

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Vol. 7, Issue 1
Winter 2005

DRY BEAN COOKERY

Dry beans are a staple in our diets that can be made into a variety of low cost dishes. They belong to a group of foods called legumes; which include dry beans, peas, lentils, peanuts and soybeans.

Red Beans and Rice

Pick over, rinse, and soak overnight;
1 pound dried red kidney, pinto,
or small red beans (about
2 cups)

Combine in a large pot:

8 cups water
2 ham hocks (2 to 3 pounds)
1 cup finely chopped celery
1 cup finely chopped onions
1 cup finely chopped green bell
peppers
2 cloves chopped garlic
2 bay leaves
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon pepper
1/2 teaspoon ground red pepper,
(optional)

Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the ham hocks are tender (about 1 hour). Remove the ham hocks and let cool. Drain the beans, add them to the pot, and return to a boil. Reduce the heat and simmer, covered, until the beans are tender, about 30 minutes. Add water as needed to keep the beans covered. Remove the meat from the ham hocks and add it to the pot. Warm through. Serve over 4 cups hot cooked rice. Refrigerate leftovers.



Chunky Meatless Chili

1 medium green pepper, chopped
1 medium onion, chopped
3 garlic cloves, minced (optional)
3-1/2 cups canned tomatoes, undrained,
chopped
1 - 15 ounce can kidney beans, undrained
1 - 15 ounce can black-eyed peas or
black beans, undrained
1 - 16 ounce can whole kernel corn,
drained (optional)

1 cup water
1 cup uncooked rice
1-2 tablespoons chili powder (optional)

Lightly oil or spray a 3-quart saucepan and sauté green pepper, onion, and garlic over medium-high heat for 5 minutes until tender. Stir in the tomatoes, kidney beans, black-eyed peas (or black beans), corn, water, rice and chili powder. Bring to a boil, reduce heat, cover and simmer 30 minutes, stirring occasionally. When serving, may be garnished with plain yogurt, chopped onions, and/or low fat shredded cheese.

Bean Wraps

Four 8-inch flour tortillas
1-15-ounce can black beans, rinsed
and drained
1/2 cup chopped green sweet pepper
1/3 cup light mayonnaise or salad
dressing
1 Tablespoon lime or lemon juice
leaf lettuce (optional)

Stack tortillas and wrap tightly in foil. Heat in a 350° oven for 10 minutes to soften. Meanwhile, in a medium bowl mash black beans slightly; add sweet pepper. Stir in light mayonnaise dressing and lime or lemon juice. To

serve, spread bean mixture evenly over tortillas. Top with lettuce leaves if desired. Roll up tortillas and serve.



Chili In A Biscuit Bowl

2 cups biscuit mix or master mix
2/3 cup skim milk
1/2 teaspoon black pepper
1 pound lean ground beef
1 medium onion, chopped
1 medium green bell pepper, chopped
1 - 28 ounce can chopped tomatoes,
undrained.
1 - 15 ounce can kidney beans, drained
and rinsed.
2 teaspoons chili powder (optional)

Stir biscuit mix, milk and pepper together. Turn dough out onto a surface sprinkled with biscuit mix. Shape into a ball and knead 3 or 4 times. Divide into 6 portions. Invert muffin tin and coat the outside of muffin pan with vegetable spray. Roll or pat dough portions into 6" circles. Place each on a muffin cup; press into a bowl shape. Bake at 425° for 10-12 minutes. Cool slightly and remove to a wire rack.

Cook beef, onion, and bell peppers in a saucepan over medium heat until meat crumbles and is no longer pink; drain fat. Stir in tomatoes, beans, and chili powder. Bring beef mixture to a boil; cover, reduce heat, and simmer 35 minutes. Spoon into biscuit bowls and serve with desired toppings.

Stretching Your Food Dollars

Purchasing Dry Beans:

Dried beans should be clean and uniform in size and quality.

- 1 pound raw = approximately 2 cups
- 1 pound cooked = approximately 6 cups
- 1 cup dry lentils or chick peas = 2-1/2 cups cooked

Storing Dry Beans:

After opening package, place unused beans in a clean covered container.

- Kitchen shelf - 1 year
- Refrigerator shelf, cooked, covered - 1 to 4 days
- Freezer, cooked beans and bean dishes (should be slightly under cooked for best quality) - 4 to 6 months



Cooking Tips for Dry Beans

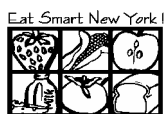
- Fast cooking causes beans to break. Simmer gently to keep them whole and not sticking to pot.
- A tablespoon of salad oil added to beans during cooking keeps foam down.
- Be sure to WAIT until close to the end of cooking time to add tomatoes, lemon juice, vinegar or wine. The reason: acid slows down the softening process.
- Add vinegar or lemon juice to cooked beans. Lentils and black beans are especially good this way. Start with a tablespoon and adjust to taste.
- Canned beans are pre-cooked. Rinse before use in soups, stews, etc. to remove salt.
- To save on preparation time, a quantity of beans can be prepared at the beginning of a week. Store them tightly covered in the refrigerator for up to five days. Beans are then ready for quick use in a variety of ways.
- If cooked without salt, beans will become tender more quickly.
- Turn a bean pot into a stew pot by stirring in chopped vegetables for the last half hour of cooking.



How To Use Dry Beans

- Canned kidney beans, garbanzo beans, Great Northern beans, and other legumes are convenient to use. However, preparing dishes using dried beans doesn't require a lot of time and skill, and it can be less expensive.
- Dry beans should be rinsed well and any moldy or discolored beans should be removed before cooking.
- Dry beans require presoaking (except lentils, black-eyed peas, and split peas). Planning ahead will make this possible. Choose one of these methods:
 - ***Quick:** Wash, sort, and place beans in water. Allow 4 cups of water for each cup of beans. Bring water and beans to a boil and cook 2 minutes. Cover, remove from heat, and let stand 1 hour. Use or refrigerate.
 - ***Overnight:** Place beans in water. Cover and let stand 8 hours or overnight in refrigerator.
- After presoaking, gentle boiling for 1-1/2 to 2 hours will soften most beans, although the time will vary with the age and type of legume. Keep pot covered loosely. If it is covered too tight it will boil over.
- Lentils, black-eyed peas and split peas are the convenience legumes. They don't require presoaking and they cook in 30 minutes. Lentils impart a mild, nutty flavor to salads, soups, and main dishes. Add pureed lentils to dips or to stuffed peppers, or use as a meat extender in meat loaf or patties.

Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920

Cornell Cooperative Extension
Of Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

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