

COOKING WITH BEANS



Beans & Corn Chili

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| 1 16-ounce jar salsa | 4 oz. package low fat cheddar cheese |
| 2 16-ounce cans of beans | 1/2 tsp. ground cumin |
| 1 8-ounce can tomato sauce | 1/2 tsp. chili powder |
| 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. Grate cheese. Serve chili in bowls and top with grated cheese. Serves 6 (1 cup serving).

Nutrition Facts (per serving): Calories 240 ~ fat 3 g ~ calories from fat 25 ~ sodium 1080 mg ~ total carbohydrate 36 g ~ fiber 10 g

Mexican Layered Dip

- 1 15-ounce can pinto beans, drained
- 1/4 cup taco sauce
- 1 teaspoon chili powder (if desired)
- 1 cup shredded, reduced-fat Monterey Jack or Cheddar Cheese

Serving suggestions: toppings -shredded lettuce, chopped tomatoes and/or sliced green onion
Serve dip with low-fat crackers or tortilla chips

Mash the beans in the bowl. Add the taco sauce and chili powder to the beans and mix well. Spread bean mixture evenly on the plate, and sprinkle shredded cheese over the beans.

Serves 6.

Nutrition Facts (per serving): Calories 100 ~ fat 2 g ~ calories from fat 15 ~ sodium 290 mg ~ total carbohydrate 11 g ~ fiber 4 g

Cajun Red Beans and Rice

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| 1 lb. dried red beans | 1 tsp. Worcestershire sauce |
| 3 cups onion, chopped | 1 tsp. pepper |
| 1 cup parsley, chopped | 1/2 tsp. hot sauce |
| 1 8-ounce can tomato sauce | 1/2 lb. smoked sausage, cut into 1/4 inch slices |
| 1 tsp. garlic powder | 3 cups cooked brown rice |
| 1/4 tsp. dried whole oregano | |

Sort and wash dry beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak overnight. Drain. Cover with fresh water. Cover and simmer 45 minutes. Stir in next 10 ingredients; continue to cook 1 hour. Brown sausage and drain; add to bean mixture. Cover and simmer 45 minutes, adding more water if necessary. Serve over rice. Serves 6.

Nutrition Facts (per serving): Calories 560 ~ fat 13 g ~ calories from fat 120 ~ sodium 1570 mg ~ total carbohydrate 93 g ~ fiber 9 g

Red Beans with Ham Hock

1/2 lb. dried red/pinto beans
1 large onion, minced
1 lb. smoked ham shanks or hocks
1 bay leaf
1 garlic clove, minced

Wash and soak beans two to three hours, or overnight. When ready to cook, drain off water and put beans in large pot with 2 quarts cold water. Cook for 30 minutes. Add onion, ham hock, bay leaf and garlic. Cook slowly but steadily for 2 hours. Serves 8.

Nutrition Facts (per serving): Calories 290 ~ fat 13 g ~ calories from fat 120 ~ sodium 60 mg ~ total carbohydrate 19 g ~ fiber 7 g

Split Pea Soup

1 large onion
3 Tbsp. butter or margarine
1 1/2 cup dry split peas
6 cups water
1 1/2 tsp. salt

Chop onion. Cook in butter in a large pan until tender. Wash and drain split peas. Add water, split peas and salt to onion. Bring to boiling. Lower heat and cover pan. Simmer about 2 hours, until thickened. NOTE: Cook a ham bone or pieces of ham in the soup, if you like. Remove bones and serve meat in soup. Serves 6 (3/4 cup serving).

Nutrition Facts (per serving): Calories 220 ~ fat 7 g ~ calories from fat 60 ~ sodium 60 mg ~ total carbohydrate 32 g ~ fiber 16 g

Blackeyes Beans

1lb. dry blackeye beans
6 cups water
1/3 lb. ham hock
1 small onion, chopped
1 8-ounce can tomato sauce
1 teaspoon salt
1/2 cup chopped celery
Garlic powder and pepper, to taste

Wash and sort dry blackeye beans. Soak overnight or bring blackeye beans and water to boil; boil 2 minutes; set aside for 1 hour. Add all ingredients and cook until beans are tender (approximately 1-2 hours). Add hot water during cooking if needed. Serves 8.

Nutrition Facts (per serving): Calories 260 ~ fat 5 g ~ calories from fat 50 ~ sodium 470 mg ~ total carbohydrate 36 g ~ fiber 11 g



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