

Black Bean Burger
with grilled pineapple and chipotle mayonnaise



Ingredients

2 (15-ounce) cans black beans, drained and rinsed
2 shallots, minced
1 teaspoon red pepper flakes
1 teaspoon smoked paprika
1 teaspoon Worcestershire sauce
1 teaspoon hot sauce
1 teaspoon freshly chopped cilantro leaves
1 egg white, slightly beaten
3 tablespoons whole-wheat flour
1/2 tablespoon kosher salt
1 tablespoon cracked black pepper
3 tablespoons olive oil
Sliced red onion
4 buns
1/2 cup chipotle mayonnaise (1/2 c mayo and 1 tsp chopped chipotle)
Grilled pineapple
Sliced pepperjack cheese
Tomatillo salsa

Directions

In a large bowl, finely mash the black beans with a potato masher or your hands. Add the shallots, red pepper flakes, smoked paprika, Worcestershire, hot sauce, cilantro, egg white, flour, salt and pepper. Mix well with a wooden spoon. Form into 4 patties and arrange on a platter.

In a large saute pan over medium-high heat, add the oil. Sear patties for 3 to 4 minutes on each side until they have a nice crust. Remove the patties to a paper towel lined platter. Top with cheese, grilled pineapple, tomatillo salsa, red onion.

Black Bean and Salsa Soup

Ingredients

- 2 1/2 cups cooked black beans, drained
- 1 1/2 cups beef or vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion



Directions

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Cream of Chicken Condensed Soup Recipe

- Grind: 4 T of any white bean (lima, navy, etc.) to make 5 T bean flour
 - Combine: 5 T bean flour, 1 3/4 c. water, 4 t chicken bouillon into a saucepan
 - Cook: On stovetop at medium temperature until thick and delicious (whisk frequently). The soup should cook in 3 minutes! (this may be longer if your grinder makes a very coarse flour).
- Use this with cooked veggies and or meat for a complete meal. You can also add this to recipes calling for cream of chicken soup cans (I have found this replaces a can plus the water or milk in recipes).

Low-Fat Ultimate Death by Chocolate Cookie

This recipe is awesome, **easy**, looks gourmet and NO ONE will guess you used beans instead of butter in it! If you love it, make sure you check out my NEW *Everyday Beans e-Cookbook* with over 90 recipes that will incorporate beans into your breakfasts, sides & salads, dinners and DESSERTS!

Ingredients

1 Devils Food Chocolate Cake mix (must be Devil's food)
1/2 C. bean puree (you can use either black or white beans)
2 eggs (2 T. dry **powdered eggs** + 1/4 water)
1 t. vanilla
1 tub Fat-Free Cool Whip
1/2 pkg. dark chocolate chocolate chips, melted
chocolate covered strawberries, optional

Instructions

1. Preheat oven to 350 degrees. Combine half of the Devils Food Cake Mix with the bean puree, eggs and vanilla in electric mixer for 2 minutes or until thoroughly combined. Add in second half of cake mix and mix until combined. Drop rounded balls of cookie dough on GREASED cookie sheet. Cook 10-12 minutes or until done. Take out of oven and with a glass with a flat bottom, flatten cookies and allow to cool.
2. Mix together Cool Whip and melted chocolate to form mousse. Place mousse in between two cookies. Place a little mousse on top of cookie sandwich and place chocolate covered strawberry on top.

Notes

Make bean puree by dumping a can of beans in your blender and blending until it is the consistency of a thick smoothie.



Basic Dried Beans

"There are two steps to cooking beans: soaking and cooking. Soaking allows dried beans to absorb water; which makes them start to dissolve the gaseous starches that can cause discomfort. Cooking beans makes them tender and digestible. And rinsing them after soaking and draining any water after cooking will further help to reduce the gas-producing starches."

