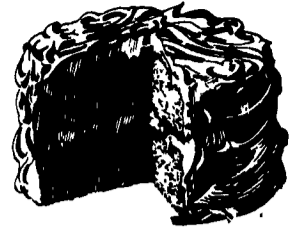


Home On The Range



Beans In the 'Lima Light'

Beans are one of the oldest foods known to humanity. Throughout the centuries, beans have played an important role in the survival and history of cultures around the world. Americans are rediscovering the tremendous nutritional benefits of beans. With the many varieties of beans available, you will discover that what's good for you can also taste great.

Beans are recognized as a near-perfect food by the American Heart Association, the American Cancer Society, and the American Diabetes Association. Beans are high in protein, complex carbohydrates, and dietary fiber, are low in fat and sodium, contain no cholesterol and are rich in vitamins and minerals.

Studies show that beans can help reduce the risk of certain types of cancer and heart disease, and reduce cholesterol levels.

Many varieties of beans can be easily substituted for another type in most recipes.

Packaged or canned, beans are an excellent value for the budget minded cook.

For recipe leaflets featuring beans, send a stamped, self-addressed large business envelope to California Bean Recipes, 531-D No. Alta Avenue, Dinuba, CA 93618.

ZESTY MICRO-BAKED BEANS

16-ounce can baked beans, undrained

15.5-ounce can kidney beans, drained

½ cup prepared thick and chunky salsa

¼ cup finely chopped onion

1 teaspoon prepared mustard

In 1½-quart microwave-safe casserole, combine all ingredients, mix well. Cover with microwave-safe waxed paper. Microwave on high for 7-9½ minutes or until onion is tender and flavors are blended, stirring twice during cooking.



Take your favorite chicken and dumplings over the border for a delicious Tex-Mex feast — Southwestern Chili with Dumplings.

BEAN PIE

3 16-ounce can of any colored bean, drained and mashed

3 large eggs

¼ cup melted unsalted butter

1 tablespoon cornstarch

1 teaspoon ground cinnamon

1 teaspoon ground ginger

¼ teaspoon ground cloves

1 tablespoon fresh lemon or orange juice

1 cup evaporated milk

1 cup brown sugar

1 unbaked 9-inch pie shell

Preheat oven to 450 degrees.

Combine all ingredients except shell. Stir to blend. When well combined, pour into pie shell. Place in preheated oven and bake for 15 minutes. Lower heat to 350 degrees and bake for an additional 30 minutes or until center is set. When serving, add a dollop of freshly whipped cream to each slice. Makes 9-inch pie.

HEART HEALTHY BLACK BEAN AND RICE SALAD

Rice for salad

2 14-ounce cans low sodium chicken broth

¼ teaspoon salt

1 garlic clove, minced

1 bay leaf, crushed

2 teaspoons chili powder

2 teaspoons cumin

2 teaspoons thyme

2 cups white rice, uncooked

Combine all the above ingredients in a small baking dish, cover, and bake at 350 degrees for 30 to 35 minutes, until rice is cooked, but still moist.

Salad:

2 15-ounce cans black beans, drained and rinsed

1 small red pepper, diced

1 jalapeno pepper, seeded and diced

1 ounce fresh cilantro, chopped

1 teaspoon prepared mustard

1 tablespoon red wine vinegar

2 tablespoons olive oil

2 teaspoons chili powder

2 teaspoons hot pepper sauce

1 garlic clove, minced

1 teaspoon ground black pepper

1 teaspoon salt

Combine all ingredients in a medium bowl. Mix with rice. Chill and serve. Serves 8.

To eliminate lengthy soaking and cooking time, substitute canned beans for dry beans. One pound dry beans equals 3 pounds canned beans.

SOUTHWESTERN CHILI WITH DUMPLINGS

2 cups cut-up cooked chicken

1 cup water

15-ounce can tomato sauce

1½ ounces chili seasoning mix

15-ounce can black beans, undrained

8-ounces kidney beans, undrained

8-ounces whole kernel corn, undrained

Dumplings

½ cup shredded Cheddar cheese

Mix chicken, water, tomato sauce and seasoning mix in 4-quart Dutch oven. Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in remaining ingredients except dumplings and cheese.

