

DRY BEAN RECIPES

Beans, Beans and More Beans Soup

¼ cup **each** dry Black Beans, Cranberry Beans, Pinto Beans and
Light Red Kidney Beans
1 cup dry Navy Beans
6 cups water
½ cup onion, diced
2 cloves garlic, diced
4 carrots, diced
2 celery ribs, diced
1 teaspoon rosemary
1 teaspoon thyme
½ teaspoon basil
1 (28-ounce) can crushed tomatoes

In large stockpot, cover beans with 9 cups of water. Bring to a boil and cook for 2 minutes. Cover the pot and let the beans stand for 1 hour. Drain and rinse the beans. In small saucepan, coated with nonstick cooking spray, saute onion and garlic until tender. Add saute mixture, 6 cups water, carrots, celery and seasonings to stockpot; bring to a boil. Cover and simmer for 1-1/2 to 2 hours or until beans are tender. Stir in tomatoes and cook for 15 minutes.

Nutritional Information:

Servings per recipe: 12
Serving size: 1-1/4 cups
Calories: 118
Protein: 7
Carbohydrate: 21
Fat: 1
Cholesterol: 0
Sodium: 102
Fiber: 7

Food Exchanges:

1-1/2 starch/bread

Traditional Baked Beans

2 cups dry Navy Beans*
8 cups water
1 cup onion, chopped
1 cup tomato puree
1 tablespoon prepared mustard
1 cup brown sugar, firmly packed

Soak dry beans in 6 cups of water for up to 8 hours (or overnight in the refrigerator). Drain and rinse. Combine beans with 8 cups of water. Bring to a boil and simmer, partially covered, for 1 hour. Combine all ingredients in a baking dish. Cover and bake at 300°F for approximately 3 hours, checking occasionally to make sure beans remain moist. If needed, add hot water. Beans can also be cooked in a crock pot or slow cooker.

*Any bean variety can be substituted

Nutritional Information:

Servings per recipe: 8
Serving size: 1 cup
Calories: 307
Protein: 12
Carbohydrate: 64
Fat: 1
Cholesterol: 1
Sodium: 51
Fiber: 9

Food Exchanges:

1 Lean Meat
4 Starch/Bread

Sweet and Sour Baked Beans

1 tablespoon olive oil
1-1/2 cups diced onion
2-15 ounce cans vegetarian baked beans
2-15 ounce cans red kidney beans*, drained and rinsed OR
 3 cups cooked, drained and rinsed
1-15 ounce can navy beans*, drained and rinsed OR
 1-1/2 cups cooked, drained and rinsed
1 cup catsup
1/2 cup vinegar
1 cup brown sugar
2 teaspoons dry mustard

Heat olive oil in large saucepan over medium heat. Saute onion until translucent, about 5 minutes. Add remaining ingredients. Simmer over low heat from 20 to 30 minutes or bake covered in oven at 350° for 30 minutes or in a crock pot for 1-1/2 hours.

*Any bean variety can be substituted.

Nutritional Information:

Servings: 10
Serving Size: 3/4 Cup
Calories: 360
Protein: 14
Carbohydrate: 75
Fat: 2.7
Cholesterol: 0
Sodium: 829
Fiber: 15

Food Exchanges:

3 Grains
1-1/2 Other Carbohydrates
1/2 Vegetable
1/2 Fat

Bean Salad Goes Mediterranean

1-16 ounce can cranberry beans, drained and rinsed OR

2/3 cup dry cranberry beans*

8 ounces spiral pasta, uncooked

¼ cup fresh basil, chopped

¼ cup fresh parsley, chopped

2 teaspoons Dijon-style mustard

¾ cup reduced-fat Italian salad dressing

15 cherry tomatoes, halved

1 cup green bell pepper, chopped

¼ pound feta cheese, crumbled.

If using dry beans, soak in 3 cups of water for up to 8 hours (or overnight in the refrigerator). Drain and rinse. Combine with 3 cups of fresh water and simmer for 1-1/2 to 2 hours or until tender. Drain. Cook pasta according to instructions on package. In large bowl,, whisk basil, parsley, mustard and dressing. Add remaining ingredients and toss. Cover and chill about 1 hour before serving.

