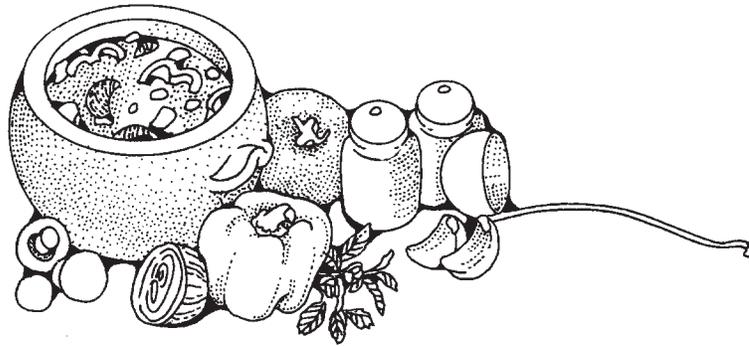

Recipes, cooking tips and nutritional information for legumes

FNH-00360



Cooking Dried Beans, Peas and Lentils



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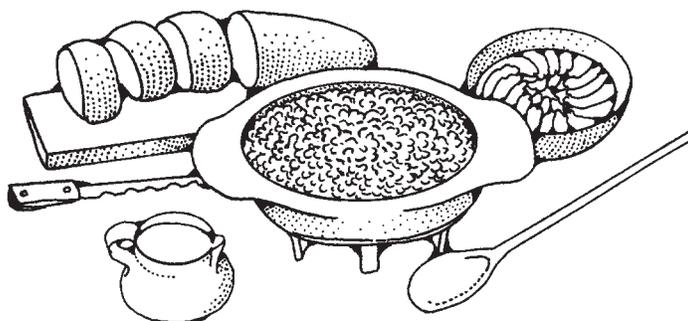
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Recipes are adapted from favorite recipes of the Nutritional Services staff, Alaska Department of Health and Social Services, Division of Public Health, and from WIC Bean Book published by the Rhode Island Department of Health WIC program.

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History and Nutrients

Legumes, particularly dried beans and peas, have been part of the American diet from a very early time. Long before the Europeans arrived, beans had been a standard crop of the North American Indian. The northeastern tribes grew the white pea beans while tribes in the southwest grew the red kidney and pinto beans. Beans and peas are well represented in regional foods today, from Boston baked bean to chili. In the far north the acceptance of dried beans, peas and lentils has been a more recent occurrence. The many legume dishes that come to us now are often reflections of another culture. We expect beans in a wide variety of ways with Mexican foods. We see many lentil dishes in Greek and Mediterranean cooking. The soy bean is widely used in Asia. We hope Alaskans can use all of these beans and peas.

Legumes (dried peas and beans) can be a tasty part of your family's meals. They are a good, inexpensive source of nutrients. Not only are they low in fat, cholesterol and salt, but they are a good sources of protein, iron, zinc, potassium and fiber. They are easy to store and easy to prepare.

These legume pages are being written to give you some ideas of ways to use dried beans and peas that are provided by the Special Supplemental Food Program for Women, Infants and Children (WIC). Of course, we hope everyone will find some fun and interesting ways to use legumes in meals and some nutritional information from these pages as well.

WIC Beans

The WIC program has approved peanut butter and a wide variety of dried beans and peas for purchase with the WIC checks. Only dried beans and peas in a bag or box are allowed for purchase — canned beans such as pork-and-beans are not approved by WIC. The types of dried beans that are approved include:

Black beans	Pinto beans
Great northern beans	Kidney beans
Soy beans	Small white or red beans
Lima beans	Mung beans
Garbanzos (chickpeas)	

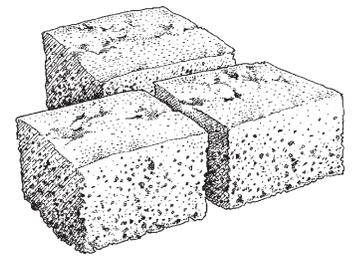
The types of dried peas that are approved include:

lentils	green split peas
black-eyed peas	yellow split peas

Dried beans and peas are versatile; they are interchangeable with other beans and peas in most recipes. The cooking time may vary according to size and age of the bean. Large, old beans take longer to cook. All dried beans and peas except lentils, split peas, black-eyed peas and mung beans benefit from pre-soaking before cooking.

Complement for High Quality Protein

It is important to complement the beans or peas in meals with other types of protein foods for a high quality protein. Milk, eggs and cheese are all "complete" proteins. This means that they have all the



parts necessary to supply high quality protein for your bodies needs. Dried beans and peas have only some of the necessary parts. Combine beans and peas with any of the proteins foods above, or with grain products such as wheat, corn or rice, for high quality protein. Examples of "complete protein" bean and grain combinations include:

Dried Beans or Peas + Grain Product = Complete Protein

<i>Baked beans</i>	+	<i>Brown rice</i>
<i>Kidney beans</i>	+	<i>Rice</i>
<i>Pinto beans</i>	+	<i>Corn bread</i>
<i>Split pea soup</i>	+	<i>Biscuits</i>

How to Cook Beans

If you are a beginner at cooking beans, remember to plan ahead. With some practice it becomes easy to work in the various preparation steps with your other kitchen routines to save time and energy (yours and whatever fuel you use). Beans expand greatly when cooked. One cup of dried beans may become 2 to 3 cups of cooked beans, depending on which bean you are working with. Once you have decided how much to cook, look over the dry beans, discard small stones and other debris, rinse and drain them. The next step

is the soaking process. All dried beans and peas except lentils, split peas, black-eyed peas and mung beans benefit from soaking. Although it is possible to cook them without soaking, it takes several hours, and the finished product is not as good. Here are two ways to prepare the beans for cooking. How much time you have will determine which method you use.

1. The **overnight method** is very easy. After rinsing and sorting the beans place them in a large pot; add 3 cups of cold water for each cup of beans and soak the beans overnight or 6 to 8 hours in a cool place. This method uses less cooking water, and the total cooking time is less. After soaking, drain and cook as directed or use in a recipe requiring cooking.

2. The **quick soak method** is great if you are in a rush. After rinsing and sorting the beans, put them in a pot with 3 cups of water for each cup of beans. Boil for 2 minutes, remove from heat, cover and soak beans for 1 hour. It may be necessary to add more water. Drain the beans, add fresh water and cook as directed in recipes requiring cooking time.

Some people use the pressure cooker to speed the cooking process. Check the instruction book that comes with your pressure cooker for more information on this method.

Different kinds of beans require different cooking times. This chart is used for cooking after beans have soaked.

