

Beans/Grains Class

Recipes

PINTO BEAN PIE

1 heaping cup of mashed pinto beans*	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup sugar	2 eggs, beaten
1 cup brown sugar	1 unbaked pie shell

*1 $\frac{1}{2}$ cups cooked beans equals about 1 cup, mashed.

Blend sugars, eggs and butter until creamy. Add pinto beans and blend well. Pour into 9 inch unbaked shell. Bake at 375° for 20 minutes, then at 350° for an additional 25 minutes or until inserted knife comes out clean.

Note: This pie tastes like pecan pie and can be served with whipped cream or ice cream.

PINTO BEAN FUDGE

1 cup warm cooked pinto beans	1 tsp vanilla
1 cup cocoa	2 lbs powdered sugar (7 $\frac{1}{2}$ cups)
$\frac{3}{4}$ cup melted butter	1 cup chopped pecans (optional)

Mash or sieve beans. Add melted butter, cocoa and vanilla. Mix in powdered sugar gradually. Add nuts if desired. Press into a 9 x 13 inch oiled or non-stick pan. Store in the refrigerator.

MULTI-GRAIN PILAF (by Tami Girsberger & Carol Peterson)

2 Tbsp oil	$\frac{1}{4}$ tsp salt
$\frac{3}{4}$ cup white basmati rice	$\frac{1}{4}$ tsp pepper
$\frac{3}{4}$ cup quinoa	$\frac{1}{2}$ cup dried cranberries, or chopped dried apricots
3 cups chicken or vegetable broth	$\frac{3}{4}$ cup pine nuts or chopped pistachio nuts

In a large saucepan, heat oil over medium heat, add rice and quinoa, and toast 1 to 2 minutes.

Add broth, salt, and pepper and bring to boil. Reduce heat to low and simmer 15 to 20 minutes or until liquid is absorbed. Add dried cranberries, and half of nuts, and fluff with fork. Sprinkle top with other half of nuts. Serve immediately. Serves 6.

BRAZILIAN BEANS & RICE (serves 15-20)

2 pounds of pinto beans	$\frac{1}{2}$ cup minced garlic
$\frac{1}{2}$ cup of dry beef broth	$\frac{1}{2}$ cup Badia Seasoning*
1 cup olive oil	4 cups rice

Pick over beans. Rinse well. Soak. Pour off water and fill pot with fresh water to cover beans. Add $\frac{1}{2}$ c. dry beef broth and bring to boil. While beans are simmering, sauté the minced garlic in the olive oil. Add oil, garlic and seasoning. Continue cooking until the beans are done to your liking. While beans are cooking, cook rice. Serve beans over rice, with Molho Sauce served on top.

*If you don't have Badia Seasoning, substitute with the following:

3-4 tsp salt	3-4 tsp onion powder
1 tsp pepper	1 tsp oregano
3-4 tsp cumin	$\frac{1}{2}$ tsp coriander
3-4 tsp garlic powder	

Molho Sauce for Brazilian Rice and Beans

2 med. Onion, chopped	$\frac{1}{2}$ c. oil
2 green pepper, chopped	1 c. vinegar
4-6 tomatoes, chopped	Garlic powder

Chop onion, green pepper and tomatoes into small pieces. Add vinegar, oil and garlic to taste. Chopped hot pepper may be added. One or two tablespoons of Molho is served on top of the beans and rice. You can add cilantro for color and flavor also.

HOPPIN' JOHN

1 lb (2 cups) dried black-eyed peas, soaked	1/8 tsp thyme
1 onion, diced	Salt to taste
1 stalk celery, diced	1 smoked ham hock*
1 red bell pepper, diced	32 oz chicken stock
2 cloves garlic, minced	4 $\frac{1}{2}$ to 5 cups cooked rice
1 bay leaf	Hot pepper sauce (like Tabasco) (optional)

In a large (6 quart) crock pot, combine the beans, onion, celery, bell pepper, garlic, bay leaf, thyme, salt, and ham hock. Pour the chicken stock into the crock pot and stir to combine ingredients. Cover with lid and cook on low for 7 to 8 hours, until beans are tender. Discard bay leaf and ham hock.