*Any variety of Michigan Dry Beans may be substituted.

Nutritional Information:

Servings per recipe: 9

Serving size: 1 cup

Calories: 202

Protein: 7

Carbohydrate: 31

Fat: 6

Cholesterol: 1

Sodium: 343

Fiber: 4

Food Exchanges:

1 Lean Meat

1 Starch/Bread

1 Fruit

Three Bean Salad

1-16 ounce can Dark Red Kidney Beans, drained and rinsed OR
2/3 cup dry Dark Red Kidney Beans*
1-16 ounce can black beans, drained and rinsed OR
2 cups cooked dry beans rinsed.
1-16 ounce can yellow wax beans, drained and rinsed
1-16 ounce can sliced carrots, drained and rinsed
1 green bell pepper, chopped
1/2 cup red onion, thinly sliced

Dressing:

1/4 cup cider vinegar
2 tablespoons sugar
2 teaspoons Dijon-style mustard
1 clove garlic, minced
1 tablespoon fresh basil, chopped
1/4 teaspoon Tabasco sauce
1/3 cup vegetable oil

In a large bowl, combine salad ingredients. In a small bowl, whisk vinegar, sugar, mustard, garlic, basil and Tabasco. Gradually whisk in oil. Add to mixture.

*Any variety of Michigan Dry Beans may be substituted.

Nutritional Information:

Servings per recipe: 8
Serving size: 1 cup
Calories: 203
Protein: 6
Carbohydrate: 25
Fat: 9
Cholesterol: 1
Sodium: 439 Dry Beans: 310
Fiber: 9

Food Exchanges:

1 Starch/Bread
1 Fruit

Easy Yellow Eye Bean Salad

2-15 ounce cans yellow eye beans, drained and rinsed OR

3 cups cooked, drained and rinsed

½ cup scallions or green onions, chopped

3 cups red bell peppers, diced

1 jalapeno pepper, seeded and finely diced

4 tablespoons fresh cilantro, coarsely chopped*

3 tablespoons lime juice

1 whole cucumber, peeled, seeded and diced

½ teaspoon salt

Combine all ingredients and allow to marinate at room temperature one hour before serving. Serve on individual salad plates, garnished with lettuce leaves.

Variations: Add 1 cup diced jicama or add 1 cup diced carrots.

*Any bean variety can be substituted

Nutritional Information:

Servings per recipe: 12

Serving Size: ½ cup

Calories: 66

Protein: 4

Carbohydrate: 12

Fat: 1

Cholesterol: 0

Sodium: 93

Fiber: 4

Food Exchanges:

Grain

Very Lean Meat/Protein

Vegetable

Michigan Bean And Potato Soup

16 – 1 cup servings

2 pounds Navy beans OR assorted varieties of Michigan dry beans
2 cups Michigan potatoes, diced
½ cup Michigan onions, diced
½ cup Michigan carrots, diced or shredded
¼ cup celery, chopped
½ pound ham, ground or diced
1 tablespoon seasoned salt
1 teaspoon garlic powder
¼ teaspoon cumin
2 cups chicken base (3 chicken bouillon cubes with 2 cups water)
½ cup ketchup
salt and pepper to taste

Soak beans in approximately 3 cups water per cup of dry beans. Beans can be left to soak in the refrigerator 6 to 8 hours or quick soaked by bringing to a boil and cooking two minutes. Then remove from heat and let stand one hour. DRAIN soaked beans. Again add approximately 3 cups water per cup of soaked beans and bring to a full boil. Reduce heat and simmer beans 60 minutes or until tender. NOTE: beans can be cooked on stove top; in crockery cooker; pressure cooker; or microwave. Once cooked, drain beans, reserving 4 cups cooking liquid. Add remaining ingredients and simmer for approximately 1 hour. ENJOY! Extra servings of soup can be frozen or shared with friends or neighbors.

Source: The Michigan Bean Commission and the Michigan Potato Industry Commission