Beans (1 cup)	Cooking Water	Cooking Time	Yield
Split peas or lentils <i>(don't need to soak)</i>	3 cups	1 hour	2 cups
Kidney or navy beans	3 cups	1½ hours	2 cups
Pinto beans	3 cups	2½ hours	2 cups
Lima beans	2 cups	1½ hours	2 cups
Great northern beans	3½ cups	2 hours	2 cups
Soy or garbanzo beans	4 cups	3+ hours	2 cups

You may need to add more water during cooking. You may add some fat or seasonings during the cooking process. The fat (1 teaspoon) will help prevent foaming. Do not add salt or acids until the end of the cooking period. Salt and acids such as tomatoes, wine or vinegar slow the softening process so the beans

take longer to cook. Simmer the beans gently if you don't want the skins to burst. The time will depend on the size, dryness and variety of bean; use the chart above as a general guide. You have to test the beans to decide if they are done. Some cooks blow on a bean, and if the skin comes off they consider the bean done. Others mash a bean with their tongue against the top of their mouth to check for softness. Let the bean cool somewhat with either method.

Legumes must be cooked thoroughly, otherwise they'll be difficult to digest and cause "gas." Beans and peas contain two starches. As the bacteria work on those starches, carbon dioxide and hydrogen are given off, creating gas. When legumes are well soaked and well cooked, the starches in the legumes are broken down, making them more digestible; thus, they cause less gas. Many people change the soaking water two or three times, too, to help avoid gas. Some nutrients will be lost in this water, but it is not a big loss. Some legumes are harder to digest than others. Kidney and soy beans are the toughest, so you may want to go easy on these until your body adapts.

Pinto Beans, Pink Beans and Red Beans

These beans are similar in flavor and can be used interchangeably in most recipes. They probably came from Mexico originally, but they are now much in demand everywhere. They combine well with chilies and other highly seasoned dishes. The pinto bean is a pinkish in color with brown spots. The pink bean is a brown pink color. The small red bean has no dots and is a dark red color. These beans are smaller than the kidney bean. To prepare these beans, rinse, sort and soak, either by the overnight method or the quick soak method. We recommend discarding the soaking water. Very little nutrition is lost in this water, and it helps prevent gas formation that can be a problem when eating beans. Thorough soaking and cooking are important to make digestion of beans easier, however. To conserve fuel and time, you might consider cooking a big batch of beans and using them in several recipes throughout the week. Cooked beans freeze well, too.



Pinto Bean Chowder

16 ounces (2 cups) dried pinto beans
4 teaspoons chicken-flavor soup base
1 tablespoon instant minced onion
1 teaspoon salt
dash pepper
1 tablespoon all-purpose flour
 $\frac{2}{3}$ cup evaporated milk
6 slices bacon, crisp cooked, drained and crumbled (optional)

Sort, rinse and drain beans. Soak by the overnight or quick method, drain, discard water. Add 6 cups fresh water. Bring to boiling. Simmer 2 hours. Add soup base, onion, salt, herbs and pepper. Continue cooking until bean are tender. Blend $\frac{2}{3}$ cup water with flour; add with milk to beans. Heat to simmering. Sprinkle with bacon if desired. Serves 6

Refried Beans (Frijoles)

2 cups pinto beans, dry
6 cups water
2 onions chopped
2 teaspoons salt
 $\frac{1}{2}$ cup margarine
cheese (optional)

Sort, rinse and drain beans. Soak by the overnight or quick method. Drain beans and add 6 cups fresh water. Add onion and garlic. Cook $2\frac{1}{2}$ hours or until beans are soft. Remove from heat, drain, reserve water. Mash beans well. Add salt and margarine. Add water if needed for satisfactory consistency. Reheat in skillet. Add more reserved bean liquid if needed. Small chunks of cheese may be added if desired while reheating. Serves 6.

Burritos

2 cups refried beans, reserved from recipe above
1 small can chopped chilies
4 flour tortillas (large)
2 tomatoes chopped
1 onion chopped
half head lettuce, shredded
4 ounces cheese, grated
8 ounces low-fat yogurt

Combine beans and green chiles; heat in a small skillet. Warm tortillas in oven or singly by placing in

an unoled heated skillet one minute on each side. Put $\frac{1}{2}$ cup hot bean mixture on center of warm tortilla and sprinkle chopped tomatoes, onions, cheese, lettuce and 2 tablespoons yogurt over beans. Roll tortilla, fold in ends and it's ready to eat. Makes 4 burritos.

Chile Con Carne

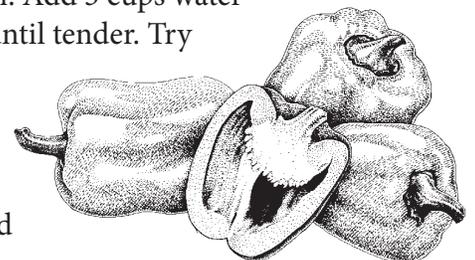
2 cups pinto beans, dry
1 large onion
1 green pepper
1 pound ground beef, moose or caribou
1 16-ounce can tomato sauce
2 16-ounce cans stewed tomatoes
2 tablespoons chili powder
1 teaspoon salt

Sort, rinse and drain beans. Soak with either the overnight or quick soak method; drain. Add 6 cups water to beans, simmer until almost tender in a large pan. Brown meat in skillet, add chopped onion and green pepper. Fry until onion is translucent. Drain fat. Add chili powder and salt. Add meat mixture, tomatoes and tomato sauce to beans. Simmer for 45 minutes. This is a mild version of a traditional favorite. Add green chilies, red peppers or cayenne if you want hotter chili. Serves 6.

Stuffed Peppers

1 cup beans, dry
1 small onion, chopped
1 cup celery, chopped
1 cup bean sprouts (optional)
1 16-ounce can tomato sauce
1 12-ounce can corn
1 tablespoon dried parsley
1 teaspoon each dillweed, basil and chili powder.
 $\frac{1}{2}$ teaspoon salt
6 green peppers, seeds and membranes removed
 $\frac{2}{3}$ cup grated cheese

Sort, rinse and drain beans. Soak by the overnight or quick method; drain. Add 3 cups water to beans and cook until tender. Try to prepare beans the day before. Preheat oven to 400°F; mash beans; fry onion, celery and



sprouts in small amount of oil. Add tomato sauce, corn, beans, herbs, spices and salt. Fill the peppers with this mixture. Put grated cheese on top of each pepper. Put peppers in a casserole dish or baking pan; add 1 inch of water to keep peppers from burning. Bake 25 minutes. Serves 6.

Jeanne's Baked Beans

2 cups beans, dry (4 to 5 cups cooked)
 ¼ pound ham, diced
 2 cups lowbush cranberries
 ¾ cup sugar
 1 cup cranberry juice
 1 small onion chopped
 2 tablespoons molasses
 1 teaspoon dry mustard
 ½ teaspoon ginger
 1 teaspoon salt

Sort, rinse and drain beans. Soak beans with either the overnight method or quick soak method; drain and discard soaking water. Add 6 cups water to beans and cook until tender. Drain. Reserve 1 cup cooking liquid. Add ham that as been prefried and drained, cranberries, sugar, juice or bean liquid, onion, molasses, dried mustard, ginger and salt. Cover and bake in a slow oven (300°F) for 2 to 3 hours. Add more liquid if beans become dry during baking. Canned whole cranberry sauce can be substituted for the fresh cranberries and sugar. Serves 6.

