

The Beans Cookbook

2397 Recipes

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Curried Hummus

Ingredients

2 (15.5 ounce) cans chick peas
(garbanzo beans), rinsed and
drained
2 tablespoons olive oil
3 garlic cloves, crushed
4 teaspoons curry powder
6 tablespoons fresh lemon juice
1/2 cup water
Salt, to taste
Hot sauce, to taste

Directions

Put all ingredients in a food processor and blend until smooth.
Serve (drizzled with olive oil, if desired) with pita chips.

Cornbread Salad I

Ingredients

1 (16 ounce) package corn bread mix
10 slices bacon
1 (1 ounce) package ranch dressing mix
1 1/2 cups sour cream
1 1/2 cups mayonnaise
2 (15 ounce) cans pinto beans, drained
3 tomatoes, chopped
1 cup chopped green bell pepper
1 cup chopped green onion
2 cups shredded Cheddar cheese
2 (11 ounce) cans whole kernel corn, drained

Directions

Prepare corn bread according to package directions. Cool, crumble, and set aside.

Place bacon in a large deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Whisk together the dressing mix, sour cream, and mayonnaise.

Crumble half the corn bread in the bottom of a large serving dish. Top with half the beans. Layer the beans with half of the tomatoes, green bell pepper, and green onions. Sprinkle with half the cheese, corn, bacon, and the salad dressing mixture. Repeat the layers. Cover, and chill at least 2 hours before serving.

Hearty Chicken and Beans

Ingredients

3 1/2 pounds chicken thighs
1/2 cup soy sauce, divided
2 tablespoons brown sugar
1 garlic clove, minced
1/2 teaspoon ground cumin
2 tablespoons cooking oil
2 celery ribs, thinly sliced
1 (15 ounce) can spicy chili beans, undrained
1 (8 ounce) can sliced water chestnuts, drained
1 (4 ounce) can mushroom stems and pieces, drained
1 1/4 cups water
3 tablespoons cornstarch
Hot cooked rice

Directions

Bone and skin chicken; cut into bite-size pieces. In a shallow bowl or large resealable plastic bag, combine 1/4 cup soy sauce, brown sugar, garlic and cumin if desired; add chicken. Cover or close bag and refrigerate for 4 hours or overnight. Drain chicken, discarding marinade. In a large skillet, heat oil over medium-high. Cook chicken for 6-8 minutes or until juices run clear. Remove chicken with a slotted spoon; set aside. Saute celery in drippings for 2 minutes or until crisp-tender. Add beans, water chestnuts and mushrooms; cook for 5 minutes or until heated through. Add chicken. Mix water, cornstarch and remaining soy sauce; stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Shell Pasta Salad with Salmon and Green Beans

Ingredients

1 cup seashell pasta
1/4 pound fresh green beans, cut into 1-inch lengths
1/4 cup low-fat cottage cheese
1/4 cup plain yogurt
1 tablespoon lemon juice
1/4 cup chopped fresh dill weed
2 (6 ounce) cans salmon, drained
ground black pepper to taste
8 leaves lettuce

Directions

Bring a large pot of salted water to a boil, add pasta and cook until al dente. Drain and rinse pasta under cold running water. Drain again and set aside.

Blanch green beans in boiling water for 2 minutes. Drain and rinse under cold running water. Drain again and set aside.

In food processor or through a sieve, puree cottage cheese. Combine with yogurt and lemon juice; mix well

In a large bowl, combine pasta, green beans, yogurt mixture and dill; stir to mix. Discard skin from salmon and break into chunks; add to salad and stir gently to mix. Add pepper to taste. Line serving plate with lettuce leaves and mound salad on top.

Beezie's Black Bean Soup

Ingredients

1 pound dry black beans
1 1/2 quarts water
1 carrot, chopped
1 stalk celery, chopped
1 large red onion, chopped
6 cloves garlic, crushed
2 green bell peppers, chopped
2 jalapeno pepper, seeded and minced
1/4 cup dry lentils
1 (28 ounce) can peeled and diced tomatoes
2 tablespoons chili powder
2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
3 tablespoons red wine vinegar
1 tablespoon salt
1/2 cup uncooked white rice

Directions

In a large pot over medium-high heat, place the beans in three times their volume of water. Bring to a boil, and let boil 10 minutes. Cover, remove from heat and let stand 1 hour. Drain, and rinse.

In a slow cooker, combine soaked beans and 1 1/2 quarts fresh water. Cover, and cook for 3 hours on High.

Stir in carrot, celery, onion, garlic, bell peppers, jalapeno pepper, lentils, and tomatoes. Season with chili powder, cumin, oregano, black pepper, red wine vinegar, and salt. Cook on Low for 2 to 3 hours. Stir the rice into the slow cooker in the last 20 minutes of cooking.

Puree about half of the soup with a blender or food processor, then pour back into the pot before serving.

Spanish String Beans

Ingredients

1 1/2 pounds green beans,
trimmed and cut into 2 inch pieces
1 medium onion, chopped
1 medium green pepper, chopped
2 tablespoons butter or margarine
1 (14.5 ounce) can stewed
tomatoes
2 teaspoons sugar
1/2 teaspoon salt
1 bay leaf
2 whole cloves

Directions

Place beans in a saucepan and cover with water; cook for 8-10 minutes or until crisp-tender. Meanwhile, in a skillet, saute onion and green pepper in butter until tender. Stir in tomatoes, sugar, salt, bay leaf and cloves; simmer for 10 minutes. Drain beans; add to tomato mixture. Cover and cook for 5 minutes or until heated through. Discard bay leaf and cloves.

Creamy Tuna Pasta Salad

Ingredients

1 (8 ounce) package small seashell pasta
2 yellow squash, chopped
1 zucchini, chopped
1/2 cup chopped banana squash
1 (15 ounce) can kidney beans, drained and rinsed
1/2 (15 ounce) can canned corn
2 (6 ounce) cans tuna, drained
1/2 cup Italian-style salad dressing

Directions

Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.

Place squash and zucchini in a medium saucepan with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes. Drain and set aside.

In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna. Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.

Sunflower-Soy Butter

Ingredients

1 cup roasted, salted soy beans
(soy nuts)
1 cup roasted sunflower seeds
1 cup dried cranberries
2 teaspoons vanilla extract
2 tablespoons ground cinnamon
2 teaspoons chopped fresh ginger
1 pinch salt
1 1/2 cups cold water, or as
needed

Directions

Grind soy nuts in a food processor until finely chopped; add sunflower seeds, and grind until fine. Remove the nuts from the food processor, then grind the dried cranberries until fine. Return nuts to the bowl of the food processor along with vanilla, cinnamon, ginger, and salt. Pulse to mix thoroughly. With the processor running, slowly pour in the water until the mixture reaches a spreadable consistency.

Magpie's Easy Falafel Cakes

Ingredients

1/2 small onion, minced
1 1/2 teaspoons olive oil
1 (15.5 ounce) can garbanzo beans, rinsed and drained
1/3 cup imitation sour cream
2 tablespoons cornmeal
4 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon salt
3/4 teaspoon hot sauce

1/4 cup cornmeal
2 tablespoons olive oil

Directions

Cook the onions in 1 1/2 teaspoons of olive oil in a skillet over medium heat until soft and translucent.

Pulse the garbanzo beans, imitation sour cream, cornmeal, garlic, cumin, coriander, salt, and hot sauce in a food processor until smooth. Transfer to a bowl and stir in the onions; cover and chill for 30 minutes.

Place 1/4 cup cornmeal in a shallow dish. Form the garbanzo bean dough into 6 patties, 1/2-inch thick; roll the cakes in cornmeal.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Cook the falafel cakes until browned on both sides, about 5 minutes per side.

Baked Pork Chimichangas

Ingredients

1 pound dried pinto beans
1 (3 pound) boneless pork loin
roast, trimmed
3 (4 ounce) cans chopped green
chilies
1 large onion, chopped
1/3 cup chili powder
1/2 cup reduced-sodium chicken
broth
30 (6 inch) flour tortillas
4 cups shredded reduced-fat
Cheddar cheese
2 cups picante sauce
1 egg white
2 teaspoons water

Directions

Place beans in a soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.

Place roast in a Dutch oven. In a bowl, combine chillies, onion, chili powder and beans. Spoon over roast. Cover and bake at 325 degrees F for 1-1/2 hours. Stir in broth; cover and bake 30-45 minutes longer or until a meat thermometer reads 160 degrees F. Increase oven temperature to 350 degrees F.

Remove meat and shred with two forks; set aside. Mash bean mixture; stir in shredded pork. Spoon 1/3 cup mixture down the center of each tortilla; top with picante sauce. Fold sides and ends over filling and roll up. Place seam side down on two 15-in. x 10-in. x 1-in. baking pans coated with nonstick cooking spray.

In a bowl, whisk egg white and water; brush over top. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through. Serve immediately or cool, wrap and freeze for up to 3 months.

Becca's Barbequed Beans

Ingredients

1 1/2 pounds lean ground beef
1/4 cup chopped onion
1/4 teaspoon ground black pepper
2/3 cup barbeque sauce
1/4 cup diced dill pickles
1 teaspoon Worcestershire sauce
2 (15 ounce) cans pork and beans

Directions

Preheat oven to 350 degrees F (175 degrees C)

In a large skillet or saucepan, brown ground beef and onion together with pepper, and drain well.

In a large casserole dish, combine beef mixture, barbeque sauce, pickles, Worcestershire sauce, and pork and beans. Cover with lid or foil, and bake in preheated oven for 40 to 45 minutes, until hot and bubbly. If you prefer, you can place the mixture in a slow cooker at high heat, and simmer for 1 hour, or until hot.

Chipotle Bean Burritos

Ingredients

6 (8 inch) flour tortillas
4 Morningstar Farms® Spicy Black Bean Veggie Burgers
1 (15 ounce) can pinto beans, rinsed and drained*
1/2 cup sliced green onions
1 1/3 cups salsa, divided
1/2 teaspoon chipotle chili powder or chili powder
1 cup shredded reduced-fat Cheddar cheese
3 cups sliced lettuce
1/3 cup fat-free sour cream
Sliced green onions (optional)

Directions

Tightly wrap tortillas in foil. Bake at 350 degrees F about 7 minutes or until softened.

Meanwhile, cut Morningstar Farms® Spicy Black Bean Veggie Burgers into bite-size pieces. Set aside.

Use back of spoon to slightly mash beans. Stir in 1/2 cup onions, 1/3 cup of the salsa and chili powder. Spread bean mixture on each tortilla just below center. Sprinkle veggie burger pieces and cheese on top of bean mixture. Fold bottom edges of tortillas over filling. Fold in sides. Roll up. Secure with toothpicks, if necessary.

On baking sheet coated with nonstick cooking spray or lined with parchment paper, place tortilla packages, seam side up. Bake at 350 degrees F about 15 minutes or until heated through and beginning to brown.

Arrange lettuce on six serving plates. Top with tortilla packages, removing toothpicks, if used. Spoon remaining 1 cup salsa and sour cream on top. Sprinkle with additional onion if desired.

Vegetarian Kale Soup

Ingredients

2 tablespoons olive oil
1 yellow onion, chopped
2 tablespoons chopped garlic
1 bunch kale, stems removed and leaves chopped
8 cups water
6 cubes vegetable bouillon (such as Knorr)
1 (15 ounce) can diced tomatoes
6 white potatoes, peeled and cubed
2 (15 ounce) cans cannellini beans (drained if desired)
1 tablespoon Italian seasoning
2 tablespoons dried parsley
salt and pepper to taste

Directions

Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

Three-Bean Chili

Ingredients

2 1/4 cups water
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.5 ounce) can chili beans,
undrained
1 (15 ounce) can pinto beans,
rinsed and drained
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can no-salt-added
stewed tomatoes
1 (6 ounce) can tomato paste
1 tablespoon chili powder
1 teaspoon dried oregano
1 teaspoon minced garlic
1 1/2 cups fresh or frozen corn
1 1/2 cups coarsely chopped
yellow summer squash

Directions

In a Dutch oven, combine the first 10 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Add corn and squash. Bring to a boil. Reduce heat; simmer 10 minutes longer or until squash is tender.

Polenta and Vegetable Casserole

Ingredients

1 (16 ounce) tube polenta, cut into 1/2 inch slices
1 (16 ounce) can black beans
1 (15 ounce) can kidney beans
1 (10 ounce) can whole kernel corn
1 onion, chopped
1 green bell pepper, chopped
1 small eggplant, peeled and cubed
6 fresh mushrooms, chopped
1 (1.27 ounce) packet dry fajita seasoning
1 (8 ounce) jar salsa
1 cup shredded mozzarella cheese
1/3 cup black olives

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.

Heat oil in a skillet over medium heat. Cook and stir onion, green pepper, eggplant, and mushrooms in oil until soft. Mix in fajita seasoning.

Line prepared baking dish with slices of polenta. Spread beans and corn evenly over the polenta, and then spread onion mixture over the beans. Top with salsa, mozzarella cheese and black olives.

Bake until heated through, about 20 minutes.

Restaurant Style Red Beans and Rice

Ingredients

2 (15 ounce) cans red beans, with liquid
1 (15 ounce) can red beans, drained
1/2 pound smoked ham hock
5 1/4 cups water, divided
2 cups uncooked long-grain rice
1/2 teaspoon onion powder
1/2 teaspoon garlic salt
1/4 teaspoon ground red pepper
1/2 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper
5 tablespoons lard

Directions

In a 2 quart saucepan combine 1 drained can of bean, 1 undrained can of beans, ham hock and remaining 1 1/4 cup water. Simmer on medium heat for 1 hour, until the meat starts to come away from the bone. Remove from heat and cool until meat can be handled to be removed from bone.

In a saucepan bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a food processor combine meat, beans and the liquid in which they cooked. To the mixture add onion powder, garlic salt, red pepper, salt, black pepper and lard. Process for 4 seconds. Beans should be chopped and the liquid thick.

To the food processor add the third can of drained beans. Process for 1 or 2 seconds, so that most of the beans remain almost whole. Pour mixture back into saucepan and cook slowly on low, stirring often, until heated through.

Serve over cooked rice.

Ingredients

1 pound ground beef
1 onion, chopped
2 cups tomato puree
1 (15 ounce) can kidney beans
4 potatoes, cubed
2 1/2 tablespoons chili powder
2 teaspoons salt
2 cups water

Directions

In a large saucepan over medium high heat, saute the ground beef and the onions about 5 minutes, or until the onions are almost tender. Drain the fat. Add the pureed tomatoes, kidney beans, potatoes, chili powder, salt and water.

Reduce heat to low and simmer about 30 minutes, or until potatoes are tender. Add another cup of water if a thinner chili is desired.

Pinto Bean Cake

Ingredients

1 cup white sugar
1/4 cup butter
1 egg
2 cups cooked pinto beans,
mashed
1 teaspoon vanilla extract
1 cup all-purpose flour
1 teaspoon baking soda
1 cup golden raisins
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon ground allspice
1/2 cup chopped pecans
2 cups diced apple without peel

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease one 9 or 10 inch tube pan.

Cream butter or margarine and sugar together. Add the beaten egg and mix well. Stir in the mashed cooked beans and the vanilla.

Sift the flour, baking soda, salt, ground cinnamon, ground cloves, and ground allspice together. Add the chopped pecans, golden raisins, and the diced apples to the flour mixture. Stir to coat. Pour flour mixture into the creamed mixture and stir until just combined. Pour batter into the prepared pan.

Bake at 375 degrees F (190 degrees C) for 45 minutes. Dribble with a simple confectioner's sugar icing and garnish with candied cherries and pecan halves, if desired.

Three Bean and Artichoke Salad

Ingredients

1 (15 ounce) can butter beans
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can green beans,
drained
1 (14 ounce) can artichoke hearts,
drained and quartered
4 tablespoons lemon juice
4 tablespoons olive oil
2 tablespoons coarse grained
prepared mustard
salt and pepper to taste

Directions

In a medium bowl combine the butter beans, kidney beans, green beans and artichoke hearts.

In a small bowl, whisk together the lemon juice, olive oil, mustard and salt and pepper to taste. Toss with bean mixture and serve.

Minced Beef with Black-Eyed Beans

Ingredients

5 tablespoons vegetable oil
1 small onion, finely chopped
1/4 teaspoon finely chopped garlic
3/4 cup water, divided
1 small tomato, chopped
1 teaspoon salt, or to taste
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/8 teaspoon ground turmeric
1/2 pound minced beef
1 (15 ounce) can black-eyed peas, drained
1/8 teaspoon garam masala
2 teaspoons lemon juice
1 tablespoon chopped fresh cilantro
1/2 teaspoon finely chopped green chile peppers

Directions

Heat oil in a large deep skillet over medium-high heat. Add onion, and saute until light golden, then throw in the garlic, and cook for 1 minute. Put in 1/4 cup of the water and tomato, then season with salt, red chili powder, cumin, and turmeric. Simmer for 1 minute.

Add beef and cook for at least 10 minutes, adding another 1/4 cup of the water when it gets dry. When the beef mixture is dry, pour in the black-eyed peas. Cook for 3 minutes. Stir in the remaining 1/4 cup of water, and reduce the heat to low. Cover and simmer until all of the water has cooked down, and you can see the oil.

Remove from the heat and mix in the garam masala. Transfer to a serving dish and sprinkle the lemon juice, cilantro, and green chilies over the top.

Fried Green Beans

Ingredients

2 tablespoons extra virgin olive oil
1 tablespoon butter
2 tablespoons fresh lemon juice
2 cups diagonally sliced fresh green beans
1 teaspoon lemon zest
1 pinch garlic salt to taste
1 pinch ground black pepper to taste

Directions

Heat the olive oil, butter and lemon juice in a skillet over medium-high heat. Add the green beans, lemon zest, garlic salt and pepper. Cook and stir for about 10 minutes, or until beans are tender, but still a little crunchy.

Spiced Coconut Coffee

Ingredients

2 tablespoons ground coffee
beans
1/2 teaspoon crushed red pepper
2 whole cloves
1/2 (3 inch) cinnamon stick
2 cups water

1/2 cup coconut milk
2 tablespoons honey

Directions

Combine the ground coffee, red pepper, cloves, and cinnamon stick in a coffee filter set into a drip coffee brewer. Pour the water into the brewer's water reservoir. Set the coffee brewer on to brew.

While the coffee brews, gently warm the coconut milk in a small saucepan over medium-low heat. Stir in the honey until the honey is dissolved. Pour the brewed coffee into the mixture; stir. Divide the liquid into two mugs to serve.

Dirty Rice

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
1 cup chopped onion
1 green bell pepper, chopped
1 tablespoon chili powder
2 teaspoons annatto or achiote powder (optional)
1/4 teaspoon crushed red pepper
1 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1 1/3 cups uncooked white rice
2 3/4 cups water
1 teaspoon salt
3 roma (plum) tomatoes, chopped
1 1/3 cups whole corn kernels, blanched
1 cup black beans, cooked and drained
1/4 cup toasted pine nuts
freshly ground black pepper
1 red onion, thinly sliced
1 tablespoon fresh lime juice
2 tablespoons chopped fresh cilantro
1 lime, cut into wedges
2 teaspoons annatto powder

Directions

In a heavy saucepan, heat 1 tablespoon of the olive oil over medium heat. Add the garlic and the chopped onions; saute for 5 minutes, stirring frequently. Mix in the bell pepper, chili powder, ground annatto, chili flakes, cumin, and cinnamon. Saute for 2 minutes.

Pour the rice into the saucepan and stir to coat. Add the water and 1 teaspoon salt, and bring the rice to a boil over high heat. Cover the pan and turn the heat to low. Simmer the rice for 25 minutes.

When the rice is cooked, mix in tomatoes, corn, black beans, and pine nuts. Stir in salt, pepper and lime juice. When the mixture is heated through, spoon it onto plates and top with the sliced red onion and cilantro. Serve a wedge or two of lime with each plate to squeeze over the rice.

Curried Couscous Salad with Bacon

Ingredients

4 slices bacon
1 onion, chopped
1 1/2 cups water
1 cup uncooked couscous
3/4 cup diced carrot
3/4 cup diced cucumber
1/2 red bell pepper, diced
1/2 (15 ounce) can garbanzo beans, drained and rinsed

1/4 cup olive oil
2 tablespoons white balsamic vinegar
1 tablespoon soy sauce
1 tablespoon white sugar
2 teaspoons curry powder
salt and pepper to taste

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. When cool, crumble the bacon slices, and set aside.

Drain all but 1 tablespoon of bacon drippings from the skillet, and cook and stir the onion in the skillet until the edges of the onion begin to turn brown. Set the onion aside.

Bring the water to a boil in a saucepan, and sprinkle in the couscous. Remove the pan from the heat, let stand for 5 minutes to absorb the water, then fluff the couscous with a fork. Allow couscous to cool.

Place the onion, cooled couscous, carrot, cucumber, red bell pepper, and garbanzos into a salad bowl, and stir lightly to combine.

In a bowl, whisk together the olive oil, white balsamic vinegar, soy sauce, sugar, curry powder, and salt and pepper until the sugar has dissolved. Pour the dressing over the salad, mix again lightly, and sprinkle with bacon bits.

Hunan-Style Chicken

Ingredients

- 1 tablespoon honey
- 1 teaspoon black peppercorns
- 1/2 teaspoon salt
- 2 tablespoons dark soy sauce
- 2 tablespoons dry sherry
- 6 boneless skinless chicken thighs, cut into chunks
- 3 tablespoons vegetable oil
- 1 tablespoon minced fresh ginger root
- 1 tablespoon minced garlic
- 1 tablespoon crumbled dried red chile pepper
- 4 green onions, chopped
- 1 teaspoon hot bean sauce
- 2 tablespoons Chinese black vinegar
- 1 teaspoon sesame oil

Directions

Stir together the honey, peppercorns, salt, soy sauce, and sherry in a large bowl; add the chicken and toss to coat.

Heat the oil in a large skillet over medium-high heat. Add the ginger, garlic, red chile pepper, and green onions; cook and stir until fragrant, no more than 30 seconds. Stir in the chicken and soy sauce mixture; fry another 3 minutes. Reduce heat to low, cover. Simmer until the chicken is no longer pink in the center, 5 to 10 minutes. Whisk together the chili beans, vinegar, and sesame oil in a small bowl; pour over the chicken and stir. Turn heat to high and allow to cook 1 minute. Serve immediately.

Mexican Pinto Beans

Ingredients

1 pound dry pinto beans
1/2 pound bacon
4 serrano peppers

Directions

Place the beans in a large pot with enough water to cover by 3 to 4 inches, and bring to a boil. Remove from heat, and let sit 1 hour. Drain water. Pour in enough fresh water to cover beans by 3 to 4 inches, and bring to a boil. Reduce heat, cover, and simmer 1 hour.

Place bacon in a skillet, and cook over medium high heat until evenly brown. Crumble bacon, and transfer, along with grease, to the pot with the beans. Continue to cook beans on low heat for 30 minutes.

Place the whole chile peppers into the pot, and continue cooking beans 1 hour, or until tender.

