

For the Farm Wife and Family

Dried Beans, Peas, Lentils Provide Energy, Vitamins, and Calcium

Most cooks are old friends with some particular kind of dry bean or pea, or with the lentil. They like to cook and season it some favorite way.

But in markets today you may find a wide variety to choose from: Kidney beans — limas — Great Northerns — pintos — pea beans — split and whole peas — lentils — others perhaps.

So, if you want to know beans have cooking and eating acquaintance with a number of kinds and ways of seasoning and combining them with other foods in savory dishes.

BARGAINS — for budget and nutrition — Dry beans and their close cousins, the dry peas and lentils, are good bargains, budgetwise and nutritionwise. When buying, you can figure that a will provide 7 to 9 three-fourths pound of one of these dry foods cup servings.

All are substantial foods, good for energy. They contain B vitamins, especially thiamine, and worthwhile amounts of the mineral calcium. They are real nuggets of mineral value for the iron they provide — a cupful of cooked beans contains about half a day's needs for iron. And with all this, they provide protein which the body requires to build and repair its organs and tissues.

You can get the most good

family foods if you have in the same meal some meat, cheese, or other protein from an animal source. The reason? Proteins in foods are made up of different combinations of amino acids. Some of these proteins are more useful than others for the body's needs. There is especially good protein in meat and other foods from animal sources, and even a little combined with bean protein makes a strong protein team.

SHORT CUTS FOR SOAKING AND BOILING — Beans and whole peas should be soaked before cooking to take up part of the water lost in drying. For full natural flavor and to save vitamins and minerals, use the soaking water for cooking. Split peas and lentils may be boiled or pressure cooked without soaking.

A quick and effective way to soak beans and whole peas is to start by boiling them with the water for two minutes. Remove from heat, soak one hour, and they are ready to cook.

Even if soaking overnight fits your plans better, it is still an advantage to start with the two minute boil because there will be fewer hard skins. If the beans or peas are to be soaked overnight in a warm room, the brief boil will keep them from souring.

For beans that take an hour or longer to boil, cooking time

may be shortened appreciably by adding baking soda to the soaking water. How much soda to use will depend on the hardness of the water. With most tap water, adding one-eighth teaspoon of soda to the water allowed for one cup of dry beans will shorten cooking time about one-fourth. Measure soda carefully and add to the soaking water at the start. Too much soda will affect bean flavor and nutritive value.

COOKING DRY BEANS, PEAS, LENTILS — One teaspoon salt in the cooking water with one cup of beans, peas, or lentils is about right for average taste. You'll want less salt, of course if ham or salt pork is used. For special flavor, add onions, or meat. If you add tomatoes, catsup, or vinegar when boiling beans or whole peas, wait until 3 thin a little meat or poultry gravy and add a pinch of a favorite seasoning, such as mustard, thyme, poppy seeds, or ground cloves. Pour in the drained cooked beans and heat. These trimmings are also good with whole peas and lentils.

And now for some recipes. Our first recipe, of course would be for Boston baked beans. There are two methods given — the good old slow way and a quicker way almost as flavorful.

BOSTON BAKED BEANS
2 cups dry pea beans or Great Northern beans
1½ quarts water
1 teaspoon salt
¼ pound salt pork
4 tablespoons molasses
½ teaspoon mustard

Soak beans in the water. Add salt and boil gently 45 minutes. Make cuts through the rind of the pork about one-half inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of pork, exposing only the scored rind. Mix molasses and mustard with the cooking liquid from the beans. Pour over the beans. Cover baking dish.

Bake at 250 degrees (very slow oven) six or seven hours; add a little hot water from time to time, if beans seem dry. During the last hour of baking remove the lid to let the beans brown on top. Makes six to eight servings. For shorter baking — Boil

pork 45 minutes along with beans. Add molasses and mustard and bake at 300 degrees (slow oven) three hours. Remove the lid the last 30 minutes to let the beans brown on top.

For a different flavor — Put peeled onion in the bottom of the pot or add one-half cup chopped onion. Use one tablespoon Worcestershire sauce, one-half teaspoon ginger, and pepper to taste for seasoning. Or add one-fourth cup catsup to the molasses, salt, and mustard.

Once you've baked a good sized pot of beans, you have a start toward several quick meals. The next four recipes are for easily-prepared main dishes made with baked beans.

BOILED BEAN SANDWICHES
4 slices bread
2 cups baked beans
4 large slices fresh tomato
4 strips bacon
Toast one side of bread under broiler. Spread beans on untoasted side, top with tomato and bacon. Return to broiler for a few minutes, until bacon is crisp and beans are heated through. Four servings.

For variety — Omit bacon; top beans with a slice of cheese and lay slice of tomato on top. Broil until cheese melts and beans are heated through.

Some kinds of beans foam up high during cooking. You can keep down foam when cooking Great Northern, red kidney, pinto, or pea beans by adding one tablespoon of salt pork drippings or other fat to the cooking water for each cup of beans. This is particularly helpful in pressure cooking. Fat is not of much help in keeping large limas from foaming.

Rapid boiling and frequent stirring cause bean skins to break so — boil beans gently and stir very little.

SIMPLE TRIMMINGS FOR SERVING — You don't have to dress up plain cooked beans to enjoy them. But when you want

an easy change from the usual, try one of these trimmings at serving time.

1. To drained beans add finely sliced celery or chopped green pepper or pimento. Season further with butter, margarine, or meat drippings.

2. Make a quick spicy sauce by thinning catsup or chili sauce with an equal quantity of water or the bean liquid. Add finely chopped onion. Pour the drained beans into the sauce, heat until the sauce bubbles, and you have beans Western style.

BEANS IN PEPPER CASES

4 medium-sized green peppers
Catsup
3 cups baked beans
Cut out stem ends of peppers; remove seeds. Boil peppers five minutes in salted water; drain. Fill peppers with beans and pour catsup over them. Place peppers in a half-inch of hot water in a baking dish or a muffin pan. Bake at 350 degrees until the peppers are tender and the beans heated through — about 30 minutes.

BEAN-TOMATO BAKE


3 cups baked beans
1½ cups canned or cooked tomatoes
Put beans in a baking dish. Pour tomatoes over them and bake at 350 degrees about 30 minutes.
To use fresh tomatoes — Place beans in baking dish and cover with thick slices of fresh tomato. Sprinkle with bread crumbs and dot with table fat. Bake as above.

(Continued on page 9)

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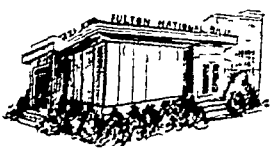
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