Soup, Suupat, Taas, Gitol, Shik Too, Taxheenee

Cooked dried beans, peas and lentils are delicious in many types of soups. The cook can be very creative and simmer up new ideas regularly. Try adding them to caribou or moose meat stews and other long-cooking soups. If more than one type of bean is to be used in the soup, consider the time required to cook each one. It works well to cook the beans separately and combine them at the end of the cooking process. Another way to deal with different cooking times is to simply start the longer-cooking beans such as kidney or pinto beans first, adding the others at intervals related to the total cooking time. (See Many Bean Soup below). Split peas and lentils do not need to be soaked before cooking. They will be tender about 30 minutes after they begin to boil. Beans will benefit

from soaking with either the overnight or quick method. Even after soaking, beans will need to cook 1½ hours or more to become tender. Don't add salt or acids such as tomato juice, lemon or vinegar



until the end of the cooking period because these things slow the cooking process (it takes longer for the beans to get soft). Give these recipes a try to use those WIC beans and let your imagination carry you away.

The title words above are from some native Alaska dialects meaning soup. *Suupat* is Ahtna, *taas* from Copper River, *gitol* from Anvik, *shik too* from Kuchin and *taxheenee* (fish soup) is Tlingit.

Many Bean Soup

1 cup pinto beans
 1 cup kidney beans
 1 cup lima beans
 1 onion chopped
 ¼ cup oil
 2 teaspoons paprika
 8 to 10 cups water or vegetable stock
 1 tablespoon celery seed
 1 bay leaf
 1 cup yellow split peas
 2 teaspoons dill weed
 2 teaspoons salt
 ¼ teaspoon pepper
 4 potatoes, scrubbed and chopped (leave skins on)
 4 carrots, chopped
 other vegetables (optional)
 any kind of lean meat cubed (optional)

Sort, rinse and drain beans. Soak with the overnight method or quick method; drain and discard soaking water. Sauté onion lightly in oil with paprika. Rinse pinto beans in cold water and add them to the onion along with 4 cups water or stock, celery seed and bay leaf. Use a large pot. Partially cover the pot and simmer 1 hour. Rinse kidney beans and lima beans, add to the pot along with 4 or more cups water or stock. Simmer another hour. Rinse and add split peas and dill weed. Add meat if desired. Simmer 30 minutes. Add potatoes, carrots, salt and pepper. Add more water if necessary. Simmer 30 minutes. Correct seasonings to taste.

Favorite Split Pea Soup

2 cups green or yellow split peas
2 onions, chopped
2 carrots, chopped
2 ribs celery, chopped
4 cups water
4 cups broth
1 bay leaf
½ teaspoon basil
½ teaspoon thyme
½ teaspoon salt
¼ pound ham (optional)

Sort, rinse and drain peas. No soaking is necessary. Put all ingredients into a large (6-quart) pan. One quarter pound ham, bacon or sausage maybe added. Cook and drain the fat from the meat before adding it to the soup. Heat to boiling. Cover and cook gently about 45 minutes or until peas are soft. Thin with additional water or milk if necessary. Serves 6. (Some people like to add evaporated milk to pea soup. It adds the complete protein to make the peas more nutritious.)

Peanut Butter and Bean Soup

2 cups navy or great northern beans, dry
8 cups water
1 onion, chopped
ham bone or cut-up ham, fat removed
½ teaspoon salt
1 cup milk
4 to 5 potatoes, peeled, cooked and mashed
(can use leftovers)
1 cup peanut butter, smooth

Sort, rinse and drain beans. Soak with overnight or quick method. Discard soaking water. Add 8 cups fresh water to beans. Add onion and ham bone. Simmer for 1½ to 2 hours or until beans are soft. Remove bone and cut meat in small pieces. Mash beans or puree with mixer or blender. Combine ham, beans, broth, mashed potatoes, milk and peanut butter. Thin with more milk if necessary. Reheat. Serves 8.

Bruce's Lima Bean Soup

1 pound baby lima beans, dry
½ pound bacon, diced
1 medium onion

½ cup celery, chopped
¼ cup green pepper, chopped
1 clove garlic
2 tablespoons sugar
1 28-ounce can stewed tomatoes
salt and pepper

Sort, rinse and soak beans by the overnight or quick method. Simmer lima beans for 1 hour or until tender and discard cooking water. Fry bacon in a skillet, drain off excess fat and add onion, celery, green pepper and garlic. Sauté briefly until onion is translucent. Add sugar and tomatoes. Put beans in a casserole dish, pour sauce over beans and bake at 300°F for 1 hour.

Dips and Spreads

One of the most creative ways to use dried beans and peas is in a dip for fresh vegetables or crackers. Just about any leftover beans can be made into tasty sandwich spreads, and, except for garbanzos and soybeans, most of them can be used as they are, without grinding or blending. A fork or a potato masher will usually do the job. Blend in one or more tablespoons ketchup, taco sauce, chopped vegetables or spices. Chopped fresh parsley, lemon juice or vinegar improve flavors, too. The following recipes use more than one WIC food in several cases. They have been contributed by the staff of the state WIC office and have been through many testings and revisions at our pot luck dinners. Try them out yourself.

Peanut Butter Chantilly

1 8-ounce carton of yogurt
¼ cup peanut butter, smooth or crunchy
1 tablespoon horseradish
1 teaspoon salt
dash of pepper
1 tablespoon lemon juice

Slowly mix yogurt with the peanut butter until blended. Fold in the remaining ingredients. Serve as a sauce with cooked vegetables or as a dip for raw vegetables. It's good with broccoli, green beans, carrots and asparagus. Makes 1½ cups.

Chili Bean Dip

2 cups cooked kidney beans or pinto beans
1 tablespoon vinegar
1 teaspoon chili powder
½ teaspoon cumin
½ small onion, grated
raw vegetable sticks

Prepare beans ahead of time by sorting, rinsing and soaking by the overnight method or the quick method. Add fresh water and simmer beans 2 hours or until tender. Reserve 2 cups cooked beans for this recipe. Place drained beans, vinegar, chili powder and cumin in a bowl. Blend or mash until smooth. Stir in onion. Serve cold with raw vegetables, such as celery and carrots, or with crackers. This can be served hot, too. To do this, heat the dip in a skillet and add 1 cup grated cheese. Stir until cheese melts. Serve with corn chips or potato skins.