Rice with Black Beans

Ingredients

1 onion, chopped
1 tablespoon vegetable oil
1 (14.5 ounce) can stewed tomatoes
1 (15 ounce) can black beans, undrained
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1 cup instant white rice

Directions

In a large saucepan, cook and stir onion in oil until tender and translucent, but not brown. Add tomatoes, beans, oregano and garlic powder. Bring to boil. Stir in rice, return mixture to a boil. Reduce heat to simmer, and cover.

Let mixture simmer for 5 minutes. Remove pan from heat and let stand 5 minutes before serving.

Justin's Hoosier Daddy Chili

Ingredients

1 pound ground beef
1 medium onion, chopped
1 teaspoon red pepper flakes
1 tablespoon ground cumin
2 (10.75 ounce) cans condensed tomato soup
2 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can crushed tomatoes
5 tablespoons chili powder
1 teaspoon ground black pepper
1 teaspoon salt
2 (15.5 ounce) cans pinto beans, drained (optional)
cayenne pepper to taste

Directions

Crumble the ground beef into a soup pot over medium-high heat. Cook and stir until evenly browned. Drain off most of the grease. Add onion, red pepper flakes, and half of the cumin; cook and stir until onion is tender.

Pour in the tomato soup, chicken broth, and crushed tomatoes. Season with chili powder, salt and pepper. Simmer for 30 minutes. Pour in the beans, and season with remaining cumin and cayenne pepper; simmer for another 30 minutes. Now enjoy.

Black Bean Salsa Soup

Ingredients

2 tablespoons butter
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped onion
1 (48 fluid ounce) can chicken broth
1 (14.5 ounce) can diced tomatoes with green chile peppers
3 (15 ounce) cans black beans, drained and rinsed
1/4 cup cooking sherry
1 teaspoon minced garlic
1 teaspoon ground cumin
1/2 teaspoon ground cayenne pepper
salt to taste
1/2 cup chopped fresh cilantro

Directions

Melt the butter in a large pot over medium heat. Stir in the carrots, celery, and onion, and cook 15 minutes. Pour in chicken broth. Mix in diced tomatoes with green chile peppers, black beans, sherry, and garlic. Season with cumin, cayenne pepper, and salt. Bring to a boil, reduce heat to low, and simmer 20 minutes. Mix in cilantro during last few minutes of cook time.

Espresso Bark

Ingredients

2 cups semisweet chocolate chips
1 teaspoon margarine
3/4 cup whole coffee beans
1/4 cup chopped white chocolate

Directions

Cover a cookie sheet with waxed paper.

Combine the chocolate chips and margarine in a microwave-safe bowl. Heat in the microwave at 30 second intervals, stirring between each, until melted and smooth. Mix in the coffee beans until evenly distributed.

Pour the chocolate out onto the waxed paper and spread into an even layer. Sprinkle the pieces of white chocolate evenly over the top and press in lightly to make sure they stick. Place in the freezer until set, about 5 minutes. Break into pieces and store in an airtight container.

Lemon Pepper Green Beans

Ingredients

1 pound fresh green beans, rinsed and trimmed
2 tablespoons butter
1/4 cup sliced almonds
2 teaspoons lemon pepper

Directions

Place green beans in a steamer over 1 inch of boiling water. Cover, and cook until tender but still firm, about 10 minutes; drain.

Meanwhile, melt butter in a skillet over medium heat. Saute almonds until lightly browned. Season with lemon pepper. Stir in green beans, and toss to coat.

Three-Bean Garden Salad

Ingredients

1 (10 ounce) package frozen lima beans
1 (15 ounce) can kidney beans, rinsed and drained
1 (9 ounce) package frozen cut green beans, thawed
8 ounces fresh mushrooms, sliced
1 pint cherry tomatoes, halved
1/4 cup thinly sliced green onions
DRESSING:
2/3 cup lemon juice
1/3 cup sugar
1/3 cup olive or vegetable oil
1 1/4 teaspoons salt
3/4 teaspoon Italian seasoning
1/2 teaspoon dried basil
1/2 teaspoon pepper

Directions

Cook lima beans according to package directions. Rinse in cold water; drain and place in a medium bowl. Add kidney and green beans, mushrooms, tomatoes and onions. Combine dressing ingredients. Pour over salad; mix gently to coat. Cover and chill for at least 5 hours, stirring occasionally.

Navy Bean Stew

Ingredients

1 pound dried navy beans
2 quarts water
1 1/2 pounds Italian sausage, cut
into 1/4 inch slices
2 (14.5 ounce) cans chicken broth
2 cups chopped onion
1 1/2 cups thinly sliced carrots
1 (15 ounce) can whole kernel
corn
1 tablespoon minced fresh parsley
1 1/2 teaspoons Italian seasoning

Directions

Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened. Drain and rinse beans, discarding liquid.

In same pan, bring the water and soaked beans to a boil; boil for 2 minutes. Reduce heat; cover and simmer for 60-70 minutes or until beans are tender. Drain.

In a Dutch oven, cook the sausage over medium heat until no longer pink; drain. Add the broth, onion, carrots, corn, parsley, Italian seasoning and beans. Cover and bake at 350 degrees F for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

Wendy Jae's Hummus

Ingredients

3 tablespoons chopped roasted garlic
1/4 cup chopped red onion
2 (15 ounce) cans garbanzo beans, drained
1 1/2 teaspoons dried sage
1 1/2 teaspoons dried basil
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried parsley
1 tablespoon lemon juice
1 tablespoon olive oil

Directions

In a food processor or blender, pulse garlic and onions until finely chopped. Add garbanzo beans, one can at a time, and pulse to puree. Blend in sage, basil, oregano, parsley, lemon juice and oil; puree until smooth.

BBQ Pie

Ingredients

1 1/2 pounds ground beef
1/4 cup diced onion
1/4 teaspoon ground black pepper
2 (15 ounce) cans baked beans with pork
1 teaspoon Worcestershire sauce
1 cup barbeque sauce
1 cup biscuit baking mix
1/2 cup milk
1 egg
1/4 cup shredded Cheddar cheese
1 tablespoon barbecue sauce

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Crumble the ground beef into a large skillet over medium heat. When it is starting to brown, stir in the onion and season with pepper. Continue to cook and stir until beef is browned and the onion is tender.

Drain off the grease from the beef, and stir in the baked beans, Worcestershire sauce and 1 cup of barbeque sauce. Transfer to a large casserole dish. In a separate bowl, mix together the baking mix, milk and egg. Pour this mixture evenly over the beef and beans in the dish.

Bake for 40 to 45 minutes in the preheated oven, until the biscuit topping is golden brown. Spread a small amount of barbeque sauce over the top and sprinkle with Cheddar cheese while hot from the oven.

Black Bean and Chickpea Chili

Ingredients

- 1 1/2 tablespoons olive oil
- 1 pound ground turkey (optional)
- 1 onion, chopped
- 2 green bell peppers, seeded and chopped
- 5 carrots, peeled and sliced into rounds
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground black pepper
- 2 (14.5 ounce) cans canned diced tomatoes with their juice
- 1 cup frozen corn
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 1/2 cups chicken broth

Directions

If using turkey, heat oil in a large saucepan over medium-high heat, and cook and stir the ground turkey for about 10 minutes, breaking it up with a spoon as it cooks, until the meat is no longer pink. Remove the turkey meat and set aside, leaving oil in the pan.

Place the onion, green peppers, and carrots into the saucepan, and cook and stir for about 10 minutes, until the onion is translucent and the vegetables are tender. Stir in the chili powder, cumin, and black pepper, and pour in the diced tomatoes, frozen corn, black beans, garbanzo beans, and chicken broth. Bring the mixture to a boil.

Place about 1 1/2 cups of the chili mixture into a food processor, and puree for about 1 minute until smooth. Pour the puree back into the rest of the chili to thicken. Add the cooked turkey meat, and bring the chili back to a simmer over medium-low heat.

Cheesy Taco Chili

Ingredients

1 1/2 pounds ground beef
1/2 cup chopped onion
1 pound process cheese (eg. Velveeta), cubed
1 (16 ounce) jar salsa
1 (16 ounce) can red beans, drained and rinsed
1 (14.5 ounce) can stewed tomatoes, undrained
1 (10 ounce) can diced tomatoes and green chilies, undrained
1/2 teaspoon chili powder
1 cup sour cream

Directions

In a large saucepan or Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the cheese, salsa, beans, tomatoes and chili powder. Cook for 10 minutes or until cheese is melted. Remove from the heat; stir in sour cream.

Chili with Ground Pork

Ingredients

1 pound lean ground pork
2 tablespoons olive oil
4 medium onions, chopped
4 cloves garlic, minced
1 (8 ounce) can mushroom pieces
1 (14.5 ounce) can wax beans
1 (15 ounce) can sweet peas
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (28 ounce) can tomato sauce
chili powder to taste
ground nutmeg to taste
dried marjoram to taste
salt to taste

Directions

Heat the olive oil in a large, deep skillet over medium heat, and cook the ground pork until evenly browned. Reserving the juices in the skillet, remove pork, and set aside.

Stir the onions and garlic into the skillet, and cook in the pork juices over medium heat until tender. Mix in the mushrooms, wax beans, peas, green bell pepper, and red bell pepper. Cook and stir until tender and heated through.

Return the pork to the skillet. Mix in the tomato sauce. Season with chili powder, nutmeg, marjoram, and salt. Reduce heat, and simmer about 45 minutes to allow the flavors to blend.

Ma Po Tofu

Ingredients

4 ounces ground pork
2 tablespoons dry sherry
1 teaspoon cornstarch

1/2 tablespoon fermented black beans, rinsed and mashed
1/2 tablespoon chili paste with garlic
1 teaspoon cayenne pepper
2 tablespoons soy sauce
3 cloves garlic, crushed
1/2 teaspoon minced fresh ginger

1 (14 ounce) package tofu, drained and cut into cubes
1 cup frozen green peas
1/2 cup chicken broth
1 tablespoon cornstarch, mixed with equal parts water

Directions

In a small bowl, combine ground pork, sherry and 1 teaspoon cornstarch; set aside.

In a separate small bowl, combine black beans, chile paste, cayenne pepper, soy sauce, garlic, and ginger; set aside.

Heat a large skillet over medium heat. If pork is lean, add 1 tablespoon oil. Cook pork until evenly browned. Stir in black bean mixture, tofu, and peas. Pour in chicken broth, and bring to a boil. Stir in dissolved cornstarch, and cook until thickened.

Slow Cooker Ham and Bean Stew

Ingredients

1 (15 ounce) can black-eyed peas, undrained
1 (15 ounce) can black beans, undrained
1 (15 ounce) can garbanzo beans, drained
1 (16 ounce) can chili beans in sauce
1 large onion, chopped
1 pound cooked ham, cubed
1 clove garlic, minced, or to taste
1 tablespoon sour cream

Directions

Stir the black-eyed peas, black beans, garbanzo beans, chili beans, onion, ham, and garlic together in a slow cooker. Cook on Low for 5 hours. Top with sour cream to serve.

Zesty White Wine Green Beans

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
salt and ground black pepper to taste
2 (14.5 ounce) cans French-style green beans, drained
1 cup white wine

Directions

Heat the oil in a skillet over medium heat; brown the garlic in the oil; season with salt and pepper. Add the green beans and toss to coat. Pour the white wine over the green beans; simmer until the wine reduces in volume by half, stirring occasionally, about 15 minutes. Serve hot.

Guinataan Sitaw and Kalabasa (String Beans and

Ingredients

2 cups light coconut milk
2 tablespoons shrimp paste
1 onion, chopped
1 (2 inch) piece fresh ginger root, peeled and sliced
1/2 pound pork, cut into bite-sized pieces
1/2 pound peeled and deveined prawns
1 pound fresh green beans, trimmed and cut into 2-inch pieces
1 (1 pound) calabash gourd, peeled and cut into cubes
1 green chile pepper, halved lengthwise
1 cup thick coconut milk

Directions

Whisk the light coconut milk and shrimp paste together in a bowl. Pour into a large pot with the onion, ginger, and pork; bring the mixture to a boil for 5 minutes. Add the prawns; reduce heat to medium, cover, and cook another 2 minutes. Add the green beans, calabash, and green chile pepper; cover again and continue cooking until the mixture is nearly dry, about 10 minutes. Stir the thick coconut milk into the mixture and continue cooking until nearly all the moisture is absorbed, about 5 minutes. Serve hot.

Squash Stew

Ingredients

3 tablespoons olive oil
1 large white onion, diced
1 tablespoon ground cinnamon
2 tablespoons chili powder
4 cloves crushed garlic
1 tablespoon cumin seeds,
toasted
2 tablespoons fresh lemon juice
4 large tomatoes - peeled,
seeded, and coarsely chopped
1 medium acorn squash, peeled
and diced
1 cup pinto beans, cooked or
canned
1 cup water
salt and pepper to taste

Directions

In a large heavy-bottomed pot, heat olive oil and saute the onion for a few minutes. Add the cinnamon and chili powder and continue to saute for another 2 minutes. Mix in the garlic and cumin seeds, saute for 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky.

Stir the squash, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick stewy texture.

Heat a large skillet over a medium-high heat. Place one piece of pita bread at a time into the skillet. When one side of the pita bread gets hot, flip the bread over and heat the other side; approximately 1 minute of cooking per side. Serve the stew with the heated pita bread.

Green Bean Salad with Feta

Ingredients

4 cups mixed baby salad greens
1/2 pound fresh green beans,
trimmed, cooked al dente and cut
in half
2 ounces feta cheese, crumbled
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon orange juice
1/2 teaspoon fennel seeds
Salt and pepper, to taste
1/3 cup dried cranberries
(optional)

Directions

In a medium-size bowl, combine greens, beans and cheese. Add oil, vinegar, juice, fennel seeds, salt and pepper; toss. Sprinkle with dried cranberries, if desired.

Hearty Beef Enchiladas

Ingredients

1 pound ground beef
1 medium onion
1 (15.5 ounce) can chili beans,
undrained
1 (10 ounce) can enchilada sauce,
divided
1/2 cup salsa, divided
vegetable oil
7 (8 inch) flour tortillas
1 cup shredded Cheddar cheese
2 tablespoons sliced ripe olives

Directions

In a large saucepan, cook beef and onions over medium heat until meat is no longer pink; drain. Stir in the beans, 2/3 cup enchilada sauce and 2 tablespoons salsa; set aside.

In a skillet, heat 1/4 in. of oil. Dip each tortilla in hot oil for 3 seconds on each side or just until limp; drain on paper towels.

Top each tortilla with 2/3 cup beef mixture. Roll up and place seam side down in four 11-in. x 7-in. x 2-in. baking dish. Drizzle with remaining enchilada sauce and salsa. Sprinkle with cheese and olives. Bake, uncovered, at 350 degrees F for 20-25 minutes or until bubbly.

Chicken and Tomato Stew with Arugula and

Ingredients

2 teaspoons lemon juice
2 teaspoons sherry vinegar
1 tablespoon white wine
1/8 teaspoon red pepper flakes
1/8 teaspoon ground black pepper
1/8 teaspoon salt
2 skinless, boneless chicken breast halves - cubed

2 cups dried penne pasta
1/4 cup extra virgin olive oil, divided
1 clove garlic, chopped
1 cup white wine
1 tablespoon sherry vinegar
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can cannellini beans, rinsed and drained
1/2 cup torn fresh basil
2 cups torn arugula leaves
1/8 teaspoon red pepper flakes
salt and freshly ground black pepper to taste
freshly grated Romano cheese

Directions

In a medium bowl, stir together 2 teaspoons of lemon juice, 2 teaspoons of sherry vinegar, 1 tablespoon of white wine, 1/8 teaspoon of red pepper flakes, and 1/8 teaspoon of salt. Add the chicken cubes, and stir to coat. Set aside to marinate for at least 20 minutes.

Bring a pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and set aside.

Heat 1 tablespoon of olive oil in a Dutch oven or deep skillet over medium-high heat. Add the chicken, and cook, stirring occasionally, until browned, about 5 minutes. Remove from the pan, and set aside.

Pour in the remaining olive oil, and add the garlic. Cook and stir until fragrant. Mix in 1 cup of white wine, 1 tablespoon of sherry vinegar, tomatoes, and cannellini beans. Stir in the chicken, and reduce heat to low. Cover, and simmer for 15 minutes.

Stir in the pasta, basil, arugula, and red pepper flakes. Cover, and turn off heat. Let sit until the arugula and basil have wilted, about 5 minutes. Season with salt and pepper. Ladle into serving bowls, and top with Romano cheese to serve.

Thirty Minute Chili

Ingredients

1 pound ground beef
1 (14.5 ounce) can canned diced tomatoes
1 (15 ounce) can kidney beans, drained
1 (1.25 ounce) package chili seasoning mix

Directions

Crumble the beef into a large skillet over medium-high heat. Cook and stir until evenly browned. Drain off grease, and mix in the tomatoes, kidney beans and chili seasoning mix. Reduce heat to medium, and simmer for 15 minutes.

Escarole and Beans

Ingredients

3 tablespoons olive oil, divided
2 large heads escarole
salt and pepper to taste
1/4 teaspoon crushed red pepper flakes
1 clove garlic, minced
2 (16 ounce) cans cannellini beans, undrained
3 sprigs fresh parsley, chopped

Directions

Heat 2 tablespoons olive oil in a large skillet over medium heat. Toss in escarole, turning to coat with oil. Season with salt, pepper, and crushed red pepper flakes. Cook, stirring occasionally, about 10 minutes, or until tender.

In a separate skillet, heat remaining 1 tablespoon olive oil over medium heat. Stir in garlic. Pour in beans with juices, and simmer until creamy, about 10 minutes. Stir in escarole and parsley; simmer 10 minutes more.

Easy Veggie Samosas

Ingredients

1 tablespoon vegetable oil
1/2 cup chopped onion
3 (19 ounce) cans garbanzo beans, drained
2 tablespoons curry paste
1/2 cup apple juice
3 sheets frozen puff pastry, thawed
1/4 cup all-purpose flour for dusting

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over medium-high heat. Saute onion until browned, about 5 minutes. Reduce heat and add garbanzo beans. Mix curry paste with apple juice until smooth, then add to skillet. Simmer mixture 10 minutes, stirring occasionally and adding more apple juice or water as needed to keep mixture moist.

Cut each sheet of pastry into 3 equal-size rectangles, then cut each rectangle in half. (You will have 18 pieces total.) Dust a clean, flat surface lightly with flour, and roll each piece of pastry until it is double in size. Dust pastry with flour as needed, to prevent it from sticking to rolling pin. Spoon an equal amount of filling into center of each pastry square. Fold in half and press edges to seal. Place on nonstick baking sheets.

Bake in preheated oven for 25 minutes, until golden brown.

Scottie's Chicken Tortilla Soup

Ingredients

1 (49.5 fluid ounce) can chicken broth
1 (14 ounce) can whole kernel corn, drained
1 (14 ounce) can black beans, drained
1 cube beef bouillon
3/4 cup chopped broccoli
1 (28 ounce) can stewed tomatoes (crushed)
2 tablespoons olive oil
8 corn tortillas, cut into 1-inch strips
2 tablespoons olive oil
2 boneless skinless chicken breasts, cut into 1/2 inch cubes
2 tablespoons lime juice
1 tablespoon tequila
1 tablespoon onion powder
1 tablespoon garlic salt
1 tablespoon cayenne pepper
2 tablespoons Cajun seasoning
1 cup shredded white Cheddar cheese

Directions

Combine the chicken broth, corn, black beans, beef bouillon, broccoli, and tomatoes in a large pot over medium heat.

While the broth mixture simmers, heat 2 tablespoons olive oil in a skillet. Fry the tortilla strips in the hot oil until crisp. Remove from skillet and drain on paper towels. Pour 2 tablespoons olive oil into the skillet. Once the oil is hot, add the chicken; cook and stir until cooked through, about 5 minutes. Stir in the lime juice, tequila, onion powder, garlic salt, cayenne pepper, and Cajun seasoning; cook another 2 minutes.

Transfer the chicken mixture to the pot with the broth mixture. Cook on medium 45 minutes; reduce heat to low and simmer another 45 minutes; ladle into bowls and top with tortilla strips and cheese to serve.

Chuck Wagon Wraps

Ingredients

1 pound lean ground beef
1 (28 ounce) can barbeque-flavored baked beans
1 (10 ounce) package frozen corn, thawed
4 1/2 teaspoons Worcestershire sauce
1 cup shredded reduced-fat Cheddar cheese
12 (8 inch) flour tortillas, warmed
3 cups shredded lettuce
1 1/2 cups chopped fresh tomatoes
3/4 cup reduced-fat sour cream

Directions

In a large nonstick skillet, cook beef over medium heat until no longer pink; drain. Stir in beans, corn and Worcestershire sauce; mix well. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until heated through. Sprinkle with cheese; cook 1-2 minutes longer. Spoon about 1/2 cup off center on each tortilla; top with lettuce, tomatoes and sour cream. Roll up.

No Bull Burritos

Ingredients

1/2 pound ground beef
1/4 teaspoon garlic powder
1/2 teaspoon dried oregano
1 (16 ounce) can refried beans
6 (10 inch) flour tortillas
2 cups shredded Mexican blend cheese
1/2 cup prepared salsa

Directions

Place the ground beef in a large skillet set over medium-high heat. Season with garlic powder and oregano, and cook, stirring to crumble, until no longer pink. Drain off grease, then reduce the heat to medium-low and stir in the refried beans and salsa. Cook until heated through.

Warm the flour tortillas for 2 minutes in the microwave, or until pliable. Spoon 1/4 cup of the beef mixture into the center, top with shredded cheese, and roll up, folding in the ends when you get to the halfway point.

Gigantes (Greek Lima Beans)

Ingredients

1 (16 ounce) package dried lima beans
2 (16 ounce) cans chopped tomatoes with juice
1 cup olive oil
3 cloves garlic, chopped
sea salt to taste
1 teaspoon chopped fresh dill

Directions

Place the lima beans in a large saucepan. Pour enough water to fill to 2 inches above top of the beans. Allow to soak overnight.

Preheat oven to 375 degrees F (190 degrees C).

Place the saucepan over medium heat; bring to a boil; reduce heat to medium-low and simmer 20 minutes; drain. Pour the beans into a 9 x 13 baking dish. Add the tomatoes, olive oil, garlic, salt, and dill; stir.

Bake in preheated oven for 1 1/2 to 2 hours, stirring occasionally and adding water if the mixture appears dry.

Ham and Green Bean Casserole

Ingredients

3 tablespoons butter
3 cups cubed bread
1 onion, minced
3 cups cooked ham, cut into one inch cubes
1 (10 ounce) can cream of celery soup, undiluted
1/2 cup milk
1 1/2 cups instant rice
1 1/2 cups water
1 (15 ounce) can green beans, drained
6 slices American cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Oil a 9-inch baking dish with spray cooking oil.

Place the bread cubes in a small bowl. Melt the butter in a large skillet, and pour half over the bread cubes. Toss cubes and set the bowl aside.