Ingredients

1 lb dried beans (your favorite)
10 cups water

Directions

1. Note: Lentils, split peas and black-eyed peas do not need to be soaked.
2. Pick through the beans, discarding any discolored or shriveled beans or any foreign matter.
3. Rinse well.
4. Traditional Slow Soak: In a 5-quart saucepan, cover 1 pound dried beans with 10 cups water.
5. Cover tightly and refrigerate 6-8 hours or overnight.
6. Drain and rinse the beans.
7. Hot Soak: In a 5-quart saucepan, bring 10 cups water to a boil.
8. Add 1 pound dried beans and return to a boil.
9. Remove from the heat; cover tightly and set aside at room temperature 2-3 hours.
10. Drain and rinse the beans.
11. Quick Soak: In a 5-quart saucepan, bring 10 cups water to a boil.
12. Add 1 pound dried beans and return to a boil; let boil 2-3 minutes.
13. Cover tightly and set aside at room temperature 1 hour.
14. Drain and rinse the beans.
15. Gas-Free Soak: (The best method for gas-free beans, developed by the California Dry Bean Advisory Board.) In a 5-quart saucepan, place 1 pound of beans in 10 or more cups of boiling water; boil for 2-3 minutes, cover and set aside overnight.
16. By morning, 75 to 90 percent of the indigestible sugars will have dissolved into the soaking water.
17. Drain, then rinse the beans thoroughly before cooking them.

Directions

18. **COOKING BEANS:** When cooking beans, do not add salt or acidic ingredients, like vinegar, tomatoes or juice- which slow the cooking substantially; add these ingredients when the beans are just tender.

19. Cooking times vary with the types of beans used but also may vary with their age.
20. Beans are done when they can be easily mashed between two fingers or with a fork.
21. Always test a few beans in case they have not cooked evenly.
22. Return the soaked, rinsed beans to the 5-quart saucepan.
23. Cover the beans with 3 times their volume of water.
24. Add herbs or spices (not salt), as desired.
25. Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occasionally, until tender (the time will depend on the type of bean, but start checking after 45-60 minutes).
26. Do not boil them since this will break the skins.
27. Check the level of the water and add more if it gets low.
28. When the beans are tender, drain and use in recipes; or for later use, immerse them in cold water until cool, then drain well and freeze in 1- to 2-cup packages.
29. One pound of dried beans will yield about 5 or 6 cups cooked beans.
30. **PRESSURE COOKING:** This is one of the quickest ways to cook beans.
31. After you've soaked 1/2 pound of beans, place them in a 4-quart pressure cooker with 4 cups water.
32. Cook at 15 pounds pressure following the manufacturer's directions for the type of legume you are cooking.

Giving New Life to Old Beans:

Should you throw out those dry beans that have hardened after years in storage? No! To salvage old beans, wash and sort them, removing any discolored beans or foreign material. To each cup of dry beans, add two and one-half cups (Imperial pint) of hot tap water and two teaspoons of baking soda. Soak the beans overnight. The next day, drain them and rinse them twice. Put them in a large pot, cover them with water, and cook them until they become tender—about two hours. As the beans cook, add more water as needed. Then use the beans in any recipe.—**Relief Society General Board (Ensign Jan. 1990)**

Proper bean soaking and using the baking soda will enhance digestibility and nutrient absorption and reduce gas. Be sure to drain off the soaking water and rinse the beans. The soaking water contains some of the bean sugars that can cause gas.

Two Ways to Soak Beans:

Quick Method - For each pound (2 Cups) of dried 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 1 hour.

Overnight Method - For each pound (2Cups) of Dried beans, add 10 cups cold water, let soak overnight, or at least 8 hours.

Start early make sure you have enough time to soak and cook your beans. Cook more than you need and save them for the next time. Store cooked beans tightly cover in the fridge or in the freezer for up to six months.

Spicy Bean Salsa



Ingredients

- 1 1/2 cup cooked black beans drained
- 1 (15 ounce) can whole kernel corn, drained
- 1/2 cup chopped onion (I used green onion)
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 (4 ounce) can diced jalapeno peppers
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 cup Italian-style salad dressing
- 1/2 teaspoon garlic salt
- Cilantro - optional

Directions

1. In a medium bowl, combine black beans, corn, onion, green and red bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors. Serve with tortilla chips.

Tips for using beans for oil and butter!