Prepare dumplings. Heat chili to boiling; reduce heat to low. Drop dough by 12 spoonfuls onto hot chili. Cook uncovered 10 minutes. Cover and cook 10 minutes longer. Sprinkle with cheese. Cover and cook about 3 minutes or until cheese is melted. 6 servings.

Dumpling Dough: Mix 1½ cups Bisquick baking mix, ½ cup cornmeal, and ¾ cup milk until soft dough forms.

RED BEANS AND RICE

2 16-ounce cans of kidney beans, drained

3 tablespoons vegetable oil

1½ cups chopped onion

1 cup chopped green bell pepper

1 cup chopped celery

2 tablespoons minced garlic

1 cup peeled, cored, seeded, and chopped tomatoes

1 teaspoon dried oregano

½ teaspoon dried thyme

3 bay leaves

1 teaspoon paprika

½ teaspoon cayenne

½ teaspoon ground cumin

¼ cup vinegar

1 teaspoon Tabasco

Red pepper flakes, to taste

Salt and pepper, to taste

1½ cups long grain rice

Heat oil in heavy saute pan over medium heat. When hot, add onion, bell pepper, celery, and garlic and saute for 3 minutes or until vegetables begin to soften. Stir in tomatoes, herbs, spices, and vinegar. Cook for about 15 minutes or until vegetables are tender. Scrape into beans. Add tabasco, red pepper flakes, and salt and pepper. Place beans over medium heat and cook for 10 minutes or until heated through.

Cook rice as directed on package or by your usual method. When cooked, place in a deep serving bowl and pour beans over top. Pass additional Tabasco and white vinegar, if desired.

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Bean Basics

Buying Dry Packaged Beans

The best places to buy dry packaged beans are grocery stores, health food stores or shops with a large ethnic trade, since beans are a key ingredient in most ethnic cuisines.

Preparing Dry Packaged Beans

To soak or not to soak is a common question when it comes to cooking dry packaged beans. The answer — definitely soak before cooking for two reasons: 1) to soften and return moisture to the beans, which reduces the cooking time; and 2) to allow some of the gas-causing substances to dissolve in the soak water, which makes the beans easier to digest.

For every pound (2 cups) of beans, any variety, add 10 cups of hot water. Remember most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot.

Heat to boiling, let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour (Quick Soak Method), but preferably four hours or more.

The longer the soaking time, the greater the amount of gas-causing properties to dissolve in the water, thus helping to improve digestion of beans.

Whether you soak the beans for an hour or several hours, remember to discard the soak water.

Bean Counting

Most dry packaged beans triple in volume when soaked or cooked. Following is an easy reference for measuring: * 1 lb. dry packaged beans = 2 cups dry = 6 cups cooked. * 1 cup dry packaged beans = 3 cups cooked.

Cooking Beans

Cooking dry packaged beans on the stove-top is one of the fastest methods. In general, dry packaged beans take 30 minutes to

2 hours to cook. Most recipes will tell you approximately how long it takes.

For simple boiled beans, place the soaked, rinsed and drained beans in a large saucepan with fresh hot water. Water level should come to about one inch above the beans.

For each pound (2 cups) of dry packaged beans, a tablespoon of cooking oil may be added to reduce foaming and boil-overs; olive oil, butter or margarine also can be used for more distinctive flavors. If the water should foam, skim it off once or twice.

Boil beans for 10 minutes, then simmer until tender (approximately 1-2 hours, depending on the variety).

Add seasonings such as garlic, onion, oregano, parsley or thyme, during the cooking time, if desired.

Never add anything acidic, such as tomatoes, vinegar, wine or citrus juices, while the beans are cooking. Add acidic ingredients only after the beans are almost tender.

To test for doneness, bite-taste a few beans. They should be tender, but not mushy.

When cooling, keep the beans in their cooking liquid to prevent them from drying out.

When reheating beans, add a tablespoon or two of water.

Storage of Beans

When cooking dry packaged beans, it is convenient to cook more than needed for immediate use. The extra cooked beans are very easy to store.

In packaged in moisture- and vapor-proof containers, beans may be kept in the freezer for up to 6 months.

Bean recipes taste even better the second time around! Bean dishes may be kept about 4 or 5 days when refrigerated.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

- 18- What Can You Do With Rice?
- 25- Poultry And Eggs

October

- 2- National Pork Month
- 9- Pizza Time