Add the onion to the remaining butter in the skillet and cook over medium heat until softened, about 2 minutes. Add the chopped ham. Stir in the cream of celery soup and the milk. Bring the mixture to a boil, stirring. Remove from heat.

Put the rice and water into the baking dish. Top with the drained green beans. Then spoon the ham mixture on top of the green beans. Cover with the slices of American cheese, then sprinkle over all with the bread cubes.

Bake uncovered until cheese melts and edges bubble, about 45 minutes.

Pumpkin Chili

Ingredients

2 pounds ground beef
1 large onion, diced
1 green bell pepper, diced
2 (15 ounce) cans kidney beans, drained
1 (46 fluid ounce) can tomato juice
1 (28 ounce) can peeled and diced tomatoes with juice
1/2 cup canned pumpkin puree
1 tablespoon pumpkin pie spice
1 tablespoon chili powder
1/4 cup white sugar

Directions

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder and sugar. Simmer 1 hour.

Swiss Bean Casserole

Ingredients

2 tablespoons chopped onion
1/3 cup butter
1/3 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon ground mustard
2 cups milk
1 1/2 cups shredded Swiss cheese
1 (16 ounce) package frozen French-style green beans, thawed and drained
1/4 cup slivered almonds, toasted

Directions

In a large saucepan, saute onion in butter until tender. Stir in the flour, salt, pepper and mustard until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Reduce heat to low; stir in cheese just until melted.

Stir in beans until coated. Transfer to a greased 2-qt. baking dish. Sprinkle with almonds. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Homemade Vanilla Extract

Ingredients

10 vanilla beans, split lengthwise
1 liter vodka

Directions

Place the vanilla beans in the bottle of vodka and seal. Store in a cool, dark area such as a kitchen cabinet for 3 weeks, shaking the bottle every week. Three weeks is the minimum, store it 6 months for the best flavor. After using, replace with more vodka. The same beans will continue to flavor the vanilla for up to a year.

Sausage, Beef and Bean Casserole

Ingredients

1 pound sweet or hot Italian pork sausage, cut into 1-inch pieces
1/2 pound ground beef
1 small onion, chopped
1 (6 ounce) bag fresh baby spinach leaves
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1/4 cup milk
1 (15 ounce) can white kidney beans (cannellini), rinsed and drained
1 cup Pepperidge Farm® Herb Seasoned Stuffing
1/2 cup crumbled blue cheese or shredded Cheddar cheese

Directions

Heat the oven to 350 degrees F.

Cook the sausage, beef and onion in a 12-inch oven-safe skillet until the sausage and beef are well browned, stirring often to break up beef. Pour off any fat. Stir in the spinach and cook until the spinach is wilted.

Stir the soup, milk and beans in the skillet.

Stir the stuffing and cheese in a small bowl. Sprinkle around the inside edge of the skillet.

Bake for 30 minutes or until the sausage mixture is hot and bubbling.

Beans and Greens

Ingredients

4 (14.5 ounce) cans vegetable broth
1 (10 ounce) package frozen chopped spinach
1 (15 ounce) can dark red kidney beans, drained and rinsed
1 (15 ounce) can light red kidney beans, drained and rinsed
1 (15 ounce) can black beans, with liquid
1 (15 ounce) can great Northern beans, with liquid
1 (15 ounce) can pinto beans, with liquid
1/4 cup vegetable oil
1 tablespoon garlic powder
salt to taste
black pepper to taste

Directions

Place broth and spinach in a pot over medium heat, and cook 5 minutes, or until spinach is thawed. Mix in dark and light kidney beans, black beans and liquid, great northern beans and liquid, pinto beans and liquid, and oil. Season with garlic powder, salt, and pepper. Cook 30 minutes, stirring occasionally.

Bean and Ham Pasta

Ingredients

1 (14.5 ounce) can chicken broth
1 1/2 cups uncooked spiral pasta
1 (15 ounce) can black beans,
rinsed and drained
1 1/2 cups frozen corn
1 cup cubed fully cooked ham
1/4 teaspoon dried thyme
salt and pepper to taste
1 dash ground cumin
1/4 cup shredded Parmesan
cheese

Directions

In a large saucepan, bring broth to a boil. Add the pasta; cook, uncovered, for 10 minutes or until tender. Do not drain. Stir in the beans, corn, ham and seasonings; heat through. Sprinkle with cheese.

Good For You Macaroni and Cheese

Ingredients

1 (16 ounce) package elbow macaroni
2 tablespoons butter
2 tablespoons all-purpose flour
1 (12 fluid ounce) can evaporated milk
1/2 cup water
1 pinch red pepper flakes, or to taste
1 pinch ground nutmeg, or to taste
salt and pepper to taste
1/2 cup canned garbanzo beans, rinsed and drained
1/2 cup dry bread crumbs
1/4 cup grated Parmesan cheese
1 cup mashed sweet potatoes
1 cup sour cream
2 cups shredded, yellow sharp Cheddar cheese, divided
1/2 cup shredded, white extra-sharp Cheddar cheese, divided
2 tablespoons butter

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still very firm to the bite, about 5 minutes. Drain well in a colander set in the sink, and rinse with cold water until cold; set aside.

Meanwhile, melt 2 tablespoons of butter in a large saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the evaporated milk and water into the flour mixture, and bring to a simmer over medium heat. Season to taste with red pepper flakes, nutmeg, salt, and pepper. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes.

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Place the garbanzo beans into a blender. Cover, and puree until smooth. Scrape the puree into a small bowl and stir in the bread crumbs and Parmesan cheese; set aside.

Once the sauce has thickened, whisk in the sweet potatoes and sour cream; return to a simmer. Whisk in half of the yellow and white Cheddar cheeses until melted. Stir in the macaroni until well coated with the sauce, then pour half into the prepared baking dish. Sprinkle the remaining Cheddar cheeses ovetop, then cover with the remaining macaroni. Smooth the top, then dot with the garbanzo bean mixture and the remaining 2 tablespoons of butter.

Bake in the preheated oven until the sauce is bubbly, and the top is golden brown, 30 to 40 minutes. Allow the dish to rest for 5 minutes before serving.

Taco Bean Burgers

Ingredients

2 pounds ground beef
2 (16 ounce) cans baked beans
1 (1 ounce) package taco seasoning
soft hamburger buns

Directions

Place the ground beef into a skillet over medium heat. Cook, stirring to crumble, until completely browned. Mix in taco seasoning. Reduce heat to low and stir in the baked beans, simmering until thoroughly hot. Serve on hamburger buns.

Seven Layer Dip I

Ingredients

1 1/2 pounds ground beef
1 (16 ounce) can refried beans
4 cups shredded Cheddar-Monterey Jack cheese blend
1 (8 ounce) container sour cream
1 cup guacamole
1 cup salsa
1 (2.25 ounce) can black olives, chopped
1/2 cup chopped tomatoes
1/2 cup chopped green onions

Directions

In a large skillet, brown ground beef. Set aside to drain and cool to room temperature.

Spread the beans into the bottom of a 9x13 inch serving tray that is about 1 1/2 inches deep. Sprinkle 2 cups of shredded cheese on top of beans. Sprinkle beef on top of cheese. Spread sour cream very slowly on top of beef. Spread guacamole on top of sour cream. Pour salsa over guacamole and spread evenly. Sprinkle remaining shredded cheese. Sprinkle black olives, tomatoes, and green onions on top.

You can serve this dish immediately, or refrigerate it over night and serve cold. I think it tastes better at room temperature.

Mexican Spaghetti Sauce

Ingredients

1 pound ground beef
3/4 cup chopped onion
4 cups hot water (150 degrees F to 160 degrees F)
1 (26 ounce) jar meatless spaghetti sauce
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes
1 cup frozen corn, thawed
1 cup salsa
1 (4 ounce) can chopped green chilies
1 tablespoon chili powder
1/4 teaspoon salt
1/4 teaspoon pepper
Hot cooked spaghetti

Directions

In a large nonstick, cook beef and onion over medium heat until meat is no longer pink; drain. Using a slotted spoon, remove beef mixture to several layers of white paper towels. Let stand for 1 minute. Blot top of beef with additional white paper towels. Transfer beef mixture to fine mesh strainer over a 1-1/2-qt. bowl. Pour hot water over beef. Drain for 5 minutes.

In a large saucepan, combine spaghetti sauce, beans, tomatoes, corn, salsa, chilies, chili powder, salt and pepper. Stir in beef mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes. Serve over spaghetti.

Green Bean Bundles

Ingredients

1 pound fresh green beans,
trimmed
8 bacon strips, partially cooked
1 tablespoon finely chopped onion
3 tablespoons butter, margarine or
bacon drippings
1 tablespoon white wine vinegar
1 tablespoon sugar
1/4 teaspoon salt

Directions

Cook the beans until crisp-tender. Wrap about 15 beans in each bacon strip; secure with a toothpick. Place on a foil-covered baking sheet. Bake at 400 degrees F for 10-15 minutes or until bacon is done. In a skillet, saute onion in butter until tender. Add vinegar, sugar and salt; heat through. Remove bundles to a serving bowl or platter; pour sauce over and serve immediately.

Three-Cheese Green Bean Casserole

Ingredients

1 pound frozen green beans,
French-cut (or cooked fresh green
beans)
1/2 cup fat-free cottage cheese
1/2 cup chevre (soft goat cheese)
with garlic and herbs
1/2 cup toasted slivered almonds
1/4 cup freshly grated Parmesan
cheese
Freshly ground black pepper, to
taste

Directions

Preheat oven to 375 degrees. Cook frozen beans per package directions; drain.

In a blender, mix cottage cheese and chevre. Combine beans, cheese mixture and almonds; turn into a 2-quart casserole. Top with Parmesan and pepper.

Bake 20 minutes, then brown under broiler 3 minutes.

Slow ' N' Easy Chili

Ingredients

1/2 pound ground beef, cooked and drained
1/2 pound bulk pork sausage, cooked and drained
1 (28 ounce) can crushed tomatoes
1 (15 ounce) can chili beans, undrained
1 (10.75 ounce) can condensed tomato soup, undiluted
1 large onion, chopped
2 (1.25 ounce) packages chili seasoning mix
Shredded Cheddar cheese

Directions

In a slow cooker, combine the first seven ingredients and mix well. Cover and cook on low for 6-8 hours or until thickened and heated through, stirring occasionally. Garnish with cheese if desired.

Cucumber and Tomato Salad

Ingredients

1 tomato, chopped
1 cucumber, seeded and chopped
1/4 cup thinly sliced red onion
1/4 cup canned kidney beans,
drained
1/4 cup diced firm tofu
2 tablespoons chopped fresh basil
1/4 cup balsamic vinaigrette salad
dressing
salt and pepper to taste

Directions

In a large bowl, combine the tomato, cucumber, red onion, kidney beans, tofu, and basil. Just before serving, toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Sweet Pork Slow Cooker Chili

Ingredients

2 pounds ground pork
2 vine-ripened tomatoes, diced small
1 yellow bell peppers, diced
1 (20 ounce) can pineapple chunks, drained
1 (15.5 ounce) can black beans, drained
1 (11 ounce) can whole kernel corn, drained
1 (12 ounce) can tomato paste
3/4 cup chopped green onions
1 cup chopped baby corn
1 1/4 cups hard apple cider
4 cloves garlic, minced
2 tablespoons brown sugar
2 teaspoons salt
1 tablespoon Hungarian sweet paprika
1 teaspoon ground black pepper
1 tablespoon molasses
1/4 teaspoon ground ancho chile pepper
1/4 teaspoon dried sage
3/4 teaspoon curry powder
1 pinch ground cinnamon
1 1/2 teaspoons honey
1 tablespoon white vinegar

Directions

Cook the ground pork in a skillet over medium heat until completely browned; drain.

Combine the cooked pork, tomato, bell pepper, pineapple, beans, kernel corn, tomato paste, onion, baby corn, cider, garlic, brown sugar, salt, paprika, pepper, molasses, ancho chile pepper, sage, curry powder, cinnamon, honey, and vinegar in a large slow cooker; stir.

Set slow cooker to High. Cook at least 4 hours.

Beef and Beans

Ingredients

1 1/2 pounds boneless round steak
1 tablespoon prepared mustard
1 tablespoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 garlic clove, minced
2 (14.5 ounce) cans diced tomatoes, undrained
1 medium onion, chopped
1 beef bouillon cube, crushed
1 (16 ounce) can kidney beans, rinsed and drained
Hot cooked rice

Directions

Cut steak into thin strips. Combine mustard, chili powder, salt if desired, pepper and garlic in a bowl; add steak and toss to coat. Transfer to a slow cooker; add tomatoes, onion and bouillon. Cover and cook on low for 6-8 hours. Stir in beans; cook 30 minutes longer. Serve over rice.

Val and Jess's Vegan Avocado Dip

Ingredients

2 avocados - peeled, pitted and diced
1 (19 ounce) can black beans, drained and rinsed
1 (11 ounce) can whole kernel corn, drained
1 medium onion, minced
3/4 cup salsa
1 tablespoon chopped fresh cilantro
1 tablespoon lemon juice
2 tablespoons chili powder
salt and pepper to taste

Directions

In a bowl, mix the avocados, black beans, corn, onion, salsa, cilantro, and lemon juice. Season with chili powder, salt, and pepper.

Cabin Dinner

Ingredients

1/4 cup vegetable oil
4 cloves garlic, chopped
1 yellow onion, diced
1 red bell pepper, chopped
2 teaspoons chopped parsley
1 tablespoon chili powder
2 teaspoons ground cumin
2 teaspoons paprika
2 teaspoons ground turmeric
salt and pepper to taste
1 1/2 (16 ounce) cans kidney beans, drained with liquid reserved
2 tablespoons tomato paste
hot sauce to taste

Directions

Heat oil in a Dutch oven over medium heat. Saute garlic, onion, bell pepper, parsley, chili powder, cumin, paprika, turmeric, salt and pepper, until onions are tender. Stir in kidney beans and some of the reserved liquid until desired consistency. Stir in tomato paste and hot sauce.

Reduce heat to low, cover and simmer for an hour, stirring occasionally. Add more bean liquid and/or water if necessary so that beans don't dry out.

Spiced Quinoa

Ingredients

1 tablespoon olive oil
1 small onion, chopped
1 clove garlic, minced
3/4 cup quinoa
1 1/2 teaspoons curry powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon cumin
1/4 teaspoon cinnamon
1 1/2 cups chicken stock
1 (14 ounce) can garbanzo beans,
drained and rinsed
1/2 cup toasted pine nuts
1/2 cup raisins, soaked in hot
water and drained (optional)

Directions

Stir together the olive oil, onion, and garlic in a saucepan over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the quinoa, curry powder, salt, pepper, cumin, cinnamon, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer 20 minutes until the quinoa is tender.

Once the quinoa has finished cooking, stir in the drained garbanzo beans, toasted pine nuts, and raisins. Serve warm or cold.

Broccoli, Corn, and Green Bean Saute

Ingredients

1/4 cup butter
1 1/2 cups chopped fresh broccoli
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained
1/2 (8 ounce) package crumbled feta cheese with basil and sun-dried tomatoes
dried oregano to taste
salt to taste
ground black pepper to taste

Directions

Melt the butter in a skillet over medium-high heat. Stir in broccoli, corn, and green beans. Cook until broccoli is tender. Sprinkle with feta cheese, and continue cooking until cheese is melted. Season with oregano, salt, and pepper. Serve immediately.

Feta and Slow-Roasted Tomato Salad with French

Ingredients

12 cherry tomatoes
salt and black pepper to taste
1/4 cup olive oil
1 bay leaf, crumbled
1/4 cup pine nuts
2/3 pound thin green beans, trimmed
1 (5 ounce) package arugula leaves
6 fresh basil leaves, torn into pieces

1 tablespoon red wine vinegar
2 tablespoons whole-grain mustard
2 cloves garlic, minced
1/2 teaspoon honey
1/4 cup olive oil

6 ounces crumbled feta cheese

Directions

Preheat an oven to 225 degrees F (110 degrees C).

Slice the cherry tomatoes in half, and arrange them, cut sides up, on a baking sheet. Sprinkle them with salt, pepper, and the bay leaf; drizzle with 1/4 cup olive oil.

Bake the tomatoes until they are shriveled and dry on the outside, but a little moist inside, about 2 hours.

Toast the pine nuts in a small pan over medium-low heat, gently shaking the pan as they toast, until beginning brown and fragrant, 2 to 3 minutes; set aside.

Bring a saucepan of water to a boil; cook the green beans in the boiling water until bright green but still crisp, about 3 minutes. Drain and rinse immediately with cold water.

Combine the roasted tomatoes, toasted pine nuts, green beans, arugula, and basil in a salad bowl. Whisk together the red wine vinegar, mustard, garlic, honey, and 1/4 cup olive oil in a bowl, and pour the dressing over the salad. Stir in the crumbled feta cheese just before serving.

Butternut Vegetable Soup

Ingredients

1/4 cup vegetable oil
1 cup finely diced onion
2 teaspoons minced garlic
4 large carrots, thinly sliced
2 cups peeled and cubed butternut squash
12 cups vegetable broth
2 red potatoes, cubed
1/2 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon ground black pepper
4 cups finely chopped kale leaves
1 (16 ounce) can great Northern beans, rinsed and drained

Directions

Heat the vegetable oil in a large Dutch oven over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrots and butternut squash; cook and stir until squash begins to brown, about 15 minutes.

Pour in the broth. Stir in the red potatoes, thyme, salt, and pepper, and bring to a boil. Reduce heat and simmer until vegetables are tender, about 45 minutes. Stir in the kale and great Northern beans, and simmer until the kale is tender, about 10 minutes.

Pour about 3 cups of the soup into a blender, filling the pitcher no more than halfway full (you may have to do this in two batches). Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Return the pureed portion of the soup to the soup pot, leaving the remaining soup chunky. Alternately, you can use a stick blender and partially puree the soup right in the cooking pot.

White Bean Fennel Soup

Ingredients

1 large onion, chopped
1 small fennel bulb, thinly sliced
1 tablespoon olive oil
5 cups reduced sodium chicken broth or vegetable broth
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon dried thyme
1/4 teaspoon pepper
1 bay leaf
3 cups shredded fresh spinach

Directions

In a large saucepan, saute onion and fennel in oil until tender. Add the broth, beans, tomatoes, thyme, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until fennel is tender. Discard bay leaf. Add spinach; cook 3-4 minutes longer or until spinach is wilted.

Quinoa Biryani

Ingredients

- 1 tablespoon vegetable oil
- 1 cup quinoa, rinsed and drained
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger root
- 2 cinnamon sticks
- 1 teaspoon ground turmeric
- 1 pod cardamom
- 3 whole cloves
- 3 cups water
- 1 cup peeled, diced potato
- 1 cup chopped carrots
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup fresh green beans, cut into 1-inch pieces
- 1/2 cup fresh or frozen peas
- 1 tablespoon butter
- 1 onion, sliced into rings
- 2 tablespoons cashew pieces
- 1/4 cup chopped fresh cilantro

Directions

Heat vegetable oil in a large skillet over medium heat. Stir in quinoa and allow to toast briefly. Stir in the garlic, ginger, cinnamon sticks, turmeric, cardamom, and cloves. Cook and stir until the spices are fragrant, about 2 minutes. Pour in the water. Increase the heat to high and bring to a boil; add potatoes, carrots, and cauliflower. Recover, then reduce heat to low and cover and simmer for 10 minutes.

Stir in the broccoli and green beans, then replace cover and simmer until the quinoa is tender and the water has been absorbed, about 10 minutes. Stir in the green peas, and cook until heated through, about 5 minutes. Remove from heat and discard cinnamon sticks and cloves.

Heat the butter in a skillet over medium heat. Stir in onion; cook and stir until the onion is golden, about 8 minutes. Mix in the cashew pieces, stirring constantly until lightly toasted. Transfer quinoa and vegetables to a large platter or bowl. Top with the onion/cashew mixture and chopped cilantro.

Pareve Cholent

Ingredients

1 cup dry kidney beans
1/2 cup dry white beans
1/2 cup barley
2 large potatoes, peeled and cubed
1 large sweet potato, peeled and cubed
1 large onion, cut into chunks
2 cloves garlic, minced
2/3 cup ketchup
1/4 cup barbeque sauce
1/4 cup soy sauce
1/4 cup brown sugar
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika
2 teaspoons ground black pepper
1 tablespoon salt
4 cups water, or more as needed to cover

Directions

Place kidney beans, white beans, barley, potatoes, sweet potato, onion, garlic, ketchup, barbeque sauce, soy sauce, brown sugar, garlic powder, onion powder, paprika, pepper, salt, and water in a slow cooker. Mix well. Cook on High for 3 hours, then reduce heat to Low and continue cooking overnight until the beans are tender.

Holiday Green Beans

Ingredients

1/2 cup butter
1 lemon, juiced
2 teaspoons soy sauce
2 cloves garlic, thinly sliced
2 pounds fresh green beans
1 (4 ounce) jar diced pimento
peppers, drained
3/4 cup chopped salted peanuts

Directions

In a small saucepan over low heat melt butter with lemon juice and soy sauce. Stir in garlic and cook for about 10 minutes. Refrigerate overnight.

Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still crisp, about 10 minutes. Drain.

Heat butter mixture and pour over beans. Stir in pimentos and peanuts. Toss and serve.

Hearty Pork N Beans

Ingredients

1 pound ground beef
1 medium green pepper, chopped
1 small onion, chopped
1 (1 pound) package smoked sausage, halved lengthwise and thinly sliced
1 (16 ounce) can pork and beans, undrained
1 (15 ounce) can lima beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 cup ketchup
1/2 cup packed brown sugar
1 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper

Directions

In a skillet, cook beef, green pepper and onion over medium heat until meat is no longer pink; drain. In a slow cooker, combine the remaining ingredients. Stir in beef mixture. Cover and cook on high for 4-5 hours or until heated through.

Italian Sausage Soup II

Ingredients

2 tablespoons olive oil
1 pound Italian sausage, casings removed
1 1/2 cups chopped onion
1 1/2 cups sliced carrots
1 stalk celery with leaves, chopped
1 tablespoon chopped garlic
1 teaspoon dried basil
1 teaspoon dried rosemary
1/4 teaspoon dried crushed red pepper
1/4 teaspoon dried sage
1 (14.5 ounce) can canned diced tomatoes
5 cups chicken broth
1 (16 ounce) can kidney beans, drained
1 cup uncooked pasta shells

Directions

Heat the oil in a large pot over medium-high heat. Cook the sausage until evenly browned, and break into pieces. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage. Continue cooking 10 minutes, until vegetables are tender. Mix in tomatoes, and cook until heated through. Stir in the broth and beans. Bring to a boil. Reduce heat to low, and simmer 20 minutes.

Stir pasta into soup, and continue cooking 10 minutes, or until pasta is al dente.