Hummus

1 cup garbanzo beans
½ cup lemon juice
1 garlic clove, minced fine
1 tablespoon oil
1 small onion, grated
¼ cup tahini (sesame seed “butter”)

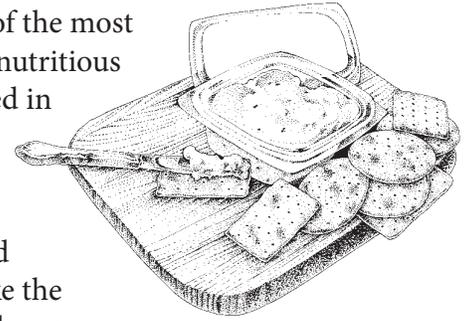
Prepare the garbanzos (chickpeas) ahead. Sort beans, rinse and soak with the overnight or quick method. Add 4 cups fresh water, simmer for 3 hours or until beans are tender. These beans take a long time to cook. Drain, cool, grind beans and proceed with recipe. A blender makes this easier. Combine ingredients in the blender and blend until smooth, adding water as necessary. Serve with crackers or pita bread. This is traditionally a Greek food.

Soy Spread

1 cup soy beans
½ teaspoon salt
1 tablespoon oil
½ onion, grated
1 stalk celery, chopped
½ green pepper, chopped
1 teaspoon basil
2 tablespoons tomato paste

Soy beans are one of the most versatile and most nutritious beans. They are used in many commercial processes.

However, dried soy beans and dried garbanzo beans take the longest to cook and so may not be used at home as much as other beans. This spread is one of the soybean foods you can do at home easily. Sort, rinse and drain the beans. Soak the beans with either the overnight method or the quick method. Use cold water and refrigerate if using the overnight soaking method because soybeans ferment quickly. Drain and discard soaking water. Add 4 cups water. Bring to a boil and simmer 3 hours or more until beans are soft. Drain. Grind beans as they do not mash well. Sauté onion, celery and green pepper in oil. Add seasonings and tomato paste, add beans. Simmer for a few minutes; adjust seasonings if necessary. Makes 1½ cups.



Soy Spread With Lemon and Soy Sauce

Use soybeans as prepared above. Sauté 1 clove garlic in 1 tablespoon of oil. Add ¼ cup chopped parsley to garlic, simmer for a few minutes, add 2 teaspoons soy sauce and ¼ cup lemon juice. Mix with beans.

Salads

All beans that have been cooked can be added cold, often marinated, to tossed vegetable salads or used as a snack by themselves. A legume salad can become a complete meal. You will see this in the recipes below. For high quality protein remember to eat beans with another protein such as milk, cheese or meat or with grains such as wheat, rice or corn. To prepare beans for salads, sort dry beans, rinse and drain. Soak by the overnight or quick method. Use the chart below to calculate yield of cooked beans from 1 cup dry beans and to decide how much water to add for cooking. After cooking the beans, try these marinade sauces and salad combinations.

Different kinds of beans require different cooking times. Use the chart on page 5 to determine cooking time and yield after beans have been soaked.

After cooking the beans try these marinade sauces and salad combinations:

Mexican Marinara

1 8-ounce can tomato sauce
¼ cup catsup
¼ cup vinegar
2 tablespoons vegetable oil
1 small onion, grated
2 tablespoons horseradish
1 clove garlic, crushed
1 teaspoon basil
1 teaspoon dry mustard
1 teaspoon chili powder
¼ teaspoon salt

Combine these ingredients in a saucepan. Heat to the boiling point to combine flavors. Pour the sauce over 2 cups cooked beans. (Any kind of bean can be used. Kidney and pinto beans are especially good.) Mix well with the beans. Cover and chill at least 2 hours. Drain before serving, if desired. Serves 4.

Classic Vinaigrette

This is a basic sauce used to marinate fresh vegetables and with the familiar favorite called three-bean salad. It is also used to marinate pre-cooked beans, which are good spooned over wedges of iceberg lettuce, tomato slices or mounds of cottage cheese. Marinated beans can add color and flavor variety to green beans, diced red apples or sliced dill pickles. Let your imagination go wild. Prepare the classic vinaigrette marinade as follows.

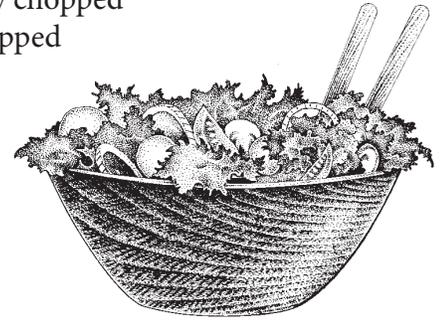
¾ cup sugar
½ teaspoon salt
⅓ cup oil
¼ teaspoon pepper
⅔ cup vinegar

Combine above ingredients. Heat to boiling. Add precooked, drained beans. Cover and chill for 6 hours or more. Drain and add to salads.

Alaska Calico Salad

2 cups cooked small white beans
2 cups cooked kidney beans or red beans
2 cups very small canned or frozen green peas,
drained

2 cups canned or frozen kernel corn
2 cups canned or frozen French-style green beans
2 medium onions, finely chopped
2 cups celery, finely chopped
1 green pepper, finely
chopped (optional)
1 small can chopped
pimento (optional)
1 cup cheese (¼-inch
cubes)



Sort, rinse and drain dry beans. Prepare beans by the overnight or quick soak method. Add fresh water and cook until tender. Drain. Do this step a day ahead or do ahead and freeze beans until ready to use. Drain canned vegetables. Prepare and chop fresh vegetables. Prepare a double recipe of the classic vinaigrette above. Combine all the vegetables and sauce. Cover and chill 6 hours or longer. Mix well and drain before serving. This will serve 10 people with some left over for tomorrow.

Lentils and Split Peas

Do you know the following British nursery rhyme?

*Pease porridge hot, pease porridge cold,
Pease porridge in the pot nine days old.
Some like it hot, some like it cold,
Some like it in the pot nine days old.*

Pease porridge is split pea soup. This rhyme says a lot about the many ways to use split peas. We see them most often used in thick soups with pork or ham; however, dried peas and lentils are used in many kinds of soups, casseroles and salads. These little legumes are an old favorite of many peoples and are distributed throughout the world today.

Lentils and dried peas are high in iron and protein. Combine them with milk, cheese or a grain product (whole wheat bread, biscuits or corn bread) for high quality protein. They are inexpensive and very, very low in fat. More good news is that lentils and split peas do not need to be pre-soaked to shorten cooking time as the other legumes do. Try the following ideas with your WIC foods. Maybe some of these recipes will become your favorites.

Greek Lentil Soup

2 cups uncooked lentils
8 cups water or vegetable stock
½ onion, chopped
2 large carrots, chopped
1 cup celery, chopped
1 bay leaf
1 teaspoon grated lemon rind
juice from one lemon (4 tablespoons)
1 teaspoon of salt

Mix all ingredients except lemon rind, lemon juice and salt in a soup pot and simmer until the lentils are very soft, 45 minutes to an hour. Add lemon rind, lemon juice and salt near the end of the cooking period. Serves 4 to 6.