To serve, spoon rice into a bowl and ladle Hoppin' John over the rice. Individually season with hot pepper sauce as desired.

*Substitutes for ham hock: 1 cup diced ham, 2-4 slices bacon cooked and broken in pieces (with drippings), or in the absence of meat, add liquid smoke to taste.

ITALIAN POLENTA

2 cups coarse corn meal (polenta)	1 tsp oregano
2 $\frac{1}{2}$ cups water	1 tsp salt
2 $\frac{1}{2}$ cups chicken or vegetable broth	2-3 cups grated cheese (mozzarella or cheddar)
1 tsp garlic powder	Marinara Sauce (bottled or made from scratch)
1 tsp basil	

Mix polenta and water together. Add seasonings. Stirring often, bring to a boil, turn down heat and simmer until creamy. (About 10 minutes.) Stir in 1 cup of grated cheese. Spread in 9 x 13 pan. Cover with marinara sauce and sprinkle the remaining cheese on top. Bake 350° for 25-30 minutes.

Quick and easy marinara sauce

2 cans diced tomatoes (14 $\frac{1}{2}$ oz)
1 can tomato paste (6 oz)

Add seasonings as follows or to taste (fresh onion, garlic, or herbs can be used instead):

1 tsp garlic powder	1 tsp salt
1 tsp onion powder	$\frac{1}{4}$ tsp pepper
1 tsp oregano	1-3 Tbsp. brown sugar
1 tsp basil	1 Tbsp olive oil (optional)

In a saucepan, add all ingredients together and simmer for 5-10 minutes.

HUMMUS

1 can garbanzo beans/chickpeas	1 garlic clove, peeled (or 1 $\frac{1}{2}$ tsp garlic powder)
1/4 cup olive oil	1 teaspoon cumin
1 tablespoon lemon juice	1/8 teaspoon red pepper flakes, crushed
Salt to taste	

Preparation:

In a blender or food processor, blend all ingredients together until smooth and creamy. Serve immediately with pita bread, pita chips, or veggies.

Store in an airtight container for up to three days.

HERBED LENTILS & RICE

3 cups chicken or vegetable broth	$\frac{1}{2}$ tsp basil
$\frac{3}{4}$ cups lentils, uncooked	$\frac{1}{4}$ tsp oregano
$\frac{1}{2}$ cup rice, uncooked (brown or white)	$\frac{1}{4}$ tsp garlic powder
$\frac{3}{4}$ cup chopped onion (3 Tbsp dried chopped onion)	$\frac{1}{8}$ tsp pepper
$\frac{1}{2}$ tsp salt	

Combine all ingredients in an ungreased 1 $\frac{1}{2}$ quart casserole.

Bake, covered, in a 350° oven for 1 - 1 $\frac{1}{2}$ hours, or until lentils and rice are tender and moisture is absorbed. Stir twice during cooking, if possible.

MEXICALI PIE (by Noni Davies)

1 can chili or 2 cups cooked beans
1 can corn, drained
1 can diced tomatoes (or fresh tomatoes plus 1 can tomato sauce)
3-4 veggies if available (uncooked grated zucchini, cabbage, bell pepper or sautéed onions work well)
2 Tbsp whole-wheat flour
1 tsp onion powder
 $\frac{1}{2}$ tsp garlic powder
1 tsp mild chili powder
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ - 1 tsp salt

Mix together and spread in 9 x 13 baking dish. (May be put in oven to begin heating while topping is being made.)

Cornbread Topping:

1 cup cornmeal	1 Tbsp honey
$\frac{1}{2}$ cup whole-wheat flour	2 tsp baking powder
$\frac{1}{4}$ tsp salt	1 egg
$\frac{1}{4}$ cup oil	1 cup water or powdered milk

Wisk together and pour over bean mixture. Bake 25 minutes or until cornbread topping is done at 400°.