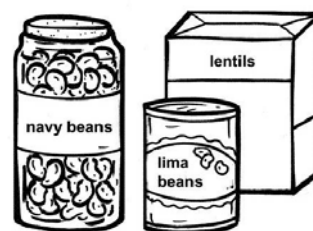


Bean Recipes

Split Pea Soup Serves 6.

1 1/2 cups dry green split peas
1 small ham hock
1 medium onion, chopped

1/8 tsp. pepper
6 cups water



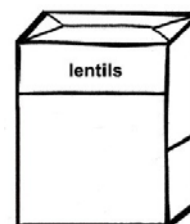
1. Rinse dry peas and remove stems or stones.
2. Put peas, ham hock, onion, pepper, and water into pot. Cover and simmer 1 1/2 hours or until ham hock is tender.
3. Remove ham hock and cut meat from bone. Cut meat into small pieces.
4. Return meat to soup. Heat to serving temperature.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 20 mg ~ total carbohydrate 28 g ~ fiber 10 g

Chili with Lentils Serves 7.

1 pound dry lentils
1 tsp. salt
5 cups boiling water
1 can tomatoes (16-oz.)

1 1/2 Tbsp. chili powder
1 medium onion, chopped
1/2 cup celery, chopped
1 garlic clove, minced



1. Rinse dry lentils and remove stems or stones.
2. Add salt and dry lentils to boiling water. Cover and simmer 30 minutes. Do not drain.
3. Add tomatoes or tomato sauce, chili powder, onions, celery, and garlic. Cover and simmer 30 minutes more.
4. Serve over rice, spaghetti, or tortilla chips.

NUTRITION FACTS (per serving) - Calories 110 ~ fat .5 g ~ calories from fat 5 ~ sodium 460 mg ~ total carbohydrate 20 g ~ fiber 7 g

Stove-Top Beans Serves 4.

2 15-oz. cans of beans, drained
3/4 cup water
1 8-oz. can tomato sauce
1 medium onion, chopped
1 medium apple, finely chopped

1 Tbsp. prepared mustard
1 1/2 tsp. Worcestershire sauce
2 tsp. sugar
1/8 tsp. pepper

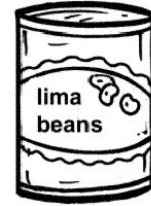


1. Combine all ingredients in a large saucepan.
2. Bring to a boil. Reduce heat and cover. Cook gently for 30 minutes.
3. Uncover pot. Continue cooking for 10 minutes.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 0 g ~ calories from fat 0 ~ sodium 890 mg ~ total carbohydrate 47 g ~ fiber 12 g

Beans & Corn Chili Serves 6.

- | | |
|----------------------------|---------------------------------------|
| 1 (16 oz.) jar salsa | 1/2 tsp. ground cumin |
| 2 (16 oz.) cans of beans | 1/2 tsp. chili powder |
| 1 (8 oz.) can tomato sauce | 4 oz. lowfat cheddar cheese, shredded |
| 1 cup corn | |

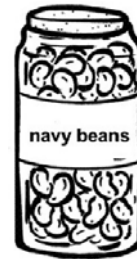


Drain the beans. In a skillet, combine beans, salsa, tomato sauce, corn, cumin and chili powder. Bring to a boil and reduce heat and simmer for 5 - 10 minutes. Serve chili in bowls and top with cheese.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 2 g ~ calories from fat 20 ~ sodium 1230 mg ~ total carbohydrate 36 g ~ fiber 10 g

Bean Salad Serves 6.

- | | |
|-----------------------------------|---------------------------------|
| 3/4 cup celery, chopped | 1/4 cup vinegar |
| 1/4 cup onion, chopped | 1/4 cup sugar |
| 1/4 cup green pepper, chopped | 1/2 tsp. dry mustard (optional) |
| 3 cup dry beans, cooked or canned | 1/2 tsp. garlic salt |
| 1/4 cup oil | |



1. Combine celery, onion and green pepper with cooked beans.
2. Mix together oil, vinegar, sugar, dry mustard, and garlic salt.
3. Pour mixture over vegetables; refrigerate 4 hours before serving.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 10 g ~ calories from fat 90 ~ sodium 440 mg ~ total carbohydrate 30 g ~ fiber 8 g



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