WIC Lentil Burgers

1¼ cup lentils, dry
3 cups water
1 onion, grated
1 carrot, grated
3 cups soft bread crumbs
1 egg, beaten
1 clove garlic (⅛ teaspoon dried)
½ teaspoon oregano
½ teaspoon salt
3 tablespoons oil
8 slices cheese

Rinse lentils and drain. Add 3 cups fresh water and bring to a boil in a large saucepan. Lower heat, cover and cook 15 minutes. Add onion and carrot; cook 15 minutes more or until lentils are very tender. Remove from heat; cool slightly. Stir in bread crumbs, egg, garlic, oregano and salt. Heat oil in large skillet. Drop lentil mix by ½-cupfuls into hot oil; flatten mounds with spatula. Cook until firm and golden brown on both sides. Top each patty with 1 slice cheese and heat until melted. Makes 8 burgers.

Lentil Casserole

2 cups lentils
1 16-ounce can tomato sauce
1 16-ounce can stewed tomatoes
2 cups grated cheddar cheese
2 green peppers, chopped (or use dried)
2 medium onions, chopped
2 tablespoons oil

½ teaspoon basil
½ teaspoon thyme
¼ teaspoon pepper

Sort, rinse and drain lentils; combine with 6 cups water and cook 30 minutes or until tender. Drain. Cook onions and green pepper in oil until soft. Reserve ¼ cup cheese. Mix together all ingredients and place in a baking dish. Sprinkle reserved cheese on top. Bake at 350°F for 1 hour. Serves 6.

Split Pea Soup

2¼ cups split peas (1 pound or 16 ounces)
¼ pound ham, cubed, or a meat ham bone
1 bay leaf
10 cups water
2 large carrots, chopped
2 stalks celery, chopped
2 or 3 potatoes, diced
½ teaspoon basil
½ teaspoon thyme
½ teaspoon dried mint
½ teaspoon salt
¼ teaspoon pepper

Sort, rinse and drain split peas. Combine peas, ham, bay leaf and water in a large pan. Bring to a boil and cook on low heat, covered, for 1 hour. Add vegetables, herbs and spices; cook 30 to 45 minutes longer, on low heat. The peas will disintegrate. Thin with more water or milk if needed. Taste and adjust seasonings if necessary. Makes 8 to 10 servings.

Navy Beans, Great Northern Beans, Lima Beans

Beans may be used interchangeably in recipes, although some require longer cooking time than others. There are also differences in texture, flavor, size and color. However, white beans have many similarities, and they are grouped here as a convenient way to describe them. White beans come in many varieties, and some of them are known by more than one name. They have been a staple food for eons. The great northern bean was a standard crop of the North American Indian. The smaller white bean is often called the “navy bean” from the fact that beans were a mainstay of the navy diet. The Italians called their white bean “cannellini,” and it’s wonderful marinated for salads. The dried lima bean is one of

the largest beans; the smaller version is referred to as the butter bean, Fordhook or baby lima bean. There are also white beans called Yankee beans, peas beans, pigeon peas, marrow beans and flageolets. Do not let these names intimidate you. Remember, they are similar; choose the one available in your region and try a new recipe.

Navy Bean and Apple Casserole

2 cups dried navy beans
6 cups water
1 teaspoon salt
3 large, tart apples, peeled and sliced
 $\frac{1}{3}$ cup firmly packed brown sugar
 $\frac{1}{4}$ pound bacon or sausage (pre-cook and drain fat)

Sort, rinse and drain beans. Soak with the overnight or quick method and drain. Add 6 cups fresh water. Heat to boiling; simmer, covered, for 2 hours. Drain. Layer beans and apple slices in greased casserole; sprinkle sugar over each layer. Add 2 cups water or bean stock; top with bacon or sausage. Bake covered, at 250°F for 2 hours and 30 minutes. Serves 6.

WIC Bean Rarebit

1½ cups dry beans
3 cups grated cheese
1 tablespoon margarine
1½ cups ginger ale
2 eggs, beaten

Sort, rinse and drain beans. Add 5 cups water and soak beans overnight or with the quick soak method. Drain and add fresh water. Cook beans 2 hours or until soft; drain. Melt cheese and margarine; add $\frac{1}{2}$ cup ginger ale. Blend remaining ginger ale with eggs; stir into cheese mixture. Cook until thickened, stirring constantly. Pour over beans and serve. Serves 8 to 10.

Lima Bean Supreme

1 pound dry lima beans
 $\frac{1}{2}$ cup margarine
 $\frac{1}{4}$ cup brown sugar
1 tablespoon dry mustard
1 tablespoon molasses
8 ounces plain yogurt

Sort, rinse and drain beans. Soak with either the overnight or quick soak method. Drain. Add 4 cups

fresh water; bring to boil and simmer for 1 hour and 30 minutes. Drain again. Mix all ingredients together in a baking dish. Bake one hour at 350°F. Stir during baking and add water if beans become too dry.

Navy Bean Soup

2 cups dry white beans
 $\frac{1}{4}$ pound diced ham or meaty ham bone
1 medium onion, chopped or 1 package dry onion soup mix
 $\frac{1}{2}$ cup catsup
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

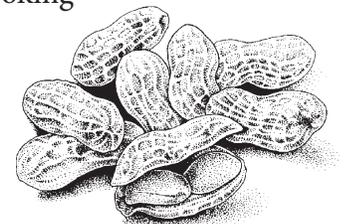
Sort, rinse and drain beans. Soak overnight or use the quick soak method. Drain and discard soaking water. Add 8 cups fresh water. Add ham bone, onion and catsup. Simmer until beans are soft. Add salt and pepper. If you use the soup mix do not add salt. Add more water if necessary. Serves 6 to 8.

Senate Bean Soup is what you will have if you use the recipe above, then mash or blend beans in a blender, add 2 cups milk and 2 cups mashed potatoes. Combine and heat to servings temperature. Serves 8.

WIC Peanut Butter

Peanuts are a legume, although they are usually grouped with the nuts. Simply stated, legumes are defined as plants that bear nodules on the roots that contain nitrogen fixing bacteria and produce seeds in a pod. So the pea pod and the peanut shell are similar in function. The peanut, like the soybean, contains fat and it is often processed into commercial foods. The two most common ones are peanut oil and peanut butter.

Peanut butter is one of the most accepted foods issued on the WIC program. Of course, it is always popular with children in the familiar peanut butter sandwich. Adults, however, will remember that peanut butter is high in fat and use it sparingly, as those calories add up quickly. If you are looking for new ways to use peanut butter, these recipes will be welcome.



Peanut Sauce and Pasta

12 ounces spaghetti or noodles
½ cup hot water
½ cup peanut butter
2 teaspoons low-sodium soy sauce
2 teaspoon vinegar
2 cloves garlic, pressed
1 teaspoon sugar
½ teaspoon ground ginger
dash of cayenne or Tabasco
2 scallions, finely chopped (optional)

Cook spaghetti or noodles in boiling water approximately 20 minutes or until done. While pasta cooks, blend the hot water and peanut butter. Stir in the soy sauce, vinegar, garlic, sugar, ginger, cayenne and half the scallions. Combine the sauce with the hot, drained spaghetti in a serving bowl. Garnish with remaining chopped scallions.

The sauce can be used many ways. It can be thinned with lemon juice to use as a dip or thinned to the consistency of salad dressing to use over fresh vegetables. It can also be heated and served over cooked vegetables or over baked chicken.

Peanut Butter Corn Bread

1 cup whole wheat flour
1 tablespoon baking powder
½ teaspoon salt
2 tablespoons sugar
½ cup yellow cornmeal
¼ cup soft peanut butter
1 egg beaten
⅔ cup milk

Preheat oven to 425°F. Combine dry ingredients. In a separate bowl combine peanut butter, egg and milk; stir into dry ingredients. Mix until the dry ingredients are moistened. Fill muffin cups ⅔ full. Bake for 12 to 15 minutes.

Peanut Butter Biscuits

1 cup whole wheat flour
1 cup white flour
2 teaspoons baking powder
1 tablespoon sugar
¼ teaspoon salt
3 tablespoons powdered milk

½ cup peanut butter
1 cup water

Combine dry ingredients (the first 6 ingredients listed). Cut the peanut butter into the dry ingredients with a knife, fork or pastry cutter until they are the size of small peas. Mix in water with a few strokes to form a stiff dough. Knead until smooth (fold over 10 times). Roll dough to ½ inch thick. Cut into squares or rounds. Bake at 400°F for 10 minutes or until light brown.

Peanut Butter Balls

½ cup peanut butter
2 tablespoons honey
¼ teaspoon nutmeg
¼ cup instant dry milk
½ cup raisins, chopped
sesame seeds

Combine the first 5 ingredients. Roll into balls and roll in sesame seeds. Kids love to make these for snakes. What could be easier?

WIC Peanut Butter Cookies

3 cups flaked cereal
2 cups all-purpose flour
2 teaspoons baking soda
¼ teaspoon salt
1 cup margarine
1 cup peanut butter
¾ cup granulated sugar
¾ cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla flavoring



Measure cereal. Crush to 1½ cups. Stir together crushed cereal, flour, soda and salt. Set aside. Combine margarine, peanut butter and white and brown sugars in a large mixing bowl. Beat until light and fluffy. Add eggs and vanilla. Beat well. Stir in dry ingredients until thoroughly combined. Drop by level tablespoons on to ungreased baking sheets. Using the back of a fork, press dough flat in two directions to make a crisscross design. Bake 10 minutes at 350°F. Remove immediately from baking sheets. Cool on wire racks. Makes 6 dozen cookies, 2½ inches in diameter.

Mung Beans, Soy Beans and Sprouts

The usual way to see the mung bean is as a sprout or a small green bean; however, they might also be yellow, gold or black. They are not as hard as soy beans; in fact, they can be cooked to tenderness in 30 to 40 minutes of boiling without pre-soaking. They sprout easily. Try making bean sprouts — it's fun, educational for everyone involved and uses equipment you probably have on hand.

The soy bean is different from other dried beans because it contains fat and its protein has all the essential amino acids. The soy bean takes a long time to cook from its whole dry state to tenderness, so it tends to be used less than the other beans in home cooking. However, the soy bean is an important and useful food. In the commercial arena we see it processed as soy flour or flakes, soy milk, infant formulas, tofu, salad oil and an ingredient in margarine. In addition to these foods, of course, it can be used in soups and stews. Recipes for soy bean spreads are on page 9. One of the best ways to use the soy bean is in bean sprouts.

Lentils, mung beans and soy beans make some of the best sprouts. Sprouts are good in salads, soups and stir-fried dishes. Sprouts also provide an additional nutrient: they are a good source of vitamin C. The steps described below will help you grow your own sprouts from these legumes.

Becky's Sautéed Mung Beans

1 cup mung beans, dry
5½ cups water
½ pound pork steak, diced or cut in thin strips
½ cup water
¼ teaspoon salt
6 ounces shrimp
2 cloves garlic, pressed
¼ cup chopped onions
½ cup chopped tomatoes
1 tablespoon fat
1 bunch spinach or 2 bunches watercress
½ teaspoon salt

Rinse mung beans thoroughly, removing any shriveled beans, stones or debris. Put in a bowl and cover with water. Bring 5½ cups water to a boil and add drained

beans. Simmer for 30 minutes. Put pork, ½ cup water and ½ teaspoon salt in a saucepan. Bring to a boil and simmer until all liquid has evaporated and fat begins to drain. Stir frequently until pork is medium brown. Remove pork from pan and discard all but 1 tablespoon of fat. In the remaining fat fry garlic until golden brown; add onions and sauté until transparent. Add tomatoes. Cover and cook until mixture is mushy. Stir in pork and shrimp. Simmer 10 minutes. Add pork and shrimp mixture to beans. Cook 10 minutes longer. Immediately before serving, add spinach or watercress. Serve with broiled, baked or fried fish and steamed rice. Serves 4.

How To Make Bean Sprouts

1. Use beans from the store that are intended for human consumption. Lentils, mung beans, adzukis, soy beans and pinto beans make good sprouts. Some beans should not be sprouted. Do not use garden seeds because they have been treated with fungicides. Sort and rinse ½ cup beans. Discard shriveled, broken or discolored beans. Put beans in a clean quart jar and fill with cool water. Cover the open jar top with cheese cloth, a plastic screen or a nylon stocking; attach with a string, strong rubber band or metal canning jar ring. Soak overnight or at least 8 hours.
2. Drain through cheesecloth. Fill jar with fresh water, rinse and drain. It is important to drain thoroughly so the beans do not ferment or rot.
3. Lay jar of drained beans on its side in a dark cupboard.
4. Rinse and drain beans twice a day; return the jar to the cupboard each time. Rinse soy beans up to 4 times each day because they ferment quickly. In about 3 days you will have sprouts. The rate of growth depends on the type of beans used.
5. When sprouts are the desired length, put them in a large bowl and rinse in cold water. Throw away loose skins that float to the top. (These skins are nutritious and okay to eat but usually tough. This step is for appearance's sake.) Store in the refrigerator and eat within a few days while you are sprouting more beans.

Soybean Pie

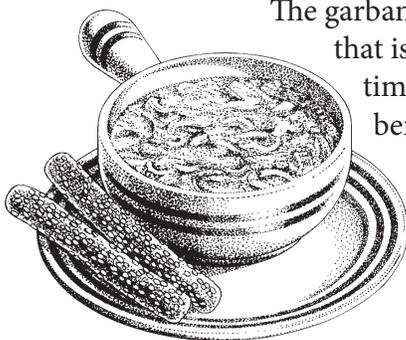
1 unbaked pie shell
½ cup dry soybeans to make 1½ cup cooked
¾ cup honey
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
2 eggs, well beaten
1 cup milk

Prepare soy beans a day ahead by rinsing, sorting, draining and soaking overnight. Drain soaking water, add fresh water, bring to a boil and cook until beans are tender. Prepare pie crust. Puree beans in a blender or with a fine blade of a food grinder. Combine the soybeans with all the other ingredients. Pour into unbaked pie shell. Bake 15 minutes at 450°F; reduce heat to 350°F and bake 30 minutes or until an inserted knife comes out clean.