Black Bean Spinach Pizza

Ingredients

1 (10 ounce) package prebaked Italian bread shell crust
1 (15 ounce) can black beans, rinsed, drained, and mashed
1/3 cup chopped onion
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon minced garlic
1/2 cup salsa
1/2 cup frozen chopped spinach, thawed and squeezed dry
2 tablespoons minced fresh cilantro
1/2 teaspoon hot pepper sauce
1/2 cup shredded Monterey Jack cheese
1/2 cup shredded sharp Cheddar cheese

Directions

Place the crust on an ungreased 12-in. pizza pan. Combine the beans, onion, chili powder, cumin and garlic; spread over crust. Layer with salsa, spinach and cilantro. Sprinkle with hot pepper sauce and cheeses. Bake at 450 degrees F for 8-10 minutes or until golden brown.

Grilled Hanger Steak with a Roasted Shallot Port

Ingredients

4 (6 ounce) hanger steaks - fat and silver skin trimmed
1 1/2 tablespoons canola oil
salt and pepper to taste
1 pound fresh green beans, trimmed
2 cloves garlic, minced
1/4 cup canola oil
1 pinch salt and pepper to taste
1 cup water
1/4 cup white sugar
4 whole shallots
3 fluid ounces port wine
1 cup demi glace
1/2 cup butter, room temperature

Directions

Lightly cover the steaks with canola oil and season generously with salt and pepper; cover and place in refrigerator until ready to grill.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Place a sheet of aluminum foil on about 1/3 of the grill surface.

Bring a large pot of generously salted water to a boil. Cook the green beans in the boiling water until heated through yet still firm, 5 to 7 minutes. Drain. Transfer to a large bowl. Add the garlic and 1/4 cup of canola oil to the green beans and toss to coat. Season with salt and pepper; set aside.

Stir the water, sugar, and shallots together in a saucepan until the sugar dissolves; cover the pan and bring the mixture to a boil. Drain the liquid and return the shallots to the pan. Add the port wine and demi glace to the saucepan and place over medium heat; cook until the liquid reduces to about half its original volume. Stir the butter into the mixture until it melts. Remove the pan from the heat. Season with salt as needed. Keep the saucepan covered until the steaks are prepared.

Spread the green beans onto the part of the grill prepared with aluminum foil and allow to finish cooking while grilling the steaks.

Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, about 2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Allow the steaks to rest 5 minutes before placing onto individual plates. Spoon the sauce over the steaks. Serve the green beans on the side.

Vegetarian Chickpea Curry with Turnips

Ingredients

2 tablespoons olive oil
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon ground cumin
2 tablespoons curry powder
1 (15 ounce) can garbanzo beans (chickpeas), undrained
1/2 red bell pepper, diced
1/2 turnip, peeled and diced
1 cup corn kernels
1/2 (15 ounce) can tomato sauce
1 pinch crushed red pepper flakes (optional)
1 pinch salt
1 pinch cracked black pepper

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion, garlic, cumin, and curry powder; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garbanzo beans, red bell pepper, turnip, corn, and tomato sauce. Season with red pepper flakes, salt, and black pepper. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender and the curry has thickened, 1 1/2 to 2 hours.

Penne Pasta with Cannellini Beans and Escarole

Ingredients

1 (16 ounce) package dry penne pasta
1 head escarole, chopped
1 (15.5 ounce) can cannellini beans, with liquid
1 (14.5 ounce) can diced tomatoes with garlic and onion, drained
salt and ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil, and cook the penne pasta 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, cook and stir the escarole, cannellini beans and liquid, and diced tomatoes with garlic and onion until heated through. Season with salt and pepper. Toss with the cooked pasta to serve.

Maryland Crab Soup

Ingredients

2 (14.5 ounce) cans stewed tomatoes
3 cups water
1 cup fresh lima beans
1 cup frozen corn kernels
1 cup sliced carrots
2 tablespoons chopped onion
2 tablespoons Old Bay Seasoning
TM
2 cups beef broth
1 pound blue crab crabmeat
10 blue crab claws, steamed (optional)
1 gallon water

Directions

Place whole tomatoes, water, lima beans, corn, sliced carrots, chopped onion, Old Bay seasoning, and beef broth, in a 4 quart pot. Heat to simmer, cover, and cook for 5 minutes.

Bring 1 gallon water to boil. Add crab claws and boil 6 minutes. Drain crab and set aside

Stir crabmeat (and crabs claws, if desired) into tomato and vegetable mixture. Cover and simmer 10-15 minutes longer. Serve hot.

Ken's Texas Chili

Ingredients

2 pounds ground beef
1/2 teaspoon garlic powder
3 tablespoons chili powder
2 teaspoons ground cumin
3 tablespoons all-purpose flour
1 tablespoon dried oregano
2 (14 ounce) cans beef broth
1 teaspoon salt
1/4 teaspoon black pepper
3 (15.5 ounce) cans pinto beans,
drained

Directions

In a stockpot over medium heat, brown the ground beef until no longer pink. Drain off grease, reserving 2 tablespoons to remain in the pan. In a small bowl, stir together the garlic powder, chili powder, cumin, and flour. Sprinkle the mixture over the meat, and stir until the meat is evenly coated.

Stir the oregano into the meat mixture, then pour in the 2 cans of beef broth. Season with salt and pepper. Bring to a boil, then add the cans of beans. If you like your chili soupy, add only 2 cans of beans, but if you like thick chili, use all three. Reduce heat to low, and simmer for 30 minutes to blend flavors.

Easy Cassoulet Casserole

Ingredients

2 small onions, chopped
1 teaspoon garlic powder
2 cups cooked, cubed ham
1 pound pork sausage, cooked and drained
2 cups canned navy beans, drained
2 teaspoons dried parsley
1/3 cup white wine
1/4 teaspoon ground cloves
salt and pepper to taste

Directions

Preheat oven to 300 degrees F (150 degrees C).

Saute onions with garlic powder in a large skillet over medium heat. Add ham, sausage, beans, parsley, wine, cloves, salt and pepper. Mix together and pour mixture into a 9x13 inch baking dish.

Bake uncovered in preheated oven for 1/2 hour.

Vegetables in Puff Pastry

Ingredients

1 (10 ounce) package frozen puff pastry shells
4 cups water
1 (16 ounce) package fresh baby carrots
1 teaspoon salt, divided
1 (8 ounce) package fresh sugar snap peas
1 medium leek, white portion only, sliced
1 teaspoon minced garlic
1 tablespoon butter
1 (29 ounce) can tomato puree
1 (14.5 ounce) can diced tomatoes, undrained
2 teaspoons sugar
2 teaspoons dried oregano
1/2 teaspoon pepper
1 (16 ounce) package frozen lima beans, thawed

Directions

Bake pastry shells according to package directions. Meanwhile, in a Dutch oven, bring the water to boil. Add carrots and 1/2 teaspoon salt. Reduce heat to medium; cook for 8-10 minutes or until tender. Add peas; cook for 1 minute. Drain and set aside.

In a large skillet, saute leek and garlic in butter until leek is crisp-tender. Add the tomato puree, tomatoes, sugar, oregano, pepper and remaining salt. Bring to a boil. Reduce heat. Add the lima beans and carrot mixture; cook for 5 minutes or until vegetables are heated through. Remove tops from pastry shells; fill with vegetable mixture.

Ingredients

- 1 1/2 pounds ground elk meat
- 2 large yellow onions, diced
- 2 (10 ounce) cans tomato sauce
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 (15 ounce) can kidney beans, drained
- 1 (4 ounce) can diced green chiles (optional)
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 cup brown sugar

Directions

In a large deep skillet over medium heat, cook the ground elk with the onion until evenly browned. Drain off excess grease.

Pour the tomato sauce, stewed tomatoes, kidney beans and green chilies into the skillet with the meat, and stir to blend. Season with chili powder, cumin, salt, pepper, oregano and brown sugar. Cover, and simmer over low heat for at least one hour.

Country Style Green Beans with Red Potatoes

Ingredients

1/2 pound smoked turkey tails
2 (14.5 ounce) cans green beans,
drained and rinsed
1 large onion, chopped
10 small red potatoes, peeled and
cubed
1 tablespoon seasoned salt
2 teaspoons ground black pepper
1 tablespoon garlic powder

Directions

Place the turkey tails and onion into a 4 quart Dutch oven and fill half way full with water. Season with salt, pepper and garlic powder. Bring to a boil, then cover and simmer over low heat until meat falls off the bones, about 2 hours. Remove the bones and skin; return the meat to the pot. Discard bones and skin.

Add the green beans to the Dutch oven and simmer for 20 minutes, then add the potatoes. Simmer for 10 to 15 minutes more, or until they can be easily pierced with a fork.

Slow Cooker Baked Beans

Ingredients

24 ounces dry white beans
1 pound ham hocks
1 onion, chopped
1/2 cup packed brown sugar
1/2 cup maple syrup
1 teaspoon salt
1 cup water
1/2 cup ketchup
2 tablespoons prepared mustard

Directions

In a large pot over high heat, combine the beans with water to cover and bring to a boil for 10 minutes. Remove from heat but let sit for 1 hour. Drain beans and place them in a slow cooker. Add the ham hocks, onion, brown sugar, maple syrup, salt and water.

Mix well, cover and cook on high setting for 4 to 5 hours, stirring occasionally. During the final hour of cooking, add the ketchup and mustard, remove the ham from the hocks and discard the hocks. Mix well and serve.

Beet, Bean and Apple Salad

Ingredients

1 (8.25 ounce) can sliced beets,
drained and diced
1 (15 ounce) can cut green beans,
drained
1 large Granny Smith apple -
peeled, cored and diced
1 teaspoon olive oil
2 tablespoons apple cider vinegar

Directions

Combine the beets, green beans and apple in a serving bowl. Stir in olive oil and vinegar. Chill for 1 hour before serving. Serve cold.

Toasted Almond Green Bean Salad

Ingredients

2 pounds fresh green beans,
trimmed
1/2 cup olive oil
2 tablespoons balsamic vinegar
1/2 cup sliced almonds

Directions

Place beans in a large saucepan, and cover with water. Boil beans until soft but still bright green, about 15 minutes. Transfer beans immediately to an ice water bath to cool. Drain after 3 minutes. Place beans in large bowl. Toss with balsamic vinegar, stir in the olive oil.

Place the almonds in a heavy skillet over low heat; cook until golden. Toss almonds into the green bean salad. Serve at room temperature or chilled.

Ultimate Baked Beans

Ingredients

1/2 pound bacon
1 (4.5 ounce) can mushrooms,
drained
1 large onion, diced
2 (16 ounce) cans baked beans
with pork
1 (15.25 ounce) can kidney beans,
drained
1 (15 ounce) can butter beans,
drained
1 cup ketchup
1/4 cup brown sugar
1 1/2 teaspoons dry mustard
2 tablespoons cider vinegar
1/2 teaspoon Worcestershire
sauce
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown; drain. Reserve 3 strips whole, crumble remainder and set aside. Add the mushrooms and onions; cook until tender.

In a large bowl, combine the crumbled bacon, mushrooms, onion, pork and beans, kidney beans, butter beans, ketchup, brown sugar, dry mustard, cider vinegar, Worcestershire sauce, and salt and pepper. Scoop bean mixture into prepared casserole dish. Place 2 or 3 strips of bacon on top of the bean mixture, if desired.

Bake uncovered in a 350 degree oven until thick and bubbly, about 2 hours.

Homemade Black Bean Veggie Burgers

Ingredients

1 (16 ounce) can black beans,
drained and rinsed
1/2 green bell pepper, cut into 2
inch pieces
1/2 onion, cut into wedges
3 cloves garlic, peeled
1 egg
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon Thai chili sauce or hot
sauce
1/2 cup bread crumbs

Directions

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Beans, Greens and Garlic Soup

Ingredients

2 tablespoons olive oil
4 cloves garlic, peeled and chopped
1 onion, chopped
6 cups chicken broth
1 (15.5 ounce) can cannellini beans, drained and rinsed
1 cup ditalini or other small pasta
1 (10 ounce) bag baby spinach, rinsed and dried
salt and black pepper to taste

Directions

Heat the olive oil in a large stockpot over medium heat. Stir in the garlic and onions; cook and stir until the onions are transparent, 8 to 10 minutes. Add the chicken broth, increase the heat to high, and bring the mixture to a boil.

Stir in the beans and pasta; lower heat to medium, and simmer, uncovered, until the pasta is al dente, or 8 to 10 minutes. Add the spinach and stir just until wilted. Season with salt and pepper to taste.

Sun-dried Tomato and Fennel Seed Hummus

Ingredients

1 1/2 cups cooked garbanzo beans
1/2 cup tahini
1 lemon, juiced
2 tablespoons olive oil
8 oil-packed sun-dried tomatoes
1 tablespoon maple syrup
1 tablespoon nutritional yeast
1/2 teaspoon fennel seed
1/4 cup chopped onion (optional)
salt to taste
black pepper to taste
cayenne pepper to taste

Directions

Place garbanzo beans, tahini, sun-dried tomatoes, lemon juice, olive oil, and maple syrup in the bowl of a food processor. Blend until smooth. Add in fennel seed, nutritional yeast, and onion; blend until smooth. Season to taste with salt, black pepper, and cayenne pepper.

Finnish Summer Soup

Ingredients

2 cups water
5 small potatoes, peeled and halved
1 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons butter
6 cups green onions, cut into 3 inch lengths
12 baby carrots
1 1/2 pounds fresh green beans, cut into 1-inch lengths
2 cups fresh shelled green peas
2 cups half-and-half
3 tablespoons all-purpose flour

Directions

Heat water to boiling in a medium pot; add potatoes. Reduce heat and simmer until potatoes are tender, approximately 15 to 20 minutes.

Add salt, pepper, butter, onions, carrots and green beans; simmer until tender then add peas.

In a small bowl, stir together half-and-half and flour until smooth; stir into the simmering vegetables. Cook, stirring constantly until the soup is slightly thickened. Serve immediately.

Fried Green Beans

Ingredients

- 1 quart vegetable oil for frying
- 2 cups all-purpose flour
- 4 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 cup buttermilk
- 1 pound fresh green beans

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Whisk together the flour, salt, pepper, and garlic powder; set aside. Pour the buttermilk into a shallow dish.

Thread the green beans onto toothpicks, making bundles of about 5 green beans each. Dip the green bean bundles into the buttermilk, then into the flour mixture. Shake off any excess flour. Fry in the hot oil until the flour turns golden brown, about 4 minutes. Drain on a paper towel-lined plate, and serve hot.

Slow Cooker Chicken Taco Soup

Ingredients

1 onion, chopped
1 (16 ounce) can chili beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer
2 (10 ounce) cans diced tomatoes with green chilies, undrained
1 (1.25 ounce) package taco seasoning
3 whole skinless, boneless chicken breasts
shredded Cheddar cheese (optional)
sour cream (optional)
crushed tortilla chips (optional)

Directions

Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.

Seven Layer Dip II

Ingredients

2 avocados - peeled, pitted and diced
1 1/2 tablespoons fresh lime juice
1/4 cup chopped fresh cilantro
1/4 cup salsa
garlic salt to taste
ground black pepper to taste
1 (8 ounce) container sour cream
1 (1 ounce) package taco seasoning mix
4 roma (plum) tomatoes, diced
1 bunch green onions, finely chopped
1 (16 ounce) can refried beans
2 cups shredded Mexican-style cheese blend
1 (2.25 ounce) can black olives - drained and finely chopped

Directions

In a medium bowl, mash the avocados. Mix in lime juice, cilantro, salsa, garlic salt and pepper.

In a small bowl, blend the sour cream and taco seasoning.

In a 9x13 inch dish or on a large serving platter, spread the refried beans. Top with sour cream mixture. Spread on guacamole. Top with tomatoes, green onions, Mexican-style cheese blend and black olives.

Spiced Chickpeas (Chole)

Ingredients

2 tablespoons vegetable oil
1 teaspoon ground cumin
1/2 teaspoon ground dried red chilies
2 serrano chile peppers, seeded and chopped
2 large onions, chopped
2 (15 ounce) cans garbanzo beans (chickpeas), drained
3 tablespoons lemon juice
2/3 cup water
salt to taste

3 tablespoons minced fresh ginger root
2 large tomatoes, chopped
1/4 cup chopped fresh cilantro, for garnish

Directions

Heat the vegetable oil in a large pot over medium heat. Stir in the cumin and ground red chilies, and cook for a few seconds until the spices are fragrant. Add the serrano chiles, onions, garbanzo beans, lemon juice, and water; season to taste with salt. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the vegetables are tender and most of the liquid has evaporated, about 15 minutes. Sprinkle with ginger, tomatoes, and cilantro to serve.

The Most Delicious Green Beans

Ingredients

12 slices bacon, cut in half
2 pounds fresh green beans,
trimmed and snapped
1 1/2 medium onions, chopped
6 tablespoons apple cider vinegar
6 tablespoons white sugar
1/2 cup blanched slivered
almonds

Directions

In a large deep skillet, cook bacon over medium-high heat until evenly browned. Remove bacon to paper towels, and reserve drippings in the skillet.

Place fresh green beans in a large saucepan, and add enough water to cover the bottom by 1 inch. Cover, and bring to a boil over medium-high heat. Cook for 8 to 10 minutes, until bright green and tender. Drain.

Place the green beans into a 2 quart casserole dish. Spread the onions in a layer over the green beans. Place bacon strips in a layer over the onions. Sprinkle almonds over the top. Heat the reserved drippings in the skillet over medium heat. Stir in vinegar and sugar, heating just until sugar is dissolved; drizzle over everything in the dish. Cover, and chill for at least one hour, but overnight is best.

Preheat the oven to 350 degrees F (175 degrees C). Bake uncovered, for 45 minutes, until the onions are tender, and the almonds are toasted. Check after 30 minutes, and cover if necessary.

Cumin and Coriander Chickpea Salad

Ingredients

2 cloves garlic, minced
1/4 teaspoon salt
1/2 cup olive oil
2 tablespoons fresh lemon juice
2 teaspoons white wine vinegar
1 1/2 teaspoons grated fresh ginger root
1 teaspoon ground cumin
1/4 teaspoon ground cayenne pepper
4 (19 ounce) cans garbanzo beans, drained
2 yellow bell peppers, seeded and chopped
1 bunch green onions, thinly sliced
1/2 cup finely chopped fresh cilantro

Directions

In a bowl, crush together the garlic and salt. To prepare the dressing, mix in olive oil, lemon juice, vinegar, ginger, cumin, and cayenne pepper.

In a separate bowl, stir together the garbanzo beans, yellow bell peppers, green onions, and cilantro. Mix in the dressing. Cover, and chill in the refrigerator 8 hours, or overnight.

Spring Vegetable Soup

Ingredients

1 tablespoon vegetable oil
1/2 cup chopped onion
1 clove garlic, minced
1 medium potato, peeled and chopped
1/2 cup chopped broccoli
1/2 cup frozen corn
1/2 cup torn spinach
1/2 cup chopped fresh mushrooms
1/2 cup chopped carrots
1/4 cup chopped cabbage
2 (32 fluid ounce) containers chicken broth
6 ounces egg noodles
1 cup canned white beans

Directions

Heat the oil in a large pot over medium heat, and cook the onion and garlic until tender. Mix in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low. Simmer 20 minutes, until potato is tender.

Stir egg noodles and white beans into the pot, and continue cooking 7 minutes, or until noodles are tender and beans are heated through.

Mediterranean Chickpea Salad II

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 roma (plum) tomato, seeded and diced
1/2 medium green bell pepper, diced
1 small onion, finely chopped
1 small clove garlic, minced
1 tablespoon chopped fresh parsley
2 tablespoons olive oil
1 lemon, juiced

Directions

In a bowl, toss together the garbanzo beans, roma tomato, green bell pepper, onion, garlic, parsley, olive oil, and lemon juice. Cover, and chill until serving.

Pork Sinigang

Ingredients

1 tablespoon vegetable oil
1 small onion, chopped
1 teaspoon salt
1 (1/2 inch) piece fresh ginger, chopped
2 plum tomatoes, cut into 1/2-inch dice
1 pound bone-in pork chops
4 cups water, more if needed
1 (1.41 ounce) package tamarind soup base (such as Knorr®)
1/2 pound fresh green beans, trimmed

Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with salt. Stir in the ginger, tomatoes, and pork chops. Cover and reduce heat to medium-low. Turn the pork occasionally, until browned. Pour in the water and tamarind soup base. Bring to a boil, then reduce heat. Continue simmering until the pork is tender and cooked through, about 30 minutes. Stir in green beans and cook until tender.

Robin's Sweet and Spicy Black Beans

Ingredients

1 tablespoon extra virgin olive oil
1/2 large red onion, chopped
2 tablespoons minced garlic
1 (14.5 ounce) can diced tomatoes
with green chile peppers
1/4 cup chopped fresh cilantro
3 tablespoons sugar
1 teaspoon cayenne pepper
1 dash chili powder
1 dash cumin
1 dash ground cinnamon
1 (15 ounce) can black beans

Directions

Warm oil in a skillet over medium heat. Stir in onion, and cook about 2 minutes; then stir in garlic, and cook until onion is soft and translucent. Stir in tomatoes, cilantro, and sugar. Season with cayenne pepper, chili powder, cumin, and ground cinnamon. Cook for 10 minutes. Stir in black beans, and bring to a simmer. Reduce the heat to low, cover, and simmer 1 hour or longer.

Bow Tie Pasta with Tomato Tuna Sauce

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 tablespoon olive oil
1/2 cup whole wheat bread crumbs
1 tablespoon salt
1/2 teaspoon ground black pepper
1 tablespoon lemon zest
1 (15 ounce) can canned beans
1 (6 ounce) can tuna, drained
2 cups tomato sauce
3/4 cup grated Parmesan cheese, divided

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil over high heat. Stir in the pasta and boil until cooked through, but still firm to the bite, about 12 minutes. Drain well.

Heat the olive oil in a large skillet. Toast bread crumbs in oil, about 2 minutes. Season with salt and pepper; stir in lemon zest. Remove seasoned bread crumbs from skillet and drain on paper towels.

Place the skillet back over medium heat. Add the beans, and mash. Stir in the tuna, tomato sauce, and 1/4 cup of the Parmesan cheese. Reduce heat to a simmer and cook for 10 to 15 minutes.

Toss sauce with prepared pasta; place in prepared baking dish. Top with the toasted bread crumbs and remaining 1/2 cup Parmesan cheese. Bake in preheated oven until the cheese melts, about 10 minutes.

Pasta e Fagioli II

Ingredients

1/2 cup chopped onion
1 small carrot, grated
1/4 cup chopped celery
1 clove garlic, minced
1/4 pound prosciutto, finely chopped
1 tablespoon olive oil
6 cups chicken broth
3 cups tomato juice
2 cups red beans
1 tablespoon dried parsley
2 teaspoons dried basil
1/8 teaspoon ground cayenne pepper
1 tablespoon distilled white vinegar
2 teaspoons white sugar
salt and pepper to taste
1 (16 ounce) package ditalini pasta

Directions

In a large stock pot, saute onions, carrots, celery, garlic and ham in olive oil until onion is transparent.

To stock pot add chicken broth, tomato juice, red beans, parsley, basil, red pepper, vinegar, sugar and season with salt and pepper. Simmer for 1 hour.

Fill a separate stock pot 3/4 full of water and bring to a boil. Add pasta and cook until tender and drain. Place desired amount of pasta into separate serving bowls and ladle soup on top.