1. If your recipe calls for oil, you are going to use a bean puree. What is a bean puree you ask? It's simply cooked beans with enough water to whirl in your blender. If you want a simple way to try this, take a can of beans (the entire can) and dump it in the blender and blend it. Done.
2. If your recipe calls for butter, you are going to use cooked, drained beans.
3. For substituting beans for both butter and/or oil you are going to use a 1:1 ration. That means if your recipe calls for 3/4 C. oil, you are going to use 3/4 C. bean puree. If your recipe calls for 1 C. butter you are going to use 1 C. beans. You'll use the same measurements for beans as your original recipe says to use for either the oil and/or butter.
4. When wondering which beans to use-you are going to match color for color. If it is a chocolate cake, use black beans. If it is a spice cake, use pinto beans. If it is a white cake, use white beans. Now, here is the tricky part...you can also use white beans in chocolate cake but you can't use black beans in your white cake. Your family will wonder what all of those black specks are. 😊 To be safe, you can use white beans in almost anything.
5. Now, you're going to add the beans however your recipe says to use the butter and/or oil. So, if your recipe says to cream the butter with the sugar-you're going to cream the beans with the sugar. If your recipe says to add the oil to the dry ingredients, you're going to add the bean puree to the dry ingredients.
6. If you are using beans in something like brownies or cookies that are supposed to be chewy, the beans will not make it chewy-it will be cake like. So if you're family is big on chewy that doesn't mean you have an excuse not to use beans. It just means you need to use half oil/butter and half beans. It will still be chewy and you'll still be saving money and adding fiber and protein! Remember, I'm not big into all or nothing-even a little or half is better than nothing and it's important that your family likes what you make!

Brownie Bites:

Betty Crocker, Low-Fat Fudge Brownie Mix

Added puree'd beans in place of oil. Delish!



Black Bean Salad



Ingredients

- 2 cans black beans, drained, about 30 ounces
- 1 (15-ounce) can corn, drained
- 2 Roma tomatoes, diced
- 1/4 cup diced red bell pepper
- 1/4 cup diced red onion
- 1/4 cup diced green onions
- 1/4 cup diced pineapple
- 1 tablespoon chopped cilantro leaves
- 1 jalapeno, seeded and minced
- 4 tablespoons sherry vinegar
- Juice of 1/2 lime
- 3 tablespoons honey
- 1 tablespoons salt
- 1 teaspoon black pepper
- Pinch ground cumin

Directions

Mix all ingredients in a bowl and refrigerate for 1 hour.

Hummus For Real



Ingredients

- 1 pound Slow Cooker Chickpeas, cooled, recipe follows
- 2 cloves garlic, minced
- 1 1/2 teaspoons kosher salt
- 5 tablespoons freshly squeezed lemon juice
- 1/4 cup water
- 1/3 cup tahini, stirred well
- 1/4 cup extra-virgin olive oil, plus extra for serving
- Powdered sumac, optional

Directions

Place the chickpeas, garlic, and kosher salt in the bowl of a food processor. Process for 15 to 20 seconds. Stop, scrape down the sides of the bowl, and process for another 15 to 20 seconds. Add the lemon juice and water. Process for 20 seconds. Add the tahini. Process for 20 seconds, then scrape down the sides of the bowl. With the processor running, drizzle in the olive oil.

To serve, transfer the hummus to a bowl and drizzle with additional olive oil and sprinkle with sumac, to taste, if desired.

SERVES: 10 (1/4 cup per serving); Calories: 257; Total Fat: 12 grams; Saturated Fat: 1 grams; Protein: 10 grams; Total carbohydrates: 30 grams; Sugar: 5 grams; Fiber: 8.5 grams; Cholesterol: 0 milligrams; Sodium: 337 milligrams

Slow Cooker Chickpeas:

- 7 cups water
- 1 pound dry chickpeas, sorted and rinsed
- 1/4 teaspoon baking soda
- Special equipment: a 2 1/2-quart slow cooker

Place the water, chickpeas, and baking soda in a 2 1/2-quart slow cooker. Cover and cook on high heat for 4 hours, or on low heat for 8 to 9 hours, or until tender. Drain and serve immediately, or use in desired dish.

Chili Blanco



1 pound small white beans
6 cups chicken broth
1 tsp. chicken stock base
2 brown onions, chopped
1 tbsp. vegetable oil
3-4 cloves garlic, minced
17 ½ ounce can diced green chilies
4 tsp. ground cumin
2 tsp. dried oregano
2 tsp. cayenne pepper
4 cups cooked and diced chicken
1 cup sour cream
3 cups Monterey jack cheese, shredded

Garnish with:

sour cream
chopped cilantro
chopped green onions
chopped tomatoes

Soak beans for a few hours. Drain. Combine beans, broth and chicken stock base in a large pot. Simmer, covered for about 2 hours, or until tender and soft. Saute onions in oil until golden. Add onions, garlic, green chilies, cumin, oregano, cayenne pepper and chicken to bean mixture. Simmer for another 30 minutes. Add sour cream and jack cheese. Heat just until cheese melts.

Cooks Note: Overcooking or boiling hard after adding sour cream and cheese can make the beans hard and cause mixture to separate.

Serve with the garnishes and white corn chips.