fresh seeds. They taste like sweet peas and can be used as such. Great in stir fry.

Other beans: Sprout as you would pinto beans. Changing water during soaking is a good practice on all types of beans, not just soybeans. Other beans may include red, navy, lentils, lima, black-eyed or kidney.

**Nutritional facts:** Sprouting enhances the nutritional value of beans and also eliminates gas problems in your system. Beans have practically no vitamin count in the dry stage, but after they are sprouted, the nutritional assets multiply immensely.

Sprouted soybeans: Sprouted for only 3 days, the vitamin count jumps up around 700 mg and the vitamin B complexes increase tremendously. Vitamin B1, niacin and pantothenic acid double; vitamin B2 and folic acid increase by 500%. When sprouted, soybeans have 8 times more vitamin C than oranges and lemons.

## TACO SOUP

- 1 lb. lean ground beef (or use chicken or no meat at all)
- 1 onion, diced or 2 T. dried minced onion
- 1 can pinto beans
- 1 can black beans
- 1 can tomato sauce
- 1 can corn
- 1 cup salsa
- 1-15 oz. can stewed, chopped tomatoes
- Taco seasoning mix to taste.

Preheat pan to sear ground beef as you cook and chop it with the onions. Drain and rinse canned beans. Add the ingredients in order given. Garnish with shredded cheese and crushed tortilla chips.

## SPLIT PEA SOUP

1 lb. dry green split peas  
1 cup chopped onion (2 T. dry, minced onion)  
2 medium carrots (2-3 T. dry carrot pieces)  
1 meaty ham bone or 1 cup ham pieces, diced  
1 stalk celery diced  
1 tsp. salt  
1/4 tsp. pepper

Rinse peas. Combine all ingredients in a large soup kettle. Bring to boil and simmer for 1 ½ to 2 hours to desired consistency. Thicken if needed with a roux made of 2 T. softened butter blended with 2 T. flour. Makes about 3 quarts. If a ham bone is used, remove it and cut up ham and return to pot.

## CREAM OF CHICKEN SOUP SUBSTITUTE

1 ¾ cups water  
4 tsp. chicken bouillon or soup base  
5 T. white bean flour

Bring water and base to boil. Whisk in bean flour. Mixture will be thick in one minute. Reduce heat and cook over medium low for 2 more minutes. Using blender, blend for 2 minutes on high speed. Mixture thickens as it cools. This mixture can be refrigerated up to one week and used in place of canned soup. Up to ¼ cup chicken chunks can be added if desired, after blending.

Note: If dry ingredients are made in bulk, 6 T. plus 1 tsp. added to 1  $\frac{3}{4}$  cup water would be equal to one can of soup.

## CREAMY WHITE CHILI

1 lb. boneless, skinless chicken breasts cut in ½ inch cubes.  
1 medium chopped onion  
1 ½ tsp. garlic powder  
1 T. vegetable oil  
2-15oz. cans great northern beans (or home cooked beans)  
1 -14 ½ oz. can chicken broth  
2 cans chopped green chilies  
1 tsp. salt  
1 tsp. ground cumin  
1 tsp. dried oregano flakes  
1/2 tsp. pepper  
1/4 tsp. cayenne pepper (or use hot sauce to taste)  
1 cup sour cream  
1/2 cup whipping cream

In a large saucepan sauté chicken, onion and garlic powder in oil until chicken is no longer pink. Add the rest of the ingredients and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.

## AUNT MARION'S BLACK BEAN SOUP

1 lb. dried black beans (soak overnight, rinse and drain)

Add to pot of soaked beans:

1 ¾ lb. ham hock	1 onion, chopped
1 carrot, quartered	2 stalks celery, quartered
1 bay leaf	1 clove garlic, minced
2 whole garlic cloves	1/8 tsp. mace (optional)

Water enough to cover beans and ham hock

1/4 tsp. Tabasco sauce

Simmer above ingredients 2 ½ hours or more until beans are tender. Remove ham hock and cut off meat. Set meat aside. Blend soup in blender, return to pot, and add: ham, 1 ½ tsp. salt and 1 T. vinegar. Heat and serve with a slice of lemon, spoonful of sour cream and sprinkles of parsley.

## HUMMUS

1-15oz. can garbanzo beans (drained, reserve liquid)

1/2 cup sesame seeds

1 clove garlic, cut in half

3 T. fresh lemon juice

1 tsp. salt

Snipped fresh parsley

pita bread wedges

Place reserved bean liquid, the sesame seeds and garlic in a blender. Cover and blend on high speed until mixed. Add beans, lemon juice and salt. Cover and blend on high speed, scraping sides of blender if necessary, until of uniform consistency. Garnish with fresh parsley. Also good with fresh cucumber slices.

## WHITE BEAN MUFFINS

1 ½ c. whole wheat flour  
1 tsp. Baking Powder  
1/2 tsp. salt  
1/2 c. milk  
1/2 c. honey or 2/3 c. applesauce

3/4 c. rolled oats  
1 tsp soda  
1 whole egg or 2 egg whites  
2 Tbsp oil  
\*1/2 c. puréed white beans  
(do NOT drain the beans)

\*\*\*The pureed beans should be the consistency of thick wallpaper paste. Combine flour, oats, soda, baking powder, baking soda, and salt. Make a well in the middle and add wet ingredients that have been mixed together in a separate bowl. Mix together until batter is lumpy. Spoon about 3/4 tsp. of topping onto each muffin. Fill muffin cups 2/3 full and bake at 375 degrees for 15-20 minutes. Makes 12 muffins.