Salmon and Garbanzo Bean Soup

Ingredients

1/2 pound bacon, chopped
1 onion, thinly sliced
1 pound salmon fillets, cut into 1 inch cubes
5 cups chicken broth
1 bunch fresh spinach, rinsed and thinly sliced
1 (14 ounce) can garbanzo beans, drained
salt and pepper to taste

Directions

Cook bacon in a large pot over medium-high heat until the fat has rendered out and the bacon begins to crisp. Pour out the excess grease, then stir in the onion. Continue cooking and stirring until the onion has turned golden-brown, 5 to 8 minutes more. Add the salmon cubes, and cook gently until they turn opaque on all sides, but are not yet cooked in the center.

Increase heat to high, and pour in the chicken broth. Once the soup begins to simmer, reduce heat to medium-low, and cook for 10 minutes. Stir in the spinach and garbanzo beans, return to a simmer, then season to taste with salt and pepper, and serve.

Taste of Home's Double Chili Cheese Dip

Ingredients

1 (8 ounce) package light cream cheese, softened
1 (15 ounce) can turkey chili without beans
4 green onions, thinly sliced
3 tablespoons chopped green chilies
1/4 cup sliced ripe olives (optional)
1 cup shredded reduced-fat Cheddar cheese
Baked tortilla chips

Directions

Spread cream cheese into a 9-in. pie plate or quiche dish that has been coated with nonstick cooking spray. Top with chili, onions, chilies and olives if desired. Sprinkle with cheese.

Bake, uncovered, at 350 degrees for 15-20 minutes or until the cheese is melted. Serve with tortilla chips.

Mustard Green Beans

Ingredients

3/4 pound fresh green beans,
trimmed and snapped
1 tablespoon honey mustard
2 tablespoons distilled white
vinegar
2 tablespoons extra virgin olive oil
1/4 cup chopped fresh chives
salt and pepper to taste

Directions

Bring a large saucepan of water to boil, and cook beans uncovered until tender but crisp, 3 to 4 minutes. Remove from heat, drain, and immerse in a medium bowl filled with enough ice water to cover.

In a small bowl, mix honey mustard, vinegar, olive oil, and chives. Season with salt and pepper.

Drain ice water, and pour the honey mustard mixture over the beans. Stir to coat.

Black Bean Soup III

Ingredients

1/4 cup mild salsa
1 (15 ounce) can black beans,
rinsed and drained
2 cups water
1 cup cherry tomatoes
1 1/2 teaspoons ground cumin
1 teaspoon white sugar

Directions

Strain salsa through a strainer and discard pieces left in strainer. Drain and rinse black beans, placing 1 tablespoon black beans aside for later use.

Place remaining beans, strained salsa, water, cherry tomatoes, ground cumin and sugar in a food processor or blender and puree.

Stir in reserved black beans and refrigerate until ready to serve.

Portuguese Bean Soup

Ingredients

1 ham hock
1 (10 ounce) linguica sausage, sliced
1 onion, minced
2 quarts water
4 potatoes, peeled and cubed
2 celery rib, chopped
2 carrots, chopped
1 (15 ounce) can stewed tomatoes
1 (8 ounce) can tomato sauce
1 clove garlic, minced
1/2 head cabbage, thinly sliced
1 (15 ounce) can kidney beans

Directions

Place ham hock, linguica, onion, and water into a Dutch oven over high heat. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 1 hour.

Remove meat from ham hock, chop, and return to soup. Stir in potatoes, celery, carrots, stewed tomatoes, tomato sauce, and garlic. Cover, and continue simmering for 1 1/2 hours, stirring occasionally.

Stir in cabbage and kidney beans, cook until the cabbage has softened, about 10 minutes.

Mexican Spicy Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (10 ounce) package frozen corn kernels
1 red onion, chopped
1/2 cup olive oil
1/2 cup red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
2 tablespoons SLENDA® No Calorie Sweetener, Granulated
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, SLENDA® Granulated Sweetener, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Shortcut Minestrone

Ingredients

4 bacon strips, diced
1 large onion, chopped
3 medium carrots, chopped
3 garlic cloves, minced
1 (28 ounce) jar spaghetti sauce
4 cups beef broth
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
2/3 cup uncooked pasta shells
2 teaspoons brown sugar
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 cup frozen cut green beans
grated Parmesan cheese

Directions

In a Dutch oven or soup kettle, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 2 tablespoons drippings. In the drippings, saute onion and carrots for 3-4 minutes or until tender. Add garlic; cook 2 minutes longer.

Stir in spaghetti sauce, broth and beans. Bring to a boil. Add the pasta, brown sugar, basil and oregano. Cook, uncovered, for 8-10 minutes or until pasta is tender, stirring occasionally. Add green beans; cook 5 minutes longer or until heated through. Garnish with Parmesan cheese if desired and bacon.

Ham Bone Soup

Ingredients

1 ham bone with some meat
1 onion, diced
1 (14.5 ounce) can peeled and
diced tomatoes with juice
1 (15.25 ounce) can kidney beans
3 potatoes, cubed
1 green bell pepper, seeded and
cubed
4 cups water
6 cubes chicken bouillon

Directions

Place the ham bone, onion, tomatoes, kidney beans, potatoes, and green pepper into a 3 quart or larger slow cooker. Dissolve the bouillon cubes in water, and pour into the slow cooker.

Cover, and cook on High until warm. Reduce heat to Low, and continue to cook for 5 to 6 hours.

Fava Beans in Tahini Sauce

Ingredients

1 tablespoon olive oil
1 medium onion, chopped
1 (15 ounce) can fava beans,
drained
1 lemon, juiced
1/3 cup tahini
5 cloves garlic, crushed
salt and pepper to taste

Directions

Heat olive oil in small to medium saucepan over medium-high heat. Cook onion in oil until softened.

Stir in the beans and lemon juice. Next, stir in the tahini until mixture is thick. Then, add the garlic, and cook for a few minutes more. Season to taste with salt and pepper.

Shoe Peg Salad

Ingredients

3/4 cup white sugar
3/4 cup distilled white vinegar
1/2 cup olive oil
salt and pepper to taste
1 teaspoon celery seed
2 (15 ounce) cans whole kernel corn, drained
1 (15 ounce) can baby peas, drained
1 (15 ounce) can green beans, drained
1 onion, chopped
1 green bell pepper, chopped
1/2 (4 ounce) jar pimentos

Directions

In a small saucepan, combine sugar, vinegar, and olive oil. Season to taste with salt, black pepper, and celery seeds. Heat until hot, but not boiling. Cool.

In a large bowl, combine corn, peas, green beans, onion, green pepper, and pimentos. Pour cooled vinegar mixture over vegetables; mix well. Chill in the refrigerator overnight. Serve cold.

Slow Cooker Tamale Pie

Ingredients

1 pound ground beef
1 (15 ounce) can kidney beans,
drained and rinsed
1 (10 ounce) can enchilada sauce
1 1/2 teaspoons garlic powder
1 (8.5 ounce) package corn
bread/muffin mix
1/3 cup milk
1 egg
2 tablespoons melted butter
1/2 cup shredded Cheddar
cheese

Directions

Place the ground beef in a skillet over medium heat, and cook and stir the beef until it is browned, about 10 minutes, breaking up the meat as it cooks. Drain the beef, and place it into the slow cooker. Stir in the kidney beans, enchilada sauce, and garlic powder.

In a bowl, combine the corn bread mix with milk, egg, and butter, and stir until just mixed. Stir in the Cheddar cheese. Spoon the corn bread mixture over the beef mixture in the slow cooker.

Set the cooker to Low, cover, and cook until the corn bread topping is cooked through and set, about 5 hours.

Two-Bean and Mango Salad

Ingredients

1 mango - peeled, seeded and diced
1/2 (15 ounce) can black beans, rinsed and drained
1/2 (15 ounce) can navy beans, rinsed and drained
1/4 cup chopped onion
1/4 cup chopped fresh cilantro
1/4 cup balsamic vinaigrette salad dressing

Directions

In a medium salad bowl, mix together the mango, black beans, navy beans, onion and cilantro. Toss with the balsamic vinaigrette dressing. Enjoy right away, or chill until serving.

Turkey Nacho Bake

Ingredients

- 1 pound ground turkey
- 2 cloves garlic, chopped
- freshly ground black pepper to taste
- 2 teaspoons crushed red pepper flakes
- 2 tablespoons chopped fresh chives
- 2 tablespoons hot sauce (optional)
- 1 (1 ounce) package dry taco seasoning mix
- 1 (14 ounce) can refried beans
- 1 (14.5 ounce) package tortilla chips
- 2 cups shredded Cheddar cheese
- 1 (4 ounce) can sliced black olives
- 1 ripe tomato, diced
- 1 bunch green onions, sliced

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, begin to brown the ground turkey. Stir in garlic, pepper, 1 teaspoon red pepper flakes, and 1 tablespoon chives. Stir in 1 tablespoon hot sauce. When the turkey is browned, stir in taco seasoning mix according to package instructions.

Pour the beans into a microwave safe bowl, and heat in the microwave until softened. Stir in 1 tablespoon chives and 1 tablespoon hot sauce.

Spread the tortilla chips across the bottom of a baking sheet. Spoon the beans mixture over the chips. Then spread the turkey mixture across the top. Sprinkle cheese, then olives, tomatoes, green onions, and remaining 1 teaspoon of crushed red pepper flakes over the top.

Bake in preheated oven until cheese is melted, about 15 minutes

Beef and Garden Vegetable Soup

Ingredients

2 tablespoons olive oil
2 pounds beef stew meat, cut into bite-size pieces
1 large onion, chopped
2 bay leaves
3 carrots, diced
4 small red potatoes, diced
2 quarts beef stock
1/2 pound fresh green beans, cut into 1-inch pieces
3 ears fresh corn, kernels cut from cob
1/2 cup frozen petite peas
1 zucchini, diced
1/2 head cabbage, chopped
2 (14.5 ounce) cans diced tomatoes
1 teaspoon Italian seasoning blend
1/4 teaspoon garlic powder
salt and ground black pepper to taste
1/3 cup uncooked orzo pasta

Directions

Heat the olive oil in a stock pot over medium-high heat; cook the beef in the hot oil until completely browned, 7 to 10 minutes. Add the onion and bay leaves, reduce heat to medium, cook until the onion is softened, 5 to 7 minutes. Use a wooden spoon to scrape any bits stuck to the bottom of the pot. Stir the carrots, potatoes, and beef stock into the mixture; bring to a simmer and cook until the vegetables are just barely tender, about 5 minutes.

Stir the green beans, corn, peas, zucchini, cabbage, tomatoes, Italian seasoning blend, garlic powder, salt, and pepper into the beef mixture. Cover the stock pot, reduce heat to medium-low, and simmer the soup until the beef is cooked through and the vegetables are tender, 45 to 50 minutes.

Stir the orzo pasta into the soup; replace the cover to the stock pot and continue cooking until the pasta is tender, about 5 minutes more.

African Chicken Stew

Ingredients

1 tablespoon olive oil
1 (3 pound) roasting chicken,
deboned and cut into bite size
pieces
2 cloves garlic, crushed
1 onion, chopped
1 large potato, diced
1 teaspoon ground cumin
1 teaspoon ground coriander seed
1 teaspoon ground black pepper
1 teaspoon crushed red pepper
flakes
1 teaspoon salt
1 cup water
3/4 cup unsalted natural-style
peanut butter
1 (15 ounce) can garbanzo beans,
drained and rinsed

Directions

In a large skillet with a tight-fitting lid, heat oil over medium high heat. Add chicken, and brown quickly. Remove chicken from pan. Reduce heat to medium low, and add garlic, onion and potato to the pan; saute for 2 to 3 minutes. Season with cumin, coriander, black pepper, red pepper and salt. Do not let garlic brown.

Mix in water and browned chicken, and any accumulated juices. Place lid on skillet and simmer, stirring occasionally, for 10 to 15 minutes.

Remove lid, and stir in the peanut butter and garbanzo beans. Make sure the peanut butter is blended in. Replace lid to simmer for 10 more minutes, or until chicken is cooked through and potatoes are tender. Remove from heat, adjust seasoning, and serve.

Green Beans with Bread Crumbs

Ingredients

1 pound fresh green beans,
washed and trimmed
1/2 cup water
1/4 cup Italian-style seasoned
bread crumbs
1/4 cup olive oil
salt and pepper to taste
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 cup grated Parmesan cheese

Directions

Combine green beans and 1/2 cup water in a medium pot. Cover, and bring to boil. Reduce heat to medium, and let beans cook for 10 minutes, or until tender. Drain well.

Place beans in a medium serving bowl, and mix in bread crumbs, olive oil, salt, pepper, garlic powder, oregano and basil. Toss mixture until the beans are coated. Sprinkle with Parmesan cheese, and serve.

Turkey Bean Chili

Ingredients

2 pounds ground turkey
1 cup chopped onion
1 cup chopped green pepper
4 (14.5 ounce) cans stewed tomatoes, cut up
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can chili beans, undrained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 jalapeno pepper, seeded and chopped*
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon cayenne pepper

Directions

In a Dutch oven or soup kettle, cook the turkey, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes.

Colorful Veggie Medley

Ingredients

1 1/2 pounds ground beef,
cooked and drained
1 (10 ounce) package frozen cut
green beans, thawed
1 (10 ounce) package frozen peas,
thawed
1 (6 ounce) package frozen pea
pods, thawed
1 (14.5 ounce) can diced
tomatoes, undrained
1 1/2 cups thinly sliced carrots
2 celery ribs, sliced
1 (8 ounce) can sliced water
chestnuts, drained
1/2 cup chopped green pepper
3 tablespoons butter or margarine
3 tablespoons sugar
3 tablespoons quick-cooking
tapioca
1 1/2 teaspoons salt
1/2 teaspoon pepper

Directions

In a 5-qt. slow cooker, combine all of the ingredients and mix well. Cover and cook on low for 4 hours or until heated through.

Sweet-Sour Kidney Beans

Ingredients

1 (8 ounce) can unsweetened pineapple chunks
1/4 cup packed brown sugar
1 tablespoon cornstarch
1/4 teaspoon ground ginger
1/4 cup white vinegar
2 tablespoons reduced-sodium soy sauce
1 medium onion, cut into wedges
1 large green pepper, cut into 1-inch pieces
1/2 medium sweet red pepper, cut into 1-inch pieces
1/2 cup sliced carrot
1 garlic clove, minced
2 (16 ounce) cans kidney beans, rinsed and drained
1 medium tomato, cut into 1-inch cubes
Hot cooked rice

Directions

Drain pineapple, reserving juice. Set pineapple aside. In a bowl, combine the brown sugar, cornstarch and ginger. Add enough water to reserved juice to measure 1/2 cup; stir into cornstarch mixture until smooth. Add vinegar and soy sauce; set aside.

In a large nonstick skillet or wok coated with nonstick cooking spray, stir-fry the onion, peppers and carrot until crisp-tender. Add garlic; stir-fry 1 minute longer. Add the beans, tomato and reserved pineapple. Cook and stir for 2-3 minutes or until heated through. stir soy sauce mixture and add to bean mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with rice if desired.

Leftover Dog Pile

Ingredients

2 hot dogs
3/4 cup chili with beans
1 slice bread
1/4 cup shredded Cheddar cheese, divided
1 tablespoon chopped onion
2 tablespoons prepared yellow mustard

Directions

Place the hot dogs onto a microwave safe plate and cook in the microwave 1 to 2 minutes until hot. Place the chili into a microwave safe bowl and microwave 1 to 2 minutes until hot. Slice the hot dogs in half lengthwise, and place onto the bread slice cut-side down; sprinkle with half of the cheese, the chili, the remaining cheese, onion, and mustard.

Ingredients

1 pound dried Asturian fabada beans or dried lima beans
1/4 pound salt pork
10 cups water
1/2 teaspoon crushed saffron threads
8 ounces serrano ham, cut into 1/4-inch cubes
8 ounces Spanish chorizo sausage, casing removed, sliced 1/2-inch thick
8 ounces morcilla sausage or blood sausage, sliced 1/2-inch thick
1 bay leaf

Directions

Cover beans with ample hot water and allow to stand overnight.

Fill a Dutch oven 1/2 full with water and bring to a boil over high heat. Add salt pork, and allow to boil for 5 minutes, then remove. Pour out water.

Drain water from beans and place them into Dutch oven. Pour in 10 cups of water, then bring to a boil over high heat. Boil for 15 minutes, skimming and discarding the foam that forms on top. Stir in saffron, salt pork, and diced ham; simmer for 5 minutes. Add the chorizo and morcilla sausages, and cook for 5 minutes more. Skim any foam that forms on top.

Reduce heat to low, add bay leaf, cover, and simmer until the beans are tender, 2 to 3 hours, adding water if needed to keep beans moist. Allow beans to stand for 20 minutes off of the heat before serving.

Ingredients

1 (16 ounce) can refried beans
1 (16 ounce) jar salsa
1 (16 ounce) package shredded
Mexican-style cheese blend

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x12 inch baking dish.

Scoop the refried beans into the baking dish, and smooth to form an even layer. Spread the salsa on top of the beans, and top with shredded cheese.

Bake in the preheated oven for 15 minutes, until the mixture is hot and the cheese is bubbling.

Garbanzo Bean Patties

Ingredients

1 (16 ounce) package dry chickpeas
1 onion, chopped
1 tablespoon dried thyme
salt and pepper to taste
2 1/2 cups dry bread cubes
2 eggs, beaten
4 tablespoons vegetable oil

Directions

In a large pot cover the garbanzo beans with at least 12 cups water. Cook over medium heat for 2 1/2 to 3 hours, or until tender. Check occasionally, as you might need to add more water.

Working in small batches, in a blender, on either the chop or blend setting, process garbanzo beans. Blend until the mixture is a paste. Add onions, thyme, salt and pepper to the mixture; mix well. Add bread cubes and egg; mix well.

Form the garbanzo bean mixture into patties.

Heat oil in a large skillet over medium heat. Fry patties until each side is golden brown.

Greens with Cannellini Beans and Pancetta

Ingredients

2 slices pancetta or bacon, chopped
1 1/2 tablespoons olive oil
1 small red onion, chopped
3 cloves garlic, crushed
1 bunch kale, roughly chopped
1 bunch beet greens, roughly chopped
salt to taste
1 (15 ounce) can cannellini beans, drained

Directions

Microwave the chopped pancetta or bacon on high for 3 minutes. Drain the drippings, and set the crispy pancetta aside.

In a large frying pan, heat the olive oil over medium heat. Cook onion in oil until soft. Add the crushed garlic cloves, and cook a minute more. Stir in chopped greens, and season with salt to taste (be conservative at this point - you can always add more!). Partially cover the pan, and cook until the greens begin to wilt. Stir in crispy pancetta and cannellini beans. Cook partially covered for 5 more minutes, until the flavors have combined and the greens are tender.

Summer Bean Salsa

Ingredients

1 (15.5 ounce) can black beans,
rinsed and drained
1 (14.5 ounce) can chopped
tomatoes, drained
1 (14 ounce) can corn kernels,
drained
1 red onion, chopped
1/2 cup chopped mango
1 tablespoon fresh lime juice
1 teaspoon olive oil
1 tablespoon fresh cilantro leaves

Directions

Stir together the black beans, tomatoes, and corn. Add the onion, mango, lime juice, and olive oil and stir. Garnish with cilantro to serve.

Stuffed Beef and Black Bean Tamale Pie

Ingredients

1 pound lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can black beans, rinsed, drained
1/2 cup water
1 (8.75 ounce) can whole kernel corn, very well drained
3/4 cup light dairy sour cream
3/4 cup shredded Co-Jack or Cheddar cheese
1/3 cup thinly sliced green onions

Crust:

1 (8.5 ounce) package corn muffin mix
3/4 cup shredded Co-Jack or Cheddar cheese
3/4 cup light dairy sour cream
1/2 cup thinly sliced green onions

Directions

Heat oven to 400 degrees F. Heat large nonstick skillet over medium heat until hot. Add ground beef; brown 5 to 7 minutes, stirring occasionally. Pour off drippings. Stir in seasoning mix, beans and water. Bring to a boil; reduce heat. Simmer 5 minutes, stirring occasionally; set aside.

Meanwhile in medium bowl, combine crust ingredients, mixing just until dry ingredients are moistened. (Batter will be stiff.) Using spoon dipped in water, spread slightly more than 1/2 the batter onto bottom and up side of 9-inch pie pan.

Arrange corn over batter; top with beef mixture. Spoon remaining batter over beef, along outer edge of pie. Carefully spread batter toward center, leaving a 3-inch circle uncovered. Bake in 400 degrees F oven 23 to 25 minutes or until top is golden brown.

To serve, dollop 3/4 cup sour cream over top; sprinkle with 3/4 cup cheese and 1/3 cup green onions. Cut into wedges.

Candied Baked Beans

Ingredients

1 (28 ounce) can baked beans
1 cup packed brown sugar
1 (16 ounce) package large
marshmallows

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, combine the beans and brown sugar.
Mix together well and cover with a single layer of marshmallows.

Bake for 15 to 20 minutes or until marshmallows are golden brown.

Southwest Chicken Salad

Ingredients

6 slices Wonder® Classic White Bread, crusts removed
3 tablespoons extra-virgin olive oil
1 (1.25 ounce) package chili seasoning, divided
1 clove garlic, minced
4 boneless, skinless chicken breast halves
6 cups torn greens
1 tomato, diced
1 cup black beans, rinsed and drained
1 cup frozen corn, thawed and drained
1/2 red or green bell pepper, diced
2 green onions, chopped
3/4 cup fat-free ranch dressing
1 cup shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F.

Cut bread into 3 strips; cut each strip into thirds, making 9 cubes. Combine 2 tablespoons olive oil, 2 tablespoons chili seasoning and garlic. Place bread cubes in zip-top bag and toss with olive oil mixture. Spread bread cubes in a single layer on a baking sheet. Bake for 5 minutes; turn and bake for 5 to 7 additional minutes or until well toasted; set aside.

Brush chicken breasts with remaining tablespoon of olive oil and sprinkle with 2 teaspoons chili seasoning. Heat a grill skillet or regular skillet over medium high heat until very hot. Cook chicken 4 minutes; turn and cook an additional 4 to 5 minutes or until done and meat is no longer pink inside. Allow to rest 10 minutes. Cut chicken into strips.

Place greens in a large salad bowl. Add tomatoes, black beans, corn, pepper and green onions. Top with chicken breast strips.

Combine remaining chili seasoning with ranch dressing; stir to blend. Pour over salad and toss. Sprinkle with cheese. Top with chili croutons.

Hungarian Goulash

Ingredients

2 pounds cubed beef stew meat
2 onions, chopped
2 quarts tomato juice
1 bunch celery, cut into 1/2 inch pieces
1 (14.5 ounce) can green beans
1 (15 ounce) can carrots, canned
1 (15 ounce) can peas
2 bay leaves
2 teaspoons salt
ground black pepper to taste
2 (15 ounce) cans kidney beans

Directions

Place the beef stew meat and onions in a medium saucepan. Cook and stir over medium heat until evenly brown

In a large saucepan, place the meat, onions, tomato juice, celery, green beans, carrots, peas, bay leaves, salt and pepper. Bring to a boil. Reduce heat and simmer 4 hours.

