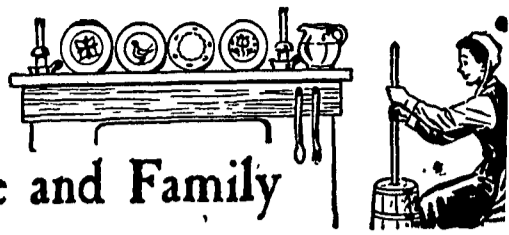


# For the Farm Wife and Family



## Navy Beans In Your Menus

By Mrs. Richard C. Spence

Dry pea beans (navy beans) are important for protein, B vitamins, calcium, and especially iron. They usually come in clear plastic bags holding 2 pounds each, enough to make about 16 to 18 servings of cooked beans. Dry beans keep best at home in a tightly closed jar or other container in a cool, dry place.

Although they need long cooking, homemade bean dishes are easy to prepare and need only occasional stirring to prevent sticking to the bottom of the pan.

If dry beans are cooked by boiling, they can be combined with other foods, such as tomatoes, meat or cheese and seasoned in different ways, or made into soup. Home made baked beans rate high in flavor. Home economist researchers say that the protein in beans is most useful to the body when eggs, meat, cheese, or milk even in small amounts, are served in the same meal.

Wash beans before cooking, then soak to replace water lost in drying. A quick way to soak beans is to boil them in water (3 cups water to 1 cup dry beans) for 2 minutes,

remove from heat, then let stand an hour or overnight. The quick boil will help prevent souring if the beans stand in a warm room overnight. For best flavor and most nutritive value, use the soaking water for cooking.

For plain boiled beans, add a teaspoon of salt for each cup of dry beans. Simmer slowly 1½ to 2 hours or until tender. Meat, onions, herbs, or other seasonings can also be added while the beans simmer. But add tomatoes, catsup, or vinegar only when the beans are almost done, because their acids slow the cooking.

Adding an eighth teaspoon of baking soda to each cup of water at the start of the

soaking helps tenderize bean skins and shortens cooking. More soda than this affects flavor and lowers nutritive value.

Plain boiled beans, put through a sieve or food mill, make a puree that is a good start for quick hearty soup. Chill the puree immediately by setting the pan in cold water or crushed ice, then refrigerate. It keeps 3 to 4 days in a good refrigerator.

### CREAM OF BEAN SOUP FROM THE PUREE

- 2 tablespoons butter or other fat
- 2 tablespoons flour
- 2 cups bean puree
- 2 cups fluid milk (or 1 cup dry milk mixed with 2 cups water)

Salt and pepper  
Melt fat and blend in the flour. Add puree and milk slowly. Cook over low heat until thickened, stirring constantly. Cook 2 to 3 minutes longer, stirring occasionally. Season. Makes 4 servings.

For variety add ½ cup of chopped celery and leaves, 1 small onion, chopped, or 2 teaspoons of onion juice to the soup. Or sprinkle with grated cheese or crumbled bacon just before serving.

### BEAN SOUP WITH HAM

- 1 cup dry pea beans
  - 6 cups water
- Meaty ham bone or ham hock

1 small onion, chopped  
Salt and pepper  
Wash beans. Add water and boil for 2 minutes. Remove from heat and let stand one hour. Add ham bone or ham hock; boil gently 2 hours in a covered pan. Add onion and continue cooking 30 minutes longer or until beans are soft. Remove bone and cut off meat. Add meat to soup, season with salt and pepper. Reheat to boiling, stirring constantly. Makes 4 servings.

some chili powder for extra seasoning, if desired. 4 servings.

### BEAN CHOWDER

- ¾ cup dry pea beans
- 3 cups water
- 1½ teaspoons salt
- ¾ cup diced raw potato
- 1 small onion, chopped
- ¾ cup cooked or canned tomatoes
- 1½ teaspoons flour
- ¾ cup shredded green pepper, if desired
- 1 to 2 tablespoons butter
- 1½ cups milk

Wash beans. Add water, and boil 2 minutes. Remove from heat and let stand one hour. Add salt, and cook until almost done, 1 to 1½ hours. Add potato and onion; cook 20 minutes. You may need to add

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