

# Full of Beans

It's a good time of year to have a pot full of something tasty bubbling on the stovetop or in the oven. Beans are the perfect ingredient for such a pot—they're inexpensive, healthy, filling and delicious. Below

saucepan, about 5 minutes. Add chicken and thyme; cook over medium heat until chicken is lightly browned, about 5 minutes. Stir in flour and cook 1 minute longer. Stir in chicken broth, beans, broccoli and zucchini; heat to boiling. Reduce heat and simmer, covered, until vegetables

1 1/2-quart casserole. Bake, covered, at 350 degrees for 1 1/2 hours; then bake, uncovered, for 30 minutes. Microwave instructions: Cook on medium-high 45 minutes to 1 hour. Makes 12 side-dish servings.

Serving size: 1/2 cup. Per serving: 320 calories, 22 grams protein, 3 grams fat, 89 grams carbohydrates, 1,206 milligrams sodium, 3 milligrams cholesterol



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are some recipes from the American Dry Bean Board. Their tips for cooking dry-packaged beans follow.

## Kitchen Garden Bean Soup With Chicken

- 1 cup sliced carrots
- 1/2 cup sliced green onions and tops
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced celery
- 1 tablespoon butter or margarine
- 12 ounces boneless, skinless chicken breast, cut into 3/4-inch pieces
- 1 teaspoon dried thyme leaves
- 2 tablespoons flour
- 3 cups reduced-sodium, fat-free chicken broth
- 1 can (15 ounces) dark kidney beans or 1 1/2 cups cooked dry-packaged black beans, rinsed, drained
- 1 cup broccoli florets
- 1 cup chopped zucchini
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1 to 2 teaspoons lemon juice
- 1/2 cup whipping cream, whipped

Sauté carrots, green onions, bell pepper and celery in butter until almost tender in Dutch oven or large

saucepan, about 5 minutes. Add chicken and thyme; cook over medium heat until chicken is lightly browned, about 5 minutes. Stir in flour and cook 1 minute longer. Stir in chicken broth, beans, broccoli and zucchini; heat to boiling. Reduce heat and simmer, covered, until vegetables

are tender, 10 to 15 minutes. Stir in salt and pepper; season to taste with lemon juice. Stir in whipped cream just before serving. Makes 4 servings. Serving size: 1 1/2 cups. Per serving: 398 calories, 33 grams protein, 17 grams fat, 29 grams carbohydrates, 964 milligrams sodium, 117 milligrams cholesterol

## Pineapple Baked Beans

- 3 slices bacon, chopped
- 3/4 cup sliced green onions and tops
- 3 cloves garlic, minced
- 4 cans (15 ounces each) Navy or Great Northern beans or 6 cups cooked dry-packaged Navy or Great Northern beans, rinsed, drained
- 1 can (8 ounces) crushed pineapple, undrained
- 1/4 to 1/2 teaspoon minced jalapeño pepper
- 1/2 cup packed light brown sugar
- 1 cup pineapple or apple juice
- 2 tablespoons Dijon-style mustard
- 1/4 teaspoon pepper

Fry bacon in small skillet until crisp; drain bacon thoroughly on paper towels. Discard all but 1 teaspoon bacon fat; add onions and garlic to skillet and sauté until tender, 4 to 5 minutes. Mix all ingredients in

## Soaking Dry-Packaged Beans

Before cooking, soak dry-packaged beans to help soften them and to reduce cooking time. Most beans triple their dry size, so be sure to start with a large enough pot.

**• Preferred Hot Soak and Quick Soak Methods:** Hot soaking helps dissolve some of the gas-causing substances. For each pound of 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 (Quick Soak), or up to 4 hours (Hot Soak).

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

## Cooking Dry-Packaged Beans

• Drain soaking water and rinse beans; cook in fresh water. In general, beans take 30 minutes to 2 hours to cook, depending on variety. Check bean packaging for specific cooking times and instructions.

• Spice up beans while they cook. Seasonings such as garlic, onion, oregano, parsley or thyme can be added to the pot while beans are cooking. Add acidic ingredients, such as tomatoes, vinegar, wine or citrus juices, only at end of cooking, when beans are tender.

• Add salt only after beans are cooked. If added before, salt may cause bean skins to become impermeable, halting the tenderizing process.

• To test for doneness, bite-taste a few beans. They should be tender, but not overcooked. When cooling, keep beans in cooking liquid to prevent them from drying out.



**F**oods You've Never Heard Of is the recipe contest subject for April. Is there a little-known delicacy in your recipe box? Perhaps you inherited a family recipe from "the old country" or have just discovered a modern dish none of your friends know about. Let's get the secret out! Send it to us before January 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a gift pack from Adams Extract. Others whose recipes are published will also receive an Adams Extract gift pack. Be sure to include your name, address and phone number, as well as your co-op affiliation. Send recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You can also fax recipes to (512) 486-6254 or e-mail them to [recipes@texas-ec.org](mailto:recipes@texas-ec.org).

I was out on maternity leave when the staff tested bean recipes this month, but I hear it was a gas! I'll spare you any more juvenile jokes, but suffice it to say that with nine bean dishes to eat, there were plenty of them. My thanks to Sandra Forston, our communications assistant, for

coordinating this recipe testing for me. Ever thoughtful, she even brought a bottle of Beano to the lunch table. The favorite recipe was Hobo Bean Casserole from **SUSAN MARTIN**, a Grayson-Collin EC member. She will receive a copy of the *Texas Co-op Power Cookbook*. She will also receive a gift pack compliments of Adams Extract, as will the other winners whose recipes are published below.

### Hobo Bean Casserole

1 pound ground beef  
6 slices bacon, chopped into 1-inch pieces  
1 onion, diced  
1 green pepper, diced  
1 cup diced celery  
1/2 cup brown sugar  
1/4 cup ketchup  
1/2 cup barbecue sauce  
1 pound can lima beans, drain off half the liquid  
1 pound can kidney beans, drain off half the liquid  
1 pound can pork and beans with tomato sauce  
1 cup grated Cheddar cheese

Preheat oven to 350 degrees.

Brown ground beef. Fry and drain bacon. Sauté beef, onion, green pepper and celery in skillet when bacon is done. Add sugar, ketchup and barbecue sauce. Cook 3-5 minutes. Put beans in 2 1/2- or 3-quart casserole dish and mix. Pour beef mixture over beans and stir. Top with cheese. Bake 1 1/2 hours. Serves 8-10.

Serving size: 3/4 cup. Per serving: 409 calories, 22 grams protein, 19 grams fat, 40 grams carbohydrates, 461 milligrams sodium, 55 milligrams cholesterol

### The Best Pinto Beans

4 cups dry pinto beans  
3/4 cup chopped onions  
3/4 pound salt pork  
3 cloves garlic, chopped  
3/4 cups chopped bell pepper  
1 jalapeño, chopped  
2 teaspoons celery seed  
2 teaspoons cumin powder  
Salt to taste  
1 or 2 cans (8 ounces each) tomato sauce (optional)

Clean beans; put in pot large enough to cover with 2 inches of water; bring to boil. Add onions, salt pork and garlic. After this has cooked for 30 minutes, add the rest of the ingredients. Cook until beans are soft. When adding water, always use hot water to keep beans from splitting. Serves 8-10.

Serving size: 3/4 cup. Per serving: 536 calories, 19 grams protein, 29 grams fat, 53 grams carbohydrates, 845 milligrams sodium, 29 milligrams cholesterol

**HENRY STIEGLER**, Medina EC  
(continued on page 28)



## Texas Co-op Power Cookbook: THE PERFECT GIFT FOR ANY SEASON!

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