Stir in the kidney beans. Cook 15 minutes longer and serve warm.

Chipotle Chicken Chili

Ingredients

12 ounces chicken breasts, cut into cubes
2 tablespoons chili powder
1 teaspoon ground cumin
1 tablespoon olive oil
1 (14.5 ounce) can DEL MONTE® Diced Tomatoes, No Salt Added
1 cup COLLEGE INN® Chicken Broth
1 tablespoon chopped chipotle peppers in adobo sauce (to taste)
1 (15 ounce) can low-sodium black beans, drained and rinsed
1 (8.75 ounce) can DEL MONTE® Whole Kernel Corn, No Salt Added

Directions

Season chicken with chili powder and cumin. Cook chicken in oil in large skillet over medium-high heat, 3 minutes. Season to taste with salt and pepper, if desired.

Add undrained tomatoes, broth, chipotle pepper and beans. Cook 10 minutes, uncovered, stirring occasionally until slightly thickened and chicken is no longer pink in center. Stir in corn; cook 3 minutes. Garnish with chopped cilantro and diced avocado, if desired.

Hoosier Chili

Ingredients

2 pounds extra-lean ground beef
2 cups chopped onion
3/4 cup chopped celery
1/2 cup chopped green pepper
3 garlic cloves, minced
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon brown sugar
3 tablespoons chili powder
2 (16 ounce) cans stewed tomatoes
1 (46 ounce) can tomato juice
1 (10.5 ounce) can beef broth
1/2 cup uncooked elbow macaroni
1 (15 ounce) can kidney beans, rinsed and drained

Directions

In a large Dutch oven or soup kettle, brown beef until no longer pink. Add onion, celery, green pepper and garlic. Continue cooking until vegetables are tender. Add all remaining ingredients except last two; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours, adding macaroni for last half hour of cooking time. Stir in the beans and heat through.

Quick, Homemade Hamburger Soup

Ingredients

1 pound lean ground beef
4 potatoes, peeled and cubed
1 (14.5 ounce) can sliced carrots, undrained
1 (14.5 ounce) can French style green beans, undrained
1 (15.25 ounce) can sweet corn, undrained
1 (28 ounce) can diced tomatoes
3 1/2 cups water
1 (14 ounce) can tomato sauce
salt and black pepper to taste

Directions

Heat a large pot over medium-high heat, and stir in the ground beef. Cook until the beef is crumbly, evenly browned, and no longer pink. Drain, and discard any excess grease.

Stir in the potatoes, carrots, green beans, corn, tomatoes, tomato sauce, and water. Bring the soup to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Season to taste with salt and pepper.

Southwest Skillet

Ingredients

1 pound ground beef
3/4 cup chopped onion
1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can diced
tomatoes, undrained
1/2 cup uncooked instant rice
1/2 cup water
3 tablespoons chopped green
pepper
1 1/2 teaspoons chili powder
1/2 teaspoon garlic salt
1/2 teaspoon salt
1 cup corn chips
3/4 cup shredded Cheddar
cheese

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add beans, tomatoes, rice, water, green pepper and seasonings; mix well. Bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Remove from the heat. Sprinkle with the corn chips and cheese. Cover and let stand for 3 minutes or until cheese is melted.

Tex Mex Black Bean Dip

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 teaspoon vegetable oil
1/2 cup chopped onion
2 cloves garlic, minced
1/2 cup fresh corn kernels
3/4 cup chopped tomatoes
1/2 cup mild picante sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 cup shredded Monterey Jack
cheese
1/4 cup chopped fresh cilantro
1 tablespoon fresh lime juice

Directions

Place black beans in a medium size mixing bowl, partially mash beans -- beans should remain a little chunky.

In a medium size frying pan, heat oil over a medium heat. Stir in onion and garlic and saute for 4 minutes.

Mix beans, corn, tomato, picante sauce, cumin, and chili powder into the frying pan; cook for 5 minutes or until thickened. Remove the pan from the heat, mix in cheese, cilantro and lime juice; stir until cheese is melted.

Italian Tortellini Soup

Ingredients

4 carrots, sliced
1 large onion, chopped
2 stalks celery, sliced
3 cloves garlic, minced
1 teaspoon dried thyme leaves, crushed
4 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
2 medium zucchini, sliced
4 plum tomatoes, chopped
1 1/2 cups frozen cheese-filled tortellini
1 (15 ounce) can red kidney beans, rinsed and drained
Grated Parmesan cheese

Directions

Place the carrots, onion, celery, garlic, thyme and 2 cups of the broth in a 6-quart saucepot. Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the onion is tender.

Add the remaining broth, zucchini, tomatoes, tortellini and beans. Heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the tortellini is tender. Serve with grated Parmesan cheese if desired.

Nutty Brown Rice Salad

Ingredients

1 cup uncooked brown rice
1 1/2 cups water
1 (15 ounce) can kidney beans,
rinsed and drained
1/4 cup chopped red onion
1/4 cup sliced fresh mushrooms
1/4 cup bite-size broccoli florets
1/4 cup chopped green bell
pepper
1/4 cup chopped red bell pepper
1/4 cup chopped yellow bell
pepper
2 tablespoons chopped raw
almonds
1/4 teaspoon coarse black pepper
2 tablespoons fat free Italian-style
dressing
1 tablespoon extra-virgin olive oil

Directions

Combine the rice and water in a small saucepan; bring to a boil over high heat. Cover, and reduce the heat to medium-low. Simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes. Remove from heat and allow to cool.

Place cooled rice in a large bowl. Stir in the kidney beans, red onions, mushrooms, broccoli, bell peppers, and almonds; season with pepper. Toss salad with the Italian dressing and olive oil.

Chill for at least one hour before serving.

Beanie-Weenie

Ingredients

1 (16 ounce) package hot dogs ,
cut into 1/4-inch slices
1 (28 ounce) can baked beans
with pork
2/3 cup ketchup
2 tablespoons cider vinegar
1/4 cup Worcestershire sauce
1 1/2 teaspoons garlic powder
1 tablespoon chopped fresh
parsley

Directions

In a large skillet, combine the hot dogs, baked beans, ketchup, cider vinegar, Worcestershire sauce, garlic powder and parsley. Mix to blend, and bring to a boil. Turn heat to low, cover, and simmer for 25 to 30 minutes, stirring occasionally.

Marinated Salad

Ingredients

1 (15 ounce) can peas, drained
1 (15 ounce) can shoe peg corn, drained
1 (15 ounce) can green beans, drained
1 (2 ounce) jar pimentos
1 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 cup white sugar
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 cup vegetable oil
3/4 cup white wine vinegar

Directions

Mix together the peas, corn, green beans, pimentos, celery, bell pepper and onion.

In a saucepan over medium heat, combine the sugar, black pepper, salt, oil and vinegar. Bring to a boil and pour over salad; mix well to coat. Refrigerate for 24 hours.

Marilyn's Green Beans Italiano

Ingredients

1 1/2 pounds fresh green beans,
trimmed and cut into 1-inch
pieces
1/4 cup butter
1/2 cup Italian-seasoned bread
crumbs
1/4 cup grated Parmesan cheese
salt and pepper to taste
1 1/2 teaspoons chopped fresh
parsley

Directions

Place the green beans in a saucepan with a lid and pour enough water over the beans to cover; bring to a boil. Reduce the heat to low and cover; simmer until the beans are tender but still crisp, about 10 minutes. Drain. Spread the beans onto paper towels to dry.

Melt the butter in a large skillet over medium-low heat; stir the bread crumbs and Parmesan cheese into the melted butter. Reduce heat to low; add the beans and cook and stir until the beans are heated through and the crumbs are beginning to brown, about 3 minutes. Season with salt and pepper. Sprinkle the parsley over the mixture to serve.

Bean and Meat Soup

Ingredients

2 tablespoons vegetable oil
1/2 pound bacon, chopped
1/2 pound sliced deli turkey meat,
torn into pieces
1 onion, sliced
1 (14.25 ounce) can tomato puree
1 tablespoon brown sugar
1 teaspoon prepared mustard
1 pinch salt
1 pinch ground black pepper
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can cannellini beans,
drained and rinsed

Directions

Heat the oil in a large pot over medium heat, and cook the bacon, turkey, and onion until bacon is evenly brown and onion is tender.

Mix the tomato puree, brown sugar, and mustard into the pot. Season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes, stirring occasionally.

Mix the kidney beans and cannellini beans into the soup. Add water to keep the ingredients covered, if needed. Continue to cook, stirring occasionally, until beans are heated through.

Overnight Vegetable Salad

Ingredients

1 (16 ounce) package frozen mixed vegetables
1 (16 ounce) can kidney beans, rinsed and drained
1 cup chopped celery
1 cup chopped green pepper
1 medium onion, chopped
6 tablespoons sugar
1 tablespoon all-purpose flour
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup white vinegar
1 tablespoon prepared mustard

Directions

Place mixed vegetables in a steamer basket over 1 in. of water in a saucepan. Bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Transfer to a large bowl. Add the kidney beans, celery, green pepper and onion; mix well.

In a small saucepan, combine the sugar, flour, salt and pepper. Stir in the vinegar and mustard until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool. Pour over vegetables and toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Steak Chili

Ingredients

2 tablespoons olive oil
2 pounds steak - cut into 1 inch cubes
2 onions, chopped
3 cloves garlic, minced
1 green chile pepper
2 tablespoons chili powder
1 tablespoon ground cumin
1 1/2 teaspoons ground cayenne pepper
2 (29 ounce) cans diced tomatoes
1 (15 ounce) can kidney beans, drained

Directions

In a large pot over medium high heat, combine the oil and steak and saute for about 5 minutes, or until steak is browned. Add the onions, garlic and chile pepper and saute for another 5 minutes, or until the onions are translucent.

Add the chili powder, cumin, cayenne pepper, tomatoes and kidney beans. Reduce heat to low, cover and simmer for about one hour. Remove cover and simmer for another 30 minutes, or until you've reached your desired thickness.

Creamy Chicken Vegetable Chowder

Ingredients

1 tablespoon olive oil
1 red onion, diced
3 cloves garlic, minced
1 red bell pepper, diced
3 potatoes, diced
3 carrots, diced
2 quarts chicken broth
1 pound skinless, boneless
chicken breast halves - chopped
1 (1 ounce) package ranch
dressing mix
1 teaspoon crushed red pepper
flakes
salt to taste
ground black pepper to taste
1/2 pound processed cheese
food, shredded
1 (16 ounce) package frozen green
beans
1/4 cup butter
1/4 cup all-purpose flour

Directions

Heat the oil in a large pot over medium heat. Stir in onion, garlic, and red bell pepper; cook until tender. Mix in potatoes, carrots, and chicken broth. Bring to a boil. Reduce heat to low and simmer 20 minutes.

Stir chicken into the pot. Season soup with ranch dressing mix, crushed red pepper, salt, and pepper. Stir in processed cheese until melted. Mix in green beans just before making the roux.

Melt butter in a skillet over medium heat and stir in flour to form a thick, golden brown roux. Mix into the soup to thicken. Continue cooking 5 minutes.

Easy Red Beans and Rice

Ingredients

2 cups water
1 cup uncooked rice

1 (16 ounce) package turkey kielbasa, cut diagonally into 1/4 inch slices
1 onion, chopped
1 green bell pepper, chopped
1 clove chopped garlic
2 (15 ounce) cans canned kidney beans, drained
1 (16 ounce) can whole peeled tomatoes, chopped
1/2 teaspoon dried oregano
salt to taste
1/2 teaspoon pepper

Directions

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a large skillet over low heat, cook sausage for 5 minutes. Stir in onion, green pepper and garlic; saute until tender. Pour in beans and tomatoes with juice. Season with oregano, salt and pepper. Simmer uncovered for 20 minutes. Serve over rice.

Slow Cooker Fifteen Bean Soup

Ingredients

1 large, meaty ham hock
4 slices bacon, diced
3 onions, chopped
3 carrots, diced
1 small head cabbage, shredded
3 tablespoons chili powder
1 clove garlic, minced
1 (8 ounce) package 15 bean mixture, soaked overnight
1 (28 ounce) can crushed tomatoes
1 teaspoon chopped fresh sage
salt and pepper to taste

Directions

Place the ham hock in a 5 to 6 quart slow cooker, and fill half way full with water. Set to High.

Heat a large skillet over medium heat. Cook the bacon for a few minutes, then add onions, carrots, and cabbage. Cook, stirring frequently for about 5 minutes. Stir in chili powder and garlic; cook for 2 more minutes. Transfer the mixture to the slow cooker, and add beans, tomatoes, and sage.

Cover, and cook 2 hours on High. Reduce heat to Low, and cook for 6 to 7 hours, or until beans are tender. Transfer ham hock to a cutting board, remove meat from bone, and return meat to slow cooker. Season with salt and fresh ground pepper to taste.

Basil Buttered Beans

Ingredients

2 cups fresh green beans (2-inch pieces)
2 tablespoons chopped onion
2 tablespoons chopped celery
1/4 cup water
2 tablespoons butter or margarine, melted
1 1/2 teaspoons minced fresh basil
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a saucepan, combine beans, onion, celery and water. Cover and cook for 5 minutes or until beans are tender. Drain. Add the butter, basil, salt and pepper; stir to coat. Serve immediately.

Spicy Lentil Nachos

Ingredients

- 1 teaspoon coconut oil
- 1 cup finely chopped onion
- 1 clove garlic, minced
- 1 cup dried lentils
- 2 1/2 cups chicken broth
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- salt and ground black pepper to taste
- 1 cup cooked black beans
- 1 cup corn kernels
- 1 cup salsa
- 1 cup shredded Monterey Jack cheese
- 1 (13.5 ounce) package tortilla chips

Directions

Heat coconut oil in a skillet over medium heat. Place onion in skillet and cook, stirring, until tender, about 5 minutes. Add garlic and cook another minute.

Stir in lentils, broth, chili powder, cumin, and oregano. Bring to a boil, reduce heat to low, and simmer until lentils are tender, about 30 minutes. Season with salt and pepper.

Combine black beans and corn in a saucepan (if using canned beans and corn, drain first). Cook over medium heat, stirring occasionally, until heated through about 8 minutes.

Spread tortilla chips on a serving platter. Spoon a layer of lentils on the chips, then a layer of black beans and corn, and then salsa. Sprinkle with shredded cheese. Serve while still warm.

Chuckwagon Stew

Ingredients

1 1/2 pounds cubed beef stew meat
1/2 pound smoked sausage of your choice, sliced
1 medium onion, chopped
3 potatoes, scrubbed and cubed
1 (28 ounce) can barbeque baked beans

Directions

Place the beef stew meat, sausage, onion, and potatoes into a slow cooker, and stir to distribute evenly. Spoon the baked beans evenly over the mixture. Cover, and cook on Low for 8 to 10 hours, or cook on High for 4 to 5 hours.

Melissa Newman's Minestrone

Ingredients

4 ounces dried lima beans or kidney beans, soaked overnight, cooked until tender, and drained
1 large onion, chopped
1 stalk celery, chopped
1 carrot, chopped
1/4 head green cabbage, shredded
4 ounces fresh peas
1 cube chicken or vegetable bouillon
2 cups Newman's Own Cabernet Marinara or Sockarooni Pasta Sauce

Directions

Simmer the beans, onion, celery, carrot, cabbage, and peas in 3 cups of water(or more if needed) with the bouillon cubes until the vegetables are tender, about 12 or 15 minutes. Add the pasta sauce and simmer gently 5 minutes more. Serve hot.

Hot Sausage Links and Beans Casserole

Ingredients

1 tablespoon olive oil
2 cloves garlic, minced
1 cup sliced onion
1 teaspoon dried oregano
1 tablespoon chopped fresh parsley
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon olive oil
4 potatoes, peeled and cubed
1/2 pound spicy pork sausage links, sliced
1/2 cup packed brown sugar
2 cups baked beans
1/4 cup barbecue sauce
1 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat one tablespoon olive oil in a skillet over medium heat. Add the garlic, and cook for 30 seconds. Stir in the onion, oregano, parsley, salt, and pepper. Cook for 1 minute, and remove from heat.

Spread 1 tablespoon olive oil over the bottom of an 8x8 inch glass baking dish. Layer the sliced, cooked potatoes in the dish. Top the potatoes with the onion mixture. Arrange sliced sausage over onions. In a small bowl, stir together the brown sugar, baked beans, and barbecue sauce. Pour evenly over the sausage. Top with shredded Cheddar cheese.

Bake in preheated oven for 45 minutes. Serve!

Dilly Beans

Ingredients

6 cups water
1 cup pickling salt
6 cups distilled white vinegar
8 heads fresh dill weed
1/2 cup pickling spice
1/2 cup mustard seed
8 dried red chile peppers
16 cloves garlic, peeled
1 teaspoon alum
5 pounds fresh green beans,
rinsed and trimmed

Directions

Sterilize 8 (1 pint) jars in boiling water for at least 5 minutes.

Combine the water, pickling salt and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.

In each jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.

Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

Green Beans with Smokey Bacon Vinaigrette

Ingredients

2 pounds fresh green beans,
trimmed
1/2 pound smoked bacon, cut into
1/2-inch pieces
1 yellow onion, sliced thin
1/3 cup red wine vinegar
1 tablespoon white sugar
1/4 cup chopped fresh flat-leaf
parsley

Directions

Make an ice bath by filling a large pot with ice and water; set aside.

Bring a pot of lightly salted water to a boil. Cook the green beans in the boiling water until slightly tender yet crisp, about 3 minutes; drain. Immediately plunge the green beans into the ice bath to stop them from cooking further. Drain and set aside.

Cook the bacon in a large, deep skillet over medium-high heat until it begins to brown, about 5 minutes. Add the onions to the bacon and continue cooking until the onions begin to caramelize and turn golden brown, 7 to 10 minutes. Add the green beans, red wine vinegar, and sugar; cook and stir until the sugar is dissolved, 2 to 3 minutes.

Holiday Meal For Two

Ingredients

1 (8 ounce) package dry bread stuffing mix
2 Cornish game hens
3 tablespoons seasoning salt
1 (16 ounce) package frozen green beans
1 tablespoon all-purpose flour
2/3 cup chicken broth

Directions

Prepare dry bread stuffing mix according to package directions. Preheat oven to 350 degrees F (175 degrees C).

Using fingers, separate the skin and meat of the Cornish game hens, and rub 1 tablespoon seasoning salt into the meat of each hen. Rub remaining seasoning salt into the cavities of the hens. Stuff each cavity with about 1 1/2 cups prepared stuffing.

Place hens and green beans in an oven bag. Bake 80 minutes in the preheated oven, or until the meat is no longer pink and the juices run clear.

Drain hen drippings into a medium saucepan. Over medium heat, stir in flour until bubbly. Gradually mix in chicken broth. Stirring occasionally, cook until a thick gravy has formed.

Garlic Wine String Beans

Ingredients

1 (14.5 ounce) can green beans,
with liquid
1/4 cup white wine
1/2 cup shredded Cheddar
cheese
1 teaspoon minced garlic

Directions

In a medium saucepan over medium heat, place the green beans with liquid and wine. Cook until heated through; drain.

Place the cheese in a microwave-safe bowl. Heat in the microwave on low or medium power in 1 minute intervals, until melted.

Scoop the melted cheese over the heated green beans, and season with minced garlic to serve.

Vegetable Deer Soup

Ingredients

- 1/2 cup butter
- 2 pounds venison stew meat
- 3 cups chopped cabbage
- 3 large potatoes, cubed
- 2 (15 ounce) cans peas, drained
- 2 (15 ounce) cans carrots, drained
- 2 (15 ounce) cans green beans, drained
- 2 (15.25 ounce) cans whole kernel corn, drained
- 2 (15 ounce) cans diced tomatoes with juice
- 1 cup butter
- 1 (64 fluid ounce) bottle tomato juice
- 1 (32 fluid ounce) container beef broth
- 2 tablespoons white sugar
- 2 tablespoons beef bouillon granules
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 1 pinch ground cumin
- 1 pinch ground mustard
- 1 pinch curry powder
- 1 pinch cayenne pepper
- 1 pinch dried parsley
- 1 pinch Italian seasoning
- 1 pinch garlic powder

Directions

Melt 1/2 cup of butter in a large pot over medium-high heat. Brown the cubed venison in the hot butter, stirring frequently. Add the cabbage, potatoes, peas, carrots, green beans, corn, diced tomatoes, and remaining 1 cup of butter. Pour in the tomato juice and beef broth, then sprinkle in the sugar, beef bouillon granules, salt, black pepper, cumin, mustard, curry powder, cayenne pepper, parsley, Italian seasoning, and garlic powder. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the venison is tender, and the soup slightly thickened, about 1 1/2 hours.

Fancy French Beans

Ingredients

4 cups frozen French-style green beans
1 cup canned bean sprouts
1 (8 ounce) can sliced water chestnuts, drained
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
dash cayenne pepper
1 1/2 cups half-and-half cream
1/2 teaspoon Worcestershire sauce
1/2 cup sliced almonds
1/4 cup shredded Swiss cheese
1/4 cup grated Parmesan cheese

Directions

Cook beans according to package directions. Add bean sprouts and water chestnuts; heat through. Drain well and set aside. In a saucepan, melt butter. Stir in flour, salt, pepper and cayenne until smooth. Gradually add cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Add Worcestershire sauce and bean mixture; toss to coat. Pour into a greased 2-qt. baking dish. Combine almonds and cheese; sprinkle over the top. Broil 4-6 in. from the heat for 5 minutes or until almonds are golden brown and cheese is bubbly.

Mexican Beans

Ingredients

2 pounds dried pinto beans
2 1/2 quarts water
1 pound bacon, coarsely chopped
1 medium onion, chopped
1 medium ripe tomato, chopped
1 fresh jalapeno pepper, chopped
1 bunch fresh cilantro, chopped

Directions

Combine beans and water in a large pot. Bring to a boil, reduce heat, and simmer for 3 hours. Add more water if necessary while beans are cooking.

In a large skillet, cook bacon over medium heat until it is beginning to brown. Stir in onion, and continue cooking until onion is tender. Stir in tomato, and jalapeno, and cook for 2 to 3 minutes. Remove from heat, and stir in cilantro.

Stir bacon and onion mixture into the beans, and continue cooking for 1 hour, or until beans are soft.

Sausage Corn Chili

Ingredients

1 pound bulk Italian sausage
1 tablespoon dried minced onion
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.25 ounce) can whole kernel
corn, drained
1 (15 ounce) can tomato sauce
2/3 cup picante sauce
1/3 cup water
1 teaspoon chili powder

Directions

In a large saucepan, cook sausage and onion over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Simmer, uncovered, for 5-10 minutes or until heated through.