Black beans, Black-eyed Peas and Garbanzos

These are the miscellaneous leftover beans of this publication. We all know that “leftover” beans are some of the best eating so, although these beans are not always available for purchase in the dried form in many areas in Alaska, save these recipes for when you do have them on hand. Of the three legumes listed in the title, black-eyed peas are available most often.

The black-eyed pea is really a bean. It is also one of the beans that does not require pre-soaking to shorten cooking time. Black-eyed peas are the basis of that favorite bean-’n’-rice dish called Hoppin’ John. There is a recipe for Hoppin’ John included here for you to try if you are among the northern folk who are unfamiliar with it.



The garbanzo is one of the legumes that is hard, takes a long time to cook and definitely benefits from pre-soaking.

They are worth the trouble to prepare, however, if you have learned to like them in salads and dips. In

addition to the recipes on this page, check the salads and dips sections for more recipes.

The black bean is scarce, but a treat when you have an opportunity to use it in black bean soup. The black bean soup below can be served either hot or cold with a variety of condiments.

Black Bean Soup

2 cups black beans
2 onions, chopped
½ celery, chopped
½ cup carrots, chopped
1 lemon, divided
8 whole cloves
¼ teaspoon nutmeg
¼ teaspoon allspice
½ teaspoon salt
pepper to taste

Sort, wash and drain beans. Pre-soak with either the overnight method or quick method; drain and add 8 cups fresh water and bring to boil; simmer 2 hours. Halve the lemon. Slice one half for garnish; cut other half in fourths and stick 2 whole cloves in each fourth; add it to the beans and water. Add the chopped vegetables and the remaining seasonings to the beans and water. Cook 45 minutes or until the beans and vegetables are soft. Remove the lemon with cloves and discard. Puree bean mixture in a blender or mash mixture through sieve. Add more water if necessary. Reheat and serve hot or chill to serve cold. Add the lemon slices for garnishes. Chopped green pepper, chopped cucumber, chopped tomatoes, croutons, crisp bacon or chopped hard-boiled egg are good served with this soup as condiments. Pass the condiments separately so each person can add his/her own choice. Serves 6 people.

Hoppin’ John

1 pound black-eyed peas, dry
5 cups water
1 ham bone or ¼ pound diced ham
1 large onion
1 rib celery, chopped
1 teaspoon salt
1 bay leaf
1 cup rice, uncooked

Sort, rinse and drain peas. Combine peas and water; boil for two minutes. Let rest for 30 minutes. Add onion, celery, salt, bay leaf and ham to peas. Boil 30 minutes or until peas are almost tender. Add rice and continue to boil gently 20 more minutes or until rice is tender. The peas and rice combine to form a complete protein in this recipe. Serves 6

Falafel

1 cup garbanzo beans
 3 cups water
 ¼ cup oil
 1 clove garlic, pressed
 1 large onion, chopped
 ½ cup (1 sprig) parsley, chopped
 ½ teaspoon salt
 2 teaspoons lemon juice
 dash of Tabasco sauce

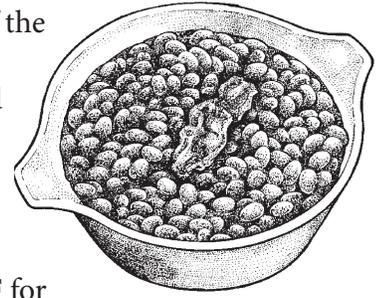
Sort, rinse and drain dried beans. Soak beans with either the quick method or the overnight method. Drain soaking water; add fresh water and boil beans 2 hours or until tender. Sauté garlic and onion in oil until soft. Combine beans, sautéed vegetables, parsley, salt, lemon juice and Tabasco sauce; mash or blend until smooth. Form patties using about ¼ cup of the mashed bean mixture. Roll in flour. Fry falafel in remaining oil in skillet until golden brown. Drain on a paper towel. Serve falafel in pita bread as a sandwich with a scoop of yogurt and sprouts. Served as this Mideastern sandwich the garbanzo beans are part of a complete protein combination (falafel plus pita bread or yogurt equals a complete protein). Makes 4 sandwiches.

Baked Garbanzos

2 cups dry garbanzos
 ½ teaspoon salt
 ½ teaspoon pepper
 1 onion, chopped
 1 clove garlic, pressed
 1 teaspoon rosemary
 2 cups or 1 can stewed tomatoes
 ¼ pound bacon or ham, chopped, or ¼ cup olive oil
 (meat and oil are optional)

Sort, rinse and drain beans. Add water and soak overnight or with the quick soak method. Drain; add fresh water and boil for 2 hours or until beans are

tender. The preparation of the garbanzos can be done a day ahead or so ahead and then frozen until they are needed. Combine drained beans and all other ingredients in a baking dish. Bake at 350°F for 1 hour. Serve with rice pilaf, which will combine to make a complete protein meal if you do not use meat in the baked garbanzos. Serves 6.



More Fun Recipes

Blueberry Bean Cake

2 cups mashed beans
 ¼ cup milk
 1 cup sugar
 ¼ cup margarine
 3 egg whites
 2 teaspoons vanilla
 1 cups white flour
 ½ cup whole wheat flour
 1 teaspoon soda
 1 teaspoon cinnamon
 ½ teaspoon allspice
 ½ teaspoon cloves
 2 cups blueberries
 ½ cup walnuts

Any of the beans, including black-eyed peas, may be used. Sort, rinse and drain beans. Soak beans overnight or with the quick soak method. Drain soaking water; add fresh water and boil beans until they are soft. Mash beans in a mixer or blender or with a potato masher until smooth. Add milk, ¼ cup or more, until the beans are like soft mashed potatoes or refried beans. These steps can be done ahead of the day you want to bake the cake. Cream sugar and margarine together until fluffy. Add egg whites and vanilla. Add 2 cups cool mashed bean mixture. Mix well. Measure and add dry ingredients. Fold in blueberries and walnuts. Pour into lightly-oiled 10-inch tube or bundt cake pan and bake for 45 minutes at 375°F. You can also make muffins with this recipe: fill muffin cups ¾ full; bake for 25 minutes.

Joan's Lentil Salad

1 cup lentils
1 onion, chopped
2 whole cloves
1 clove garlic
1 bay leaf
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons salad oil
2 tablespoons red wine vinegar
4 tablespoons minced fresh parsley
2 tomatoes, peeled, seeded and chopped
1 zucchini or cucumber, chopped (optional)
1 bunch green onions, chopped

Sort, rinse and drain lentils. Cover lentils with approximately 3 cups water; add onion, whole cloves, bay leaf and garlic. Simmer very gently 40 minutes. Drain and discard the garlic, bay leaf and whole cloves. Stir in the salt, pepper, salad oil and vinegar. Cool to room temperature or chill if desired. Just before serving stir in tomatoes, parsley, green onions and zucchini. Note: Simmer the lentils gently and stir in other ingredients briefly to keep the lentils whole. It is easy to stir them into mush. This is a good picnic salad.

Kidney Bean and Cheddar Cheese Soup

1 cup kidney beans
3 cups water
¼ cup margarine
4 ribs celery, chopped
2 onions, chopped
2 large carrots, chopped
1 cup green pepper, chopped
¼ cup flour
½ teaspoon chili powder
4 cups chicken broth or bouillon
4 teaspoons Worcestershire sauce
2 cups apple juice
3 cups (¾ pound) cheddar cheese, shredded

Sort, rinse and drain beans. Cover with 4 or more cups water and soak overnight or with the quick soak method. Drain and discard soaking water. Add 3 cups fresh water and boil 1½ to 2 hours or until beans are tender. Melt margarine in skillet; add celery, onions carrots and green pepper and sauté for 5 minutes over low heat. Push vegetables aside;

add flour and chili powder to remaining margarine and cook 1 minute. Gradually add chicken broth and Worcestershire Sauce to vegetables and flour mixture, stirring constantly. Bring to a boil, reduce heat to low, simmer a few minutes and add some of the apple juice and some of the beans. Combine both mixtures in the large pan. Simmer 15 minutes. Add cheese and stir until it melts. Serves 10.

Split Peas and Spinach Soup

1 cup split peas
4 cups water
1 clove garlic, pressed
2 ribs celery, chopped
½ teaspoon tumeric
1 teaspoon coriander
½ teaspoon grated ginger root
½ teaspoon whole cumin seeds
¼ teaspoon paprika
½ teaspoon salt
1 10-ounce package chopped spinach, thawed

Sort, rinse and drain peas. In a saucepan, combine the split peas, water, garlic, celery and spices. Cover and simmer over a low heat until the peas are soft, about 30 minutes. Add the spinach and simmer 20 minutes longer.

Legumes Identified

The Japanese call these small red beans **adzukis** (pronounced *adookis*). They are eaten as regular boiled beans and, in addition, they are often ground into a paste, sweetened and used in dessert pastries.

Black-eyed peas, also called cowpeas, are really a bean. They are creamy white in color with the identifying black spot. Hoppin' John, the traditional food of the American South, is made from these beans and served on New Year's Eve.

Kidney beans are large, red beans shaped somewhat like a kidney. These beans add a bright red color to many American dishes from salads to chili. They are one of the most popular beans in this country.

The big **lima bean** cooks up to be our largest bean. However, there are several small versions called Fordhooks, butter-beans or baby lima beans. These beans are often used in casseroles and soup. Another

southern dish is succotash, which is lima beans mixed with corn.

Lentils are a small brown or red legume which cooks quickly without pre-soaking. They have been used in soups, salads and casseroles for centuries. They are also easy to sprout and make very nutritious sprouts to use in salads and stir-fried dishes.

Green mung beans as shown are most often sold here, but there are several varieties colored yellow, gold, or black. Mung beans are easy to sprout. As sprouts they are high in vitamin C. They are most often used in salads and Oriental cooking after sprouting.

The **pinto bean**, so named because of its speckled skin, and the pink bean are similar in flavor and texture. Both are used in Mexican cooking and can be used interchangeably in most recipes with the kidney beans.

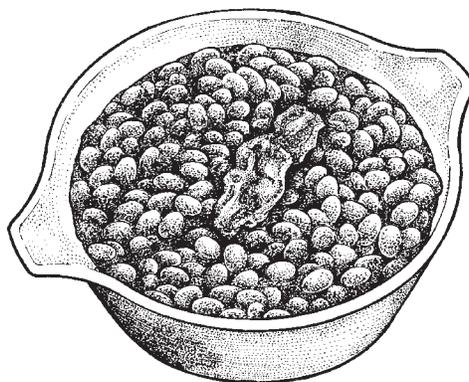
Soy beans are small, beige, round and hard. They take the longest cooking time of the beans shown; this must be taken into account in home cooking. They can be transformed into a wide variety of interesting and nourishing foods. We know them in soy sauce, tofu, soy flour, soy milk and in infant formulas among other foods.

Split peas are simply whole peas split in half with skins removed. They are quick cooking and do not need pre-soaking. The green split pea is used in thick hearty pea soups with ham or sausage.

Yellow split peas can be interchanged with green split peas; they are similar in every way except color. They are also used in soups and are the basic ingredient in British pease porridge and Swedish pea soup.

Great northern beans are a standard crop of the northern and mid-section of the contiguous United States. We in Alaska usually get them wrapped in plastic, burlap, or paper. They are a mid-sized, versatile, almost always available white bean which can be interchanged with all the other beans in recipes.

The smaller white beans are usually called **navy beans** as they were a mainstay of the old navy diet. There are many regional and ethnic varieties of white bean. Cannelli beans, Yankee beans, pea beans, marrow beans, and flageolets are other types of white beans.



COMPARISON OF PROTEIN FOODS AS EATEN COOKED

	AMOUNT	CALORIES	gm									
			CARBO-HYDRATES	FAT	PROTEIN	CALCIUM	PHOS-PHORUS	MAGNE-SIUM	POTAS-SIUM	IRON		
Milk, Whole	8 oz	150	12	8	8	291	228	33	370	0.1		
Beef	3 1/2 oz	266	0	15	30	10	191	21	261	4		
Chicken	3 1/2 oz	182	0	6	30	13	253	19	377	1.5		
Fish, white	3 1/2 oz	170	0	5	29	31	409	24	403	1		
Salmon	3 1/2 oz	180	0	7	27	259*	180	30	441	1		
Eggs	2	160	1	12	12	56	149	12	130	2		
Garbanzo(chick pea)	3/4 c	165	27	2	9	67	209	49	+	3.1		
Kidney or Pinto beans	3/4 c	173	32	1	11	56	178	-	505	3.4		
Lentils	3/4 c	158	29	-	12	38	220	-	374	3.1		
Lima beans, dried, cooked	3/4 c	197	37	1	12	41	210	55	872	4.4		
Pea beans (white), dried, cooked	3/4 c	169	30	1	11	71	133	56	592	3.8		
Peas, dried, split	3/4 c	173	31	-	12	17	242	-	444	2.6		
Soybeans, dried, cooked	3/4 c	176	15	8	15	98	120	360	729	3.7		
Peanut butter	2 tbsp	190	4	17	9	10		50	220	0.6		

Recommended/day adult woman

44 800 800 300 18 15

* Canned

+ Probably present

- No Data

Meats have visible fat removed. Chicken--no skin, half white meat.

Information from: The No-Nonsense Guide to Food and Nutrition, 2nd edition by McGill and Pye and U.S.D.A. Handbook #456

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