*Can add chopped Apples or raisins to mix if desired.*

### Topping for muffins

1/2 c. sugar  
2 tbsp of melted butter  
Blend well and divide evenly on unbaked muffins. Pat down gently.

2 tbsp flour

3/4 c. finely chopped nuts

## MINESTRONE SOUP MIX

Take and Make

1/4 C. dried split peas  
1 1/2 C. dried kidney beans  
4 tsp. beef bouillon  
2 T. dried onion flakes  
3 T. dried carrot pieces  
2 T. dried celery pieces  
1 tsp. dried basil  
1 tsp. dried oregano  
1 tsp. dried parsley  
1/2 T. salt  
1/2 tsp. pepper  
1 cup macaroni, separate

Layer the ingredients in order given.  
(We put the seasonings and spices in a separate bag so the beans could be soaked first). Put macaroni in separate plastic bag on top. Attach a gift tag with the cooking directions.

Cooking directions: 1 Minestrone Soup Mix  
1 pound Italian sausage  
1 (28 oz.) can diced tomatoes

Remove the elbow macaroni from the Minestrone Soup Mix and set aside. Place the balance of the mix in a large soup pot. Add 8 cups of water and simmer for 1 ½ hours. Remove the skin from the sausage. In a skillet, brown the sausage, breaking it into small pieces. Add the sausage and tomatoes to the soup. Bring the soup to a boil and add the macaroni. Simmer for 30 minutes. (Could use ham or bacon instead of Italian sausage.)

## SURPRISE BAKED BEANS

1/2 lb. bacon	2- 29oz. cans pork and beans
1- 15 1/2 oz. can pineapple chunks	1 large onion, diced
1 green pepper, diced	1 cup brown sugar
1 cup ketchup	1 T. dry mustard powder
2 tsp. Worcestershire sauce	

Cook bacon, remove from pan and crumble. In drippings sauté the onion and pepper until tender. Return bacon to pan and add rest of ingredients. Stir well. Pour into large casserole dish or bean pot. Bake at 300 degrees for three hours. Ingredients can also be put in a crock pot, on low heat for several hours.

## REFRIED BEANS

2 c. pinto beans, sorted and rinsed	
1 clove garlic, minced	1 small onion, diced
1 t. shortening or oil	oregano and salt to taste

Place beans in 6 quart crock pot. Fill with hot water until crock pot is 3/4 full. Cook beans until tender (approximately 4 hours on high). Add more boiling water if needed during course of cooking time. In a saucepan sauté garlic and onion in shortening or oil. Mash beans and add to onion and garlic. Add oregano and salt to taste. Can be frozen.

## MINESTRONE SOUP

1 cup navy beans (or kidney Beans)	1/2 lb. bacon
1/2 cup diced onion	2 cups beef stock
1 can diced tomatoes (1 1/2 cups)	1 1/2 cups chopped carrots
1 cup cut green beans	1 cup chopped cabbage
1 cup chopped celery	1 cup macaroni
Salt and pepper to taste	

Soak beans overnight in water to cover. Boil beans in soaking water until tender (about 2 hours). Add more water as needed. Drain and rinse. Cook bacon until crisp; drain, and crumble. Saute onion in bacon drippings. Add to the beans, beef stock, bacon and onion, along with tomatoes, carrots, green beans, cabbage, celery, and macaroni. Cook until the fresh vegetables are tender (10 to 15 minutes). Taste and add salt and pepper as desired. If more water is needed during cooking be sure to add only boiling water. Makes about 3 quarts.

## BEAN SOUP MIXES

*Add any meat you want to these soups*

These seasoning mixes may be made in bulk and stored in an airtight container for 6-8 months.

### Rainbow Bean Soup

2 T. dried minced onion	1/2 tsp. chili powder
2 T. beef bouillon granules	1 tsp. pepper
2 T. dried parsley flakes	1 tsp. dried oregano flakes
2 tsp. powdered lemonade mix with sugar	2 tsp. dried basil flakes

Cook 4 cups of dried beans, mix and match if you like, add seasonings and one 28oz. can crushed tomatoes Simmer for 1 hour.

### Black Bean Soup

1/4 cup dried minced onion	2 pkg. (1.25oz.) chili seasoning mix
2 pkg.(0.87oz.) brown gravy mix	1/2 cup dried parley flakes

Soak 3 cups black beans overnight, drain. Add fresh water and cook till tender. Add the seasonings above and 2 small cans diced tomatoes with green chilies. Simmer for 1 hour.

### Black Eyed Pea Soup

1/2 c. dried, minced onion	1 tsp. chili powder
6 T. chicken bouillon granules	1 tsp. onion powder
2 T. dried parsley flakes	1/2 tsp. pepper
1 T. sugar	1/2 tsp. garlic powder
2 tsp. dried, minced garlic	

Cook 3 1/2 cups black-eyed peas. Add seasonings and two 14 oz. cans diced or crushed tomatoes. Simmer for 1 hour.

### Calico Bean Soup

1/2 c. dried minced onion	1 /2 tsp. ground cumin
4 tsp. chicken bouillon granules	1/2 tsp. garlic powder

In a pot, cook 2/3 c. each: yellow split peas, green split peas, lima beans, pinto beans, kidney beans and Great Northern Beans. Add seasonings, 4 diced carrots, 4 ribs celery, diced, and 4 lbs. smoked ham hocks. Simmer 1 hour.

### Lentil Soup

6 chicken bouillon cubes, crumbled	1 tsp. thyme
1 tsp. garlic powder	2 T. dried minced onion

Cook 4 c. lentils. Add carrots, diced, 4 ribs celery, diced, and seasonings. Simmer 1 hour.