Green Bean and Mushroom Medley

Ingredients

1/2 pound fresh green beans, cut into 1-inch lengths
2 carrots, cut into thick strips
1/4 cup butter
1 onion, sliced
1/2 pound fresh mushrooms, sliced
1 teaspoon salt
1/2 teaspoon seasoned salt
1/4 teaspoon garlic salt
1/4 teaspoon white pepper

Directions

Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.

Melt butter in a large skillet over medium heat. Saute onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, salt, seasoned salt, garlic salt, and white pepper. Cover, and cook for 5 minutes over medium heat.

Cincinnati Chili II

Ingredients

1 pound ground beef
1 cup chopped green bell pepper
1/2 cup chopped onion
3 tablespoons chili powder
2 cloves garlic, minced
2 (10.75 ounce) cans condensed tomato soup
1 (15 ounce) can kidney beans
1 tablespoon distilled white vinegar
1/4 teaspoon ground cinnamon
1/4 cup shredded Cheddar cheese

Directions

In a 4 quart saucepan over medium heat, cook ground beef, green pepper, onion, chili powder and garlic, until beef is browned and vegetables are tender. Drain fat off of beef/vegetable mixture.

Add undrained kidney beans, tomato soup, vinegar and cinnamon to soup, and bring to a boil. Simmer for 15 minutes, stirring occasionally. Heat through.

Serve with sprinkled cheese on top.

Black Bean Tart

Ingredients

1 1/2 cups all-purpose flour
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon paprika
1/2 teaspoon salt
6 tablespoons cold butter or
margarine
4 tablespoons cold water
FILLING:
2 (15 ounce) cans black beans,
rinsed and drained, divided
2 tablespoons sour cream
1 teaspoon salt, divided
1 (10 ounce) package frozen corn,
thawed
1 tablespoon vegetable oil
1 cup chopped sweet red pepper
1/2 cup chopped green onions
1/4 cup minced fresh cilantro or
parsley
1 jalapeno pepper, seeded and
chopped*
1/4 teaspoon pepper
1 1/2 cups shredded Monterey
Jack cheese
Sour cream

Directions

In a bowl, combine the first five ingredients. Cut in butter until mixture resembles coarse crumbs. Stir in enough water until mixture forms a ball. Press dough onto the bottom and up the sides of an ungreased 9-in. fluted tart pan with a removable bottom. Chill for 15 minutes.

Line unpricked crust with a double thickness of heavy-duty foil. Bake at 350 degrees F for 10 minutes. Remove foil; bake 8-10 minutes longer or until golden brown. Cool on a wire rack.

In a blender, combine 1 cup beans, sour cream and 1/2 teaspoon salt; cover and process until smooth. Spread over crust. In a skillet, saute corn in oil until tender. Remove from the heat; add red pepper, onions, cilantro, jalapenos, pepper and remaining salt. Add cheese and remaining beans. Mound over the pureed beans (pan will be full). Bake at 350 degrees F for 20-25 minutes or until cheese is melted. Serve with sour cream if desired.

Best Ever Chuck Wagon Chili

Ingredients

2 pounds ground beef
1 teaspoon butter
2 large white onions, chopped
2 green bell peppers, seeded and chopped
1 habanero pepper, chopped
3 (15 ounce) cans kidney beans, drained
3 (15 ounce) cans tomato sauce
1 tablespoon chili powder
2 teaspoons salt
1/2 teaspoon garlic salt
1 drop super-hot hot pepper sauce

Directions

In a large pot, cook the ground beef over medium heat until evenly browned. Drain off grease, and set aside.

Melt butter in a skillet over medium heat. Saute the onions, green pepper and habanero pepper until onions are translucent. Remove from heat. Transfer the onion mixture to the pot with the ground beef, and set the heat to medium.

Add the kidney beans and tomato sauce to the beef mixture, and season with chili powder, salt, garlic salt and hot pepper sauce. Bring to a simmer, and adjust seasonings to taste if necessary. Cover, reduce heat to low, and simmer for 1 hour, stirring occasionally.

Jimmy's Mexican Pizza

Ingredients

- 1/2 pound ground beef
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1 (16 ounce) can refried beans
- 4 (10 inch) flour tortillas
- 1/2 cup salsa
- 1 cup shredded Cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 2 green onions, chopped
- 2 roma (plum) tomatoes, diced
- 1/4 cup finely chopped jalapeno peppers
- 1/4 cup sour cream (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat 2 pie plates with non-stick cooking spray.

Place beef, onion and garlic in a skillet over medium heat. Cook until beef is evenly browned. Drain off grease. Season the meat with chili powder, cumin, paprika, salt and pepper.

Lay one tortilla in each pie plate, and cover with a layer of refried beans. Spread half of the seasoned ground beef over each one, and then cover with a second tortilla. Bake for 10 minutes in the preheated oven.

Remove the plates from the oven, and let cool slightly. Spread half of the salsa over each top tortilla. Cover each pizza with half of the Cheddar and Monterey Jack cheeses. Place half of the tomatoes, half of the green onions, and half of the jalapeno slices onto each one.

Return the pizzas to the oven, and bake for 5 to 10 more minutes, until the cheese is melted. Remove from the oven, and let cool slightly before slicing each one into 4 pieces.

Campbell's® Slow Cooker Hearty Beef and Bean

Ingredients

1 1/2 pounds ground beef
1 large onion, chopped
2 cloves garlic, minced
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1 (14.5 ounce) can diced tomatoes
1/2 cup water
2 (15 ounce) cans kidney beans,
rinsed and drained
1/4 cup chili powder
2 teaspoons ground cumin

Directions

Cook the beef in a 12-inch skillet over medium-high heat until it's well browned, stirring often. Pour off any fat.

Stir the beef, onion, garlic, soup, tomatoes, water, beans, chili powder and cumin in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours.*

Vegetarian Cassoulet

Ingredients

- 2 tablespoons olive oil
- 1 onion
- 2 carrots, peeled and diced
- 1 pound dry navy beans, soaked overnight
- 4 cups mushroom broth
- 1 cube vegetable bouillon
- 1 bay leaf
- 4 sprigs fresh parsley
- 1 sprig fresh rosemary
- 1 sprig fresh lemon thyme, chopped
- 1 sprig fresh savory
- 1 large potato, peeled and cubed

Directions

Heat a small amount of oil in a skillet over medium heat. Cook and stir onion and carrots in oil until tender.

In a slow cooker, combine beans, carrots and onion, mushroom broth, bouillon, and bay leaf. Pour in water if necessary to cover ingredients with water. Tie together parsley, rosemary, thyme, and savory, and add to the pot. Cook on Low for 8 hours.

Stir in potato, and continue cooking for 1 hour. Remove herbs before serving.

Stir-Fry Snap Beans

Ingredients

1/4 pound fresh green beans,
trimmed
1 teaspoon canola or vegetable oil
1 1/2 teaspoons soy sauce
3/4 teaspoon sesame seeds
1/4 teaspoon sesame oil
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Dash pepper

Directions

In a small skillet, saute beans in canola oil for 5 minutes. Add the soy sauce, sesame seeds, sesame oil if desired, garlic powder, onion powder and pepper. Cook and stir 1-2 minutes longer or until beans are tender and evenly coated with soy sauce mixture. Serve immediately.

Spicy Black Bean Soup

Ingredients

1 pound black beans, washed
10 cups water
1 pound chopped ham
1 onion, chopped
2 stalks celery, chopped
1 cup shredded carrots
1 (14.5 ounce) can diced tomatoes
1 tablespoon minced garlic
4 teaspoons garlic powder
4 teaspoons dried parsley
2 teaspoons salt
1 teaspoon celery salt
1 teaspoon Worcestershire sauce
2 cubes chicken bouillon
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon ground mustard
1/4 teaspoon ground cayenne pepper
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme

Directions

In an eight quart stock pot, add rinsed black beans, water, ham, onion, celery, carrots, diced tomatoes, minced garlic, garlic powder, parsley, salt, celery salt, Worcestershire sauce, bouillon cubes, bay leaf, pepper, mustard, cayenne pepper, oregano and thyme. Cover and bring to a boil.

Reduce heat and simmer for 2 hours. Discard bay leaf and serve.

Taco Salad

Ingredients

1/2 pound ground beef
1 (15.5 ounce) can chili beans,
undrained
1/2 cup chopped green pepper
1/3 cup chopped onion
1 (2.25 ounce) can sliced ripe
olives, drained
1/4 teaspoon salt
2 cups corn chips
4 cups shredded iceberg lettuce
1/2 cup shredded Cheddar
cheese
1/2 cup chopped tomato

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Stir in the beans, green pepper, onion, olives and salt if desired; heat through. On two plates, layer the corn chips, lettuce, beef mixture, cheese and tomato.

Fat-Free Bean Salad

Ingredients

2 (14.5 ounce) cans French-style green beans, drained
1 (16 ounce) can kidney beans, rinsed and drained
2 cups chopped sweet onions
1 cup sweet pickle relish
1/2 cup chopped green pepper
1/4 cup white vinegar
1/3 cup sugar

Directions

In a bowl, combine the green beans, kidney beans, onion, pickle relish and green pepper. In a small bowl, combine the vinegar and sugar; mix well. Pour over bean mixture; toss to coat evenly. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Lima and Navy Bean and Ham Soup

Ingredients

3 (3.5 ounce) links Italian sausage, casings removed
1 large meaty ham bone or 4 smoked ham hocks
16 ounces dry lima beans
1 (16 ounce) package dried navy beans
2 (14.5 ounce) cans stewed tomatoes
1 (6 ounce) can tomato paste
1 onion, chopped
4 stalks celery, chopped
4 carrots, sliced
4 cloves garlic, minced
1/4 cup chopped fresh parsley
3 bay leaves
1/4 cup chopped fresh chives
2 tablespoons chopped fresh basil
6 green onions, chopped
1 teaspoon dried thyme
1 teaspoon mustard powder
1 teaspoon ground cayenne pepper
1 teaspoon salt (optional)
1 teaspoon ground black pepper
2 tablespoons Worcestershire sauce
3 tablespoons chicken bouillon powder
1 (12 fluid ounce) can or bottle beer

Directions

In a large soup pot, brown the Italian sausage; drain off fat. Add ham bone (or ham hocks), lima beans, navy beans, tomatoes, tomato paste, onion, celery, carrots, garlic, parsley, bay leaves, chives, basil, green onion, thyme, mustard, cayenne pepper, salt, ground black pepper, Worcestershire sauce and chicken base or bouillon.

Add the can of beer and water to cover all. Bring mixture to a boil, then reduce heat and simmer until beans are tender, about 4 or 5 hours, and the ham has been released from the bone. Refrigerate overnight to let the fat to come to the surface of the soup.

When ready to serve, skim fat, remove ham bone (or hocks), pick off remaining ham from bone and put into soup. Discard bones and bay leaves. Heat soup until warm. Serve and enjoy!

Meandus' Easy Dinner

Ingredients

1 pound ground beef
1 (14.5 ounce) can French cut green beans
12 frozen hash brown patties, thawed
1 (10 ounce) can canned whole kernel corn
salt to taste
pepper to taste

Directions

Place the ground beef in a skillet over medium-high heat. Cook, stirring, until evenly browned. Drain off grease. Transfer the beef to a large saucepan or soup pot. Stir in the green beans and corn. Break hash brown patties into pieces, and stir them in. Cook until thoroughly heated. Season with salt and pepper.

Japanese-Style Sesame Green Beans

Ingredients

1 tablespoon canola oil
1 1/2 teaspoons sesame oil
1 pound fresh green beans,
washed
1 tablespoon soy sauce
1 tablespoon toasted sesame
seeds

Directions

Warm a large skillet or wok over medium heat. When the skillet is hot, pour in canola and sesame oils, then place whole green beans into the skillet. Stir the beans to coat with oil. Cook until the beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, and stir in soy sauce; cover, and let sit about 5 minutes. Transfer to a serving platter, and sprinkle with toasted sesame seeds.

Arkansas Green Beans

Ingredients

5 (15 ounce) cans green beans,
drained
7 slices bacon
2/3 cup brown sugar
1/4 cup butter, melted
7 teaspoons soy sauce
1 1/2 teaspoons garlic powder

Directions

Preheat an oven to 350 degrees F (175 degrees C). Place the drained green beans in a 9x13 inch baking pan.

Cook bacon in a microwave on microwave-safe plate for 2 minutes until slightly cooked. Lay the bacon on top of the green beans.

Combine the brown sugar, melted butter, soy sauce, and garlic powder in a small bowl. Pour the butter mixture over the green beans and bacon. Bake uncovered in the preheated oven for 40 minutes.

West African Vegetable Stew

Ingredients

1 tablespoon vegetable oil
2 cups sliced onions
2 cloves garlic, minced
1 pound sweet potato, peeled and cut into 1/4-inch half slices
1 large tomato, coarsely chopped
1/2 cup raisins
1/2 teaspoon ground cinnamon
1/2 teaspoon crushed red pepper
1 (10.5 ounce) can Campbell's® Condensed Chicken Broth
1/2 cup water
1 (15 ounce) can chick peas (garbanzo beans), rinsed and drained
4 cups coarsely chopped spinach

Directions

Heat oil in skillet. Add onion and garlic. Cook until onion is tender.

Add potatoes and tomatoes. Cook 5 minutes. Add raisins, cinnamon, red pepper, broth and water. Heat to a boil. Cover and cook over low heat 15 minutes.

Add chickpeas and spinach. Heat through. Serve over cooked rice or couscous, if desired.

White Chili I

Ingredients

1 tablespoon olive oil
4 skinless, boneless chicken breast halves - cubed
1 onion, chopped
1 1/4 cups chicken broth
1 (4 ounce) can diced green chiles
1 teaspoon garlic powder
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon dried cilantro
1/8 teaspoon cayenne pepper
1 (15 ounce) can cannellini beans, drained and rinsed
2 green onions, chopped
2 ounces shredded Monterey Jack cheese

Directions

Heat oil in a large saucepan over medium-high heat. Cook chicken and onion in oil 4 to 5 minutes, or until onion is tender.

Stir in the chicken broth, green chiles, garlic powder, cumin, oregano, cilantro, and cayenne pepper. Reduce heat, and simmer for 15 minutes.

Stir in the beans, and simmer for 5 more minutes, or until chicken is no longer pink and juices run clear. Garnish with green onion and shredded cheese.

Haystacks

Ingredients

2 cups kidney beans, cooked
1 teaspoon salt
2 tablespoons chili powder
1 teaspoon ground black pepper
1 (14.5 ounce) package corn tortilla chips
1 head iceberg lettuce - rinsed, dried, and shredded
2 large tomatoes, chopped
1 green bell pepper, chopped
1 onion, chopped
1 (10 ounce) can chopped black olives
1 carrot, shredded
1 cup shredded Cheddar cheese
1/2 cup sour cream
1 cup salsa

Directions

In a medium saucepan, combine the kidney beans, salt, chili powder and pepper. Cook over medium heat until heated through.

To assemble the haystacks put a hand full of corn chips on a plate, follow with a spoonful of heated bean mixture, lettuce, tomato, green pepper, onions, olives, carrot, and cheddar cheese. Top with salsa and sour cream.

Breakfast Burritos de Frank

Ingredients

1 (15 ounce) can black beans,
drained
2 tablespoons vegetable oil
8 eggs
8 (10 inch) flour tortillas
1 1/2 cups shredded Cheddar
cheese
1 (16 ounce) jar salsa

Directions

Pour the drained can of black beans into a small saucepan and cook over medium-low until heated through.

While the beans are heating, heat the vegetable oil in a large skillet. In a large bowl, scramble the eggs together. Pour the eggs into the hot skillet and scramble until cooked to desired wetness.

Heat the tortillas in a microwave or in the oven until soft. Lay the tortillas flat and spoon as many black beans onto each tortilla as you like. Follow with eggs, cheese and salsa. Roll the tortillas into burritos. Serve or let cool and freeze for reheating and eating another morning.

Tex-Mex Quinoa Salad

Ingredients

1 cup quinoa
2 cups water
1 teaspoon kosher salt
1/4 cup fresh lime juice
2 tablespoons olive oil
1/8 teaspoon ground black pepper
1 (14 ounce) can diced tomatoes with green chile peppers, drained
1 (14 ounce) can garbanzo beans, drained and rinsed
1 bunch cilantro, chopped
2 avocados, cubed
1/4 cup crumbled cotija cheese

Directions

Bring quinoa, water, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Meanwhile, stir together the lime juice, olive oil, pepper, diced tomatoes, and garbanzo beans. When the quinoa is done, stir it into the tomato mixture, then cool in refrigerator until cold, about 2 hours

When the quinoa is cold, fluff with a spoon, and gently fold in the cilantro, avocados, and cheese.

Black Beans with Pico de Gallo

Ingredients

- 1 large tomato, diced
- 2 tablespoons chopped red onion
- 1/2 cup chopped cilantro
- 1/2 teaspoon honey
- 1 teaspoon lime juice
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- 1 tablespoon bacon grease
- 1 clove garlic, minced
- 2 tablespoons minced red onion
- 1 (15.5 ounce) can black beans, drained and rinsed
- 2 tablespoons water

Directions

Stir together the tomato, onion, cilantro, and honey. Season with lime juice, vinegar, salt and pepper; set aside.

Melt bacon grease in a saucepan over medium heat. Stir in garlic and onion, cook until softened and translucent, about 3 minutes. Pour in the black beans and water, season to taste with salt and pepper, then simmer for 10 minutes or until hot. Serve topped with pico de gallo.

Tuscan Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 (4 ounce) can sliced black olives, drained
1 (15 ounce) can cannellini beans, rinsed and drained
1 (26.5 ounce) can roasted garlic flavored spaghetti sauce

Directions

Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x13 inch baking dish with nonstick cooking spray.

Place the chicken breasts in the baking dish, and sprinkle olives over the top. Pour the beans over the chicken, then pour the spaghetti sauce over everything.

Cover, and bake for 30 minutes in the preheated oven. Remove the cover, and continue baking for 10 minutes, or until chicken is no longer pink inside.

Green Beans 'n' Celery

Ingredients

1 pound fresh green beans,
trimmed
1 celery rib, chopped
1 (2 ounce) jar diced pimientos,
drained
2 tablespoons sunflower kernels
1 tablespoon butter or stick
margarine
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons shredded
Parmesan cheese

Directions

Place beans and celery in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain. Add the pimiento, sunflower kernels, butter, salt and pepper; toss to coat. Garnish with Parmesan cheese.

Chili Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1 (15 ounce) can chili without beans
1 (10 ounce) can diced tomatoes with green chile peppers, drained

Directions

In a medium, microwave safe bowl, mix cream cheese, chili without beans and diced tomatoes with green chile peppers.

Microwave cream cheese mixture on high 1 minute. Remove from microwave, stir and repeat until the mixture is hot and thoroughly blended.

Southwestern Chicken Salad

Ingredients

2 (6 inch) flour tortillas, cut into 1/2 inch strips
Butter-flavored nonstick cooking spray
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
1 teaspoon olive oil
6 cups ready-to-serve salad greens
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
2 cups chopped tomatoes, divided
1 medium green pepper, diced
1/2 cup cubed peeled jicama or sliced water chestnuts
1/3 cup chopped green onions
1/2 cup shredded reduced-fat Cheddar cheese
2/3 cup fat-free ranch salad dressing
4 teaspoons barbecue sauce

Directions

Place tortilla strips on a baking sheet; spritz both sides of strips with butter-flavored cooking spray. Bake at 350 degrees F for 4-5 minutes or until crisp. Meanwhile, in a large nonstick skillet, cook chicken in oil over medium heat until no longer pink; set aside.

Combine the salad greens, corn, beans, 1 cup tomatoes, green pepper, jicama and onions; arrange on a serving platter. Place chicken in center of salad; sprinkle with cheese and remaining tomatoes. Arrange tortilla strips around chicken. In a small bowl, combine the ranch dressing and barbecue sauce; serve with salad.

Fry Bread Tacos II

Ingredients

TOPPINGS:

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (15.5 ounce) can pinto beans, with liquid
1 cup shredded Cheddar cheese
2 cups shredded iceberg lettuce
1/2 cup picante sauce

FRY BREAD:

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
4 cups oil for frying, or as needed

Directions

Combine beans and 2 tablespoons of picante sauce in a small saucepan over low heat. Cook until heated through. In a large skillet, over medium-high heat, cook the ground beef with taco seasoning mix according to seasoning mix package directions. Cover, and keep warm while you prepare the fry bread.

In a medium bowl, stir together the flour, baking powder, and salt. Stir in milk, and mix until the dough comes together. Add more flour if necessary to be able to handle the dough. On a floured surface, knead the dough until smooth, at least 5 minutes. Let the dough rest for 5 minutes.

Heat oil in a large, deep heavy skillet to 365 degrees F (180 degrees C). Oil should be about 1 1/2 inches deep. Break off 3/4 cup sized pieces of dough, and shape into round discs 1/4 inch in thickness, making a thinner depressed area in the center. Fry breads in the hot oil until golden on both sides, turning only once. Drain on paper towels.

Top fry bread with beans, ground beef, lettuce and cheese. Spoon picante sauce over. You can also top with other of your favorite taco toppings, such as onion, sour cream or guacamole.

Michelle's Zesty Hummus-like Spread

Ingredients

1 (15 ounce) can garbanzo beans
1/4 cup Italian-style salad dressing
1/2 cup creamy salad dressing, e. g. Miracle Whip B„Ÿ
1 red bell pepper, seeded and chopped
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon sesame seeds

Directions

In a food processor, blend the garbanzo beans, Italian-style salad dressing, creamy salad dressing, 1/2 red bell pepper, oregano, garlic powder and sesame seeds.

Spread on a bagel or pita, garnish with spinach and the leftover bell pepper, or serve as a dip with crackers, garnish with bell pepper cubes.

Green Bean Stir-Fry

Ingredients

1 tablespoon soy sauce
2 garlic cloves, minced
1 teaspoon sesame seeds,
toasted
1 teaspoon brown sugar
1 teaspoon peanut butter
3/4 pound fresh green beans,
trimmed
4 1/2 teaspoons vegetable oil

Directions

In a bowl, combine the soy sauce, garlic, sesame seeds, brown sugar and peanut butter; set aside. In a large skillet, stir-fry the green beans in oil until crisp-tender. Remove from the heat. Add the soy sauce mixture; stir to coat.

Carrot Bean Salad

Ingredients

2 cups thinly sliced carrots
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 cup thinly sliced celery
2 tablespoons lemon juice
2 teaspoons olive oil
1/2 teaspoon lemon-pepper
seasoning
1/4 teaspoon salt
1/2 cup minced fresh cilantro

Directions

Place carrots in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-6 minutes or until crisp-tender. Immediately place carrots in a bowl of ice water. In another bowl, combine the garbanzo beans and celery. Drain carrots and add to bean mixture.

In a small bowl, whisk the lemon juice, oil, lemon-pepper and salt. Pour over carrot mixture and toss to coat. Cover and refrigerate for at least 4 hours. Just before serving, stir in cilantro.

Navy Bean Soup With Sirloin Tips

Ingredients

- 1 pound sirloin tips, cubed
- 1 onion, chopped
- 1 stalk celery, chopped
- 2 potatoes, peeled and diced
- 5 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 cup red wine
- 1 bay leaf
- 1 (16 ounce) can crushed tomatoes
- 1 (6 ounce) can tomato paste
- 1 tablespoon ground cumin
- 1 1/2 teaspoons crushed red pepper flakes
- 1 teaspoon brown sugar
- 1 tablespoon hot pepper sauce
- 1 (15 ounce) can navy beans

Directions

In a large stock pot, brown sirloin, celery, onion, and garlic in olive oil until onions are translucent.

Add wine, bay leaf, tomatoes, tomato paste, cumin, red pepper flakes, sugar, potatoes, and hot pepper sauce. Bring the mixture to a rapid boil, and then reduce heat. Continue to cook for 30 minutes, or until meat is tender. Stir occasionally to keep meat from sticking to the pan.

Stir in navy beans, and heat through. Serve hot, garnished with parsley and cilantro.

Kale Soup

Ingredients

1 medium onion, chopped
3 cloves garlic, minced
4 tablespoons olive oil
1 pound Portuguese chourico,
broken into large chunks
2 (15 ounce) cans kidney beans,
drained
1 (15 ounce) can garbanzo beans,
drained
5 Yukon Gold potatoes, cubed
2 pork chops
salt and pepper
3 tablespoons Pimenta Moida
(Portuguese hot chopped
peppers)
1 bunch kale - washed, dried, and
shredded
1/2 head savoy cabbage,
shredded

Directions

In a large soup pot, cook onion and garlic in olive oil over medium heat until soft. Mix in chourico, beans, and potatoes, and then add pork chops to the pot. Season with salt and pepper, and add enough water to the pan to cover all of the ingredients. Bring to a boil, then reduce heat, and simmer until potatoes are tender.

Once potatoes are tender, taste soup, add Pimenta Moida and more salt and pepper. Stir in kale and cabbage, and increase heat to gently boil. Kale only needs about 5 minutes. You may add some water if the soup got too thick, I like this soup on the brothy side.

Liege Style Salad

Ingredients

2 pounds potatoes, peeled and cubed
2 pounds fresh green beans, trimmed and snapped into 1 1/2 inch pieces
1 pound thick cut bacon
3 small onions, sliced
2 cups balsamic vinegar
salt and pepper to taste

Directions

Place the potatoes in to a pot and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Bring a separate pot of water to a boil. Add the green beans and cook for about 5 minutes. Drain.

Fry the bacon in a large skillet over medium heat until crisp. Remove bacon and set aside. Fry onions in the bacon drippings until tender and browned. Remove them and set aside. Pour balsamic vinegar into the skillet and stir to release all of the browned bits from the bottom of the pan.

In a large bowl, combine the green beans, potatoes, onions and bacon. Pour the balsamic vinegar over them and toss to coat. Season with salt and pepper.

Basic Hummus

Ingredients

2 cloves garlic, peeled and crushed
2 tablespoons olive oil
1 (15 ounce) can garbanzo beans, drained, liquid reserved
1 tablespoon sesame seeds
salt and pepper to taste

Directions

In a medium saucepan over medium heat, cook and stir the garlic in olive oil for approximately 3 minutes, until tender.

Place garbanzo beans in a blender or food processor with approximately 1 teaspoon reserved liquid. Process until smooth. Mix in the garlic, sesame seeds, salt and pepper. Blend to desired consistency, increasing the amount of reserved garbanzo bean liquid as desired. Chill in the refrigerator until serving.

Camp Soup

Ingredients

1 pound lean ground beef
1 medium head cabbage,
chopped
1 (15 ounce) can carrots, drained
1 (15.25 ounce) can whole kernel
corn
1 (15 ounce) can green beans
1 (15 ounce) can peas
1 (15 ounce) can sliced potatoes
1 (15 ounce) can mixed
vegetables
1 (10 ounce) can asparagus
1 (46 fluid ounce) can tomato juice
1/2 teaspoon garlic powder
1 teaspoon onion powder
salt and pepper to taste

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Put all the ingredients in a large soup pot. Do not drain the liquid from the vegetables. Cook until the cabbage is tender. Makes about 2 gallons of soup.

Red Rice Salad

Ingredients

2 small beets
1 tablespoon olive oil
8 ounces red rice
2 1/2 cups water
1 teaspoon salt
1 (14.5 ounce) can kidney beans, drained and rinsed
1 small red bell pepper, seeded and diced
1 small red onion, finely chopped
7 red radishes, thinly sliced
2 1/2 tablespoons chopped fresh chives
salt and pepper to taste

Dressing:

2 tablespoons horseradish
1 tablespoon Dijon mustard
1 teaspoon sugar
1/4 cup red wine vinegar
1/2 cup extra virgin olive oil

Directions

Place beets in a saucepan with enough water to cover. Bring to boil, cover, reduce heat and simmer for 20 minutes or until tender. Drain water, and allow beets to cool. Peel and dice.

Meanwhile, pour olive oil, red rice, water, and 1 teaspoon salt into a saucepan; place over medium heat. Bring to a boil; reduce heat to medium low, cover, and simmer gently until the rice is tender and all the water has been absorbed. Remove saucepan from heat, and let rice cool to room temperature.

In a large bowl, mix together beets, kidney beans, bell pepper, onion, radishes, and chives. Season with salt and pepper.

In a medium bowl, whisk together horseradish, mustard, and sugar until well combined. Whisk in red wine vinegar and oil until smooth.

With a fork, fluff rice. Stir into vegetables, and mix with dressing. Cover, refrigerate about 1 hour. Spoon into a large, shallow serving bowl, and garnish with fresh chives.

Fast Vegetable Soup

Ingredients

1 (19 ounce) can minestrone soup
1 (16 ounce) package frozen
mixed vegetables
1 (15 ounce) can whole kernel
corn, drained
1 (15 ounce) can black beans,
rinsed and drained
1 (14.5 ounce) can Italian diced
tomatoes, undrained

Directions

Combine all ingredients in a 2-1/2 quart microwave-safe bowl.
Cover; microwave on high for 8-10 minutes, stirring twice.

Slow Cooker Taco Soup

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 1 (16 ounce) can chili beans, with liquid
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can whole kernel corn, with liquid
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (4 ounce) can diced green chile peppers
- 1 (1.25 ounce) package taco seasoning mix

Directions

In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside.

Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker. Mix to blend, and cook on Low setting for 8 hours.

French Green Bean Stuffing

Ingredients

1 cup butter
3/4 (16 ounce) package frozen
French cut green beans
2 onions, chopped
2 leeks, chopped
1 tablespoon garlic and herb
seasoning blend
2 eggs, lightly beaten
1 (16 ounce) package seasoned
dry bread cube stuffing mix
2 cups hot water

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

In a skillet over medium heat, melt 2 tablespoons butter, and saute the green beans, onions, and leeks until tender. Season with garlic and herb seasoning blend. Mix in the remaining butter until melted.

In a large bowl, toss together the green bean mixture, eggs, and dry stuffing mix. Gradually blend in the water. Transfer the mixture to the prepared baking dish.

Bake 40 minutes in the preheated oven, or until lightly brown.

Chicken Crescent Braid

Ingredients

2 (10 ounce) cans refrigerated crescent rolls
4 small white potatoes with skin
1/2 pound fresh green beans, cut into 1 inch pieces
3 medium carrots, peeled and chopped
3 tablespoons vegetable oil
2 skinless, boneless chicken breast halves - cut into 2 inch pieces
2 eggs, beaten
1 cup dry bread crumbs
1 (16 ounce) container sour cream
2 tablespoons country Dijon-style mustard
1 teaspoon adobo seasoning
1 pinch salt and black pepper to taste

Directions

Cook potatoes in a microwave on high heat until soft, about 15 minutes.

Place carrots and green beans into a medium saucepan of boiling water, and cook to soften, about 5 minutes.

In a large skillet, heat oil over medium heat. Dip chicken strips into beaten egg, coat in bread crumbs, and cook in hot oil until golden brown on both sides. Remove to paper towels to cool. Then cut chicken strips into cubes.

Cut softened potatoes into cubes. Place potato cubes, carrots, green beans, and chicken cubes into a large bowl. Gently stir in sour cream and mustard; season with adobo, and salt and pepper to taste.

Lightly sprinkle a baking sheet with flour. Unroll crescent roll dough from one can onto a baking sheet; pinch the perforations together to form a single sheet of dough. Repeat with the remaining roll; lay it out beside the first sheet of dough and pinch to connect the two together. The dough should now be about 12 inches long and 7 inches wide. Roll out the dough until it is about 20 inches long and 12 inches wide.

Preheat oven to 350 degrees F (175 degrees C). Spoon the filling directly down the center of the dough, leaving 1-inch margins at the top and bottom and 3-inch margins at the sides. With scissors, cut 1-inch strips from the margins of the two long sides (6 strips in all). At the top and bottom, fold the dough in about 1 inch. Then take one strip and lay it across the filling from corner to corner. Pinch to seal. Lay across another strip from the opposite corners. Repeat until all of the strips are braided across the dough. Brush the top with egg wash.

Bake in a preheated oven until golden brown, about 20 minutes.

Kielbasa and Kidney Beans

Ingredients

1 pound fully cooked kielbasa or Polish sausage, cut into 1/2-inch pieces
1 small onion, chopped
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1/4 cup packed brown sugar
2 tablespoons steak sauce
1 tablespoon cider vinegar
1 teaspoon Worcestershire sauce
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained

Directions

In a skillet, cook sausage for 2-3 minutes. Stir in onion and peppers. Cook and stir until sausage is lightly browned and vegetables are tender; drain.

Combine brown sugar, steak sauce, vinegar and Worcestershire sauce; stir into skillet. Add beans. Cook and stir until heated through.

Pinto Bean Spread

Ingredients

1 (15 ounce) can pinto beans,
drained and rinsed
1 cup nonfat cottage cheese
1 clove garlic
2 tablespoons lemon juice
1 tablespoon dried parsley
1 teaspoon dried dill weed
1 tablespoon butter, softened
1/4 teaspoon seasoned salt

Directions

In a blender or food processor, blend the pinto beans, cottage cheese, garlic, lemon juice, parsley, dill, butter, and seasoned salt until smooth. Chill at least 1 hour in the refrigerator before serving.

Salsa Pasta 'n' Beans

Ingredients

8 ounces bow tie pasta, uncooked
1/2 cup chopped onion
1 medium sweet yellow pepper,
chopped
1 tablespoon olive oil
2 teaspoons minced garlic
1 (16 ounce) can red beans,
drained and rinsed
3/4 cup vegetable broth
3/4 cup salsa
2 teaspoons ground cumin
1/3 cup minced fresh cilantro

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, saute onion and yellow pepper in oil for 3-4 minutes or until crisp-tender. Add garlic; cook 1-2 minutes longer or until tender.

Stir in the beans, broth, salsa and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 5-6 minutes or until heated through. Drain pasta; stir into bean mixture. Sprinkle with cilantro.

Italian Style Soup

Ingredients

- 1 pound ground beef
- 1 pound ground pork sausage
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 cups Italian green beans
- 3 1/2 cups diced zucchini
- 1 (29 ounce) can tomato sauce
- 1 (14.5 ounce) can canned tomatoes, drained and chopped
- 1 1/2 tablespoons Italian-style seasoning
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese

Directions

In a heavy skillet, cook ground beef and pork sausage with the onion, garlic and green pepper until the meat is cooked through., about 15 minutes. Drain and transfer the mixture to a stockpot. Add the green beans, zucchini, tomato sauce and canned tomatoes. Season with Italian style seasoning, salt and pepper. Bring to a boil then reduce heat and simmer for 1/2 hour. Serve hot topped with a sprinkle of Parmesan cheese.

Green Beans with Cherry Tomatoes

Ingredients

1 1/2 pounds green beans,
trimmed and cut into 2 inch pieces
1 1/2 cups water
1/4 cup butter
1 tablespoon sugar
3/4 teaspoon garlic salt
1/4 teaspoon pepper
1 1/2 teaspoons chopped fresh
basil
2 cups cherry tomato halves

Directions

Place beans and water in a large saucepan. Cover, and bring to a boil. Set heat to low, and simmer until tender, about 10 minutes. Drain off water, and set aside.

Melt butter in a skillet over medium heat. Stir in sugar, garlic salt, pepper and basil. Add tomatoes, and cook stirring gently just until soft. Pour the tomato mixture over the green beans, and toss gently to blend.

Spicy Green Bean Saute

Ingredients

2 teaspoons cornstarch
3/4 cup reduced sodium chicken
broth or vegetable broth
1/4 cup reduced sodium teriyaki
sauce
1/8 teaspoon cayenne pepper
1 pound fresh green beans, cut
into 2 inch pieces
1 medium onion, thinly sliced
1/2 cup chopped sweet red
pepper
1 teaspoon garlic powder
1/2 teaspoon ground ginger
1 tablespoon canola oil

Directions

In a bowl, combine the cornstarch, broth, teriyaki sauce and pepper until smooth; set aside. In a large nonstick skillet or wok, saute the green beans, onion, red pepper, garlic and ginger in oil until crisp-tender. stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes until thickened.

Two-Bean Rice Salad

Ingredients

3 cups cooked wild rice
1 (15 ounce) can pinto beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (10 ounce) package frozen peas,
thawed
1 cup sliced celery
1 medium onion, chopped
1 (4 ounce) can chopped green
chilies
1/4 cup chopped fresh cilantro or
parsley
1/2 cup white wine vinegar
1/4 cup olive or vegetable oil
2 tablespoons water
3/4 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Directions

In a large salad bowl, combine the rice, beans, peas, celery, onion, chilies and parsley or cilantro; mix well. Combine the remaining ingredients in a jar with tight-fitting lid; shake well. Pour over rice mixture; toss to coat. Cover and refrigerate for at least 1 hour.

Three Bean Soup

Ingredients

2 tablespoons vegetable oil
1 onion, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans black beans,
drained
1 (15 ounce) can pinto beans,
drained
2 (15 ounce) cans kidney beans,
drained

Directions

In a large saucepan over medium heat, cook onion, green and yellow bell peppers in oil until softened. Stir in chicken broth, tomatoes, black beans, pinto beans and kidney beans. Heat through.

Country Chicken Supper

Ingredients

3 skinless, boneless chicken breasts
2 tablespoons vegetable oil
1/2 cup chopped onion
1 (15 ounce) can green beans
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can carrots, drained
1 potato, peeled and diced
1 cup uncooked white rice
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup water
1/2 cup shredded Cheddar cheese

Directions

Cut chicken into bite size pieces. Heat oil in a large skillet over medium heat. Saute onion and chicken for about 3 minutes.

Add green beans, tomatoes with liquids (not drained), carrots, potato, rice, salt and pepper to skillet. Mix gently.

Pour water over top of chicken mixture. Cover skillet and simmer over medium low heat, stirring occasionally, for 20 minutes or until rice and potato are tender.

Sprinkle chicken mixture with cheese. Let stand covered for 5 minutes and serve.

Pie Crust I

Ingredients

2 cups all-purpose flour
1 teaspoon salt
2/3 cup shortening
6 tablespoons cold water

Directions

Mix flour and salt in a large bowl. Cut in shortening with a pastry blender until mixture is completely blended and appears crumbly.

Mix in water, 1 tablespoon at a time, by lightly tossing with a fork. Add only enough water to form mixture into a ball. The dough will be sticky and tough if too much water is added, and it will crack and tear when rolled if too little is added.

Divide the dough into 2 balls, and roll each out into a circle 1 inch larger than the inverted pie plate.

Follow these directions for a filled pie. Fold one circle of dough in half, and gently lift. Place into pie plate and unfold. Add filling to pie plate. Fold second circle of dough in half. Gently place over filling, and unfold. With a table knife, cut off excess crust evenly so that 1/2 to 1 inch extends beyond the edge of the pie plate. Fold under the excess dough so that it is even with the edge of the pie plate. Flute the edge of the crust. Cut slits in top crust for steam to escape.

Follow these directions for 2 prebaked pie shells. Fold circle of dough in half, and gently lift. Place into pie plate and unfold. Either prick the entire surface of dough with a fork, or weight the bottom of the crust with pie weights while baking. Pie weights can be uncooked rice, dried beans, small clean pebbles, or small balls sold as pie weights.

Lasagna Corn Carne

Ingredients

1 pound ground beef
1 (16 ounce) jar salsa
1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.75 ounce) can cream-style
corn
1 large onion, chopped
3/4 cup chopped green pepper
1 celery rib, chopped
1 tablespoon minced fresh basil
1 teaspoon salt
1 teaspoon chili powder
3 garlic cloves, minced
12 lasagna noodles, cooked and
drained
2 cups shredded mozzarella
cheese
1/2 cup grated Parmesan cheese

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Add salsa, beans, vegetables and seasonings. Reduce heat; cover and simmer for 15 minutes.

Spread a fourth of the meat sauce in a greased 13-in. x 9-in. x 2-in. baking dish; top with four noodles. Repeat once. Top with half of the remaining sauce and half of the cheeses. Layer with the remaining noodles, sauce and cheeses.

Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 15 -20 minutes longer or until heated through. Let stand for 15 minutes before cutting.

Hearty Bean Bake

Ingredients

1 pound ground beef
1 medium onion, chopped
1/2 pound sliced bacon, cooked and crumbled
1 (28 ounce) can baked beans
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can wax beans, drained
1 (14.5 ounce) can cut green beans, drained
1/2 cup packed brown sugar
1/2 cup ketchup
3 tablespoons honey
2 tablespoons cider vinegar

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the bacon and beans; mix well. Transfer to a greased 2-1/2-qt. baking dish.

In a small bowl, combine the brown sugar, ketchup, honey and vinegar. Pour over the bean mixture. Bake, uncovered, at 325 degrees F for 45-50 minutes or until heated through and bubbly. Let stand for 10 minutes; stir and serve.

Black Bean Rice Burgers

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 cup cooked brown rice
1 small onion, finely chopped
1 egg, lightly beaten
6 tablespoons salsa, divided
1/4 cup reduced-fat sour cream
4 lettuce leaves
4 slices reduced-fat Cheddar cheese
4 hamburger buns, split

Directions

In a large bowl, mash beans with a fork. Add the rice, onion, egg and 2 tablespoons salsa; mix well. Drop by 1/2 cupfuls into a large nonstick skillet coated with nonstick cooking spray. Flatten to 1/2-in. thickness. Cook over medium heat for 4-5 minutes on each side or until firm and browned.

In a small bowl, combine sour cream and remaining salsa. Place a lettuce leaf, burger, sour cream mixture and slice of cheese on bun.

Italian Vegetable Soup

Ingredients

2 (14.5 ounce) cans vegetable broth
1 (28 ounce) can peeled and crushed tomatoes
2 large carrots, coarsely chopped
1/2 cup frozen green beans
1 stalk celery, thickly sliced
1/3 cup frozen pearl onions
2 cloves garlic, minced
1 tablespoon dried parsley
3/4 teaspoon dried basil
1 bay leaf
1 cube vegetable bouillon
1/2 cup macaroni
1 (15 ounce) can kidney beans, drained
3 small zucchinis, cubed

Directions

In large saucepan or Dutch oven, bring broth, tomatoes, carrots, frozen green beans, celery, onions, garlic, parsley, basil, bay leaf and vegetable bouillon cube to a boil. Reduce heat. Cover and simmer 15 minutes.

Stir in macaroni, kidney beans, and zucchini. Bring soup back to a boil, and then reduce heat to simmer. Cover and cook for 10 to 15 minutes. Remove bay leaf and serve.

Orange Hummus

Ingredients

2 cups canned garbanzo beans,
drained
1/3 cup tahini (sesame-seed
paste)
3 tablespoons SMUCKER'S®
Sweet Orange Low Sugar
Marmalade
3 tablespoons extra-virgin olive oil
1 teaspoon minced garlic
1/8 teaspoon ground cumin

Directions

Place all ingredients in blender or food processor container and process on slow to medium speed until all ingredients are pureed.

Cover and refrigerate for several hours to allow flavors to blend.

Remove from refrigerator 15 to 30 minutes before serving.

Drizzle with additional olive oil if desired. Serve with pita chips, sesame crackers or cut fresh vegetables.

Senate Bean Soup

Ingredients

6 1/4 cups dry great Northern beans
3/4 pound smoked ham shank
12 cups water
3 tablespoons ham base
1 onion, chopped
1 carrot, chopped
2 stalks celery, chopped
1 teaspoon garlic powder
salt and pepper to taste

Directions

Put beans in a large bowl, add water to cover and soak overnight. In a large saucepan over medium heat, combine the ham shank and 4 cups water and simmer for about 45 minutes. When cool enough to handle, remove meat from bone and shred meat. Set bone and meat aside for later. (Note: reserve the stock, if desired, to replace the ham base.)

Drain the beans. In an 8 quart pot over high heat, combine the beans, 12 cups fresh water and ham base. (Note: At this point, if desired, measure reserved stock from step 1, add water to total 12 cups liquid, and use this mixture to eliminate the ham base.) Add the onion, carrot, celery, garlic powder, ham, ham bone and salt and pepper to taste.

Bring the mixture to a boil, reduce heat to medium, cover and simmer for 1 1/2 hours, or until beans are tender. Add additional water as needed. (Note: Soup should be thick enough to heavily coat a spoon.)

Green Bean Casserole I

Ingredients

2 (15 ounce) cans cut green beans, drained
3/4 cup milk
1 (10.75 ounce) can condensed cream of mushroom soup
1 (2.8 ounce) can French fried onions
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium casserole dish mix together green beans, milk, cream of mushroom soup, and 1/2 of the can of onions.

Bake for 25 minutes in the preheated oven, until heated through and bubbly. Sprinkle remaining onions over the top, and return to the oven for 5 minutes. Season with salt and pepper to taste.

Portuguese Licoro

Ingredients

1 quart whiskey
1/2 lemon
4 1/2 cups white sugar
1 quart milk
6 (1 ounce) squares unsweetened chocolate
2 vanilla beans

Directions

In a gallon container combine whiskey, lemon, sugar, milk, chocolate squares and vanilla beans. Keep at room temperature for 10 days, stirring once a day.

After 10 days, remove the lemon half, chocolate and vanilla beans. Insert a coffee filter into a large funnel. pour the liquid through the filter into a gallon jug. Change filter as needed. A clear yellow solution should result. This liqueur can be stored in a sealed bottle at room temperature.

PHILADELPHIA® 3-STEP® Mini Cheesecake

Ingredients

2 (8 ounce) packages
PHILADELPHIA Cream Cheese,
softened
1/2 cup sugar
1/2 teaspoon vanilla
2 eggs
12 NILLA Wafers
1 1/2 cups BAKER'S ANGEL
FLAKE Coconut, tinted green
36 small jelly beans
12 (4 inch) pieces shoestring
licorice

Directions

Preheat oven to 350 degrees F. Beat cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; beat just until blended.

Place wafer on bottom of each of 12 paper-lined medium muffin cups. Spoon cream cheese mixture evenly over wafers.

Bake 20 minutes or until centers are almost set. Cool. Refrigerate at least 2 hours. Top evenly with coconut and jelly beans just before serving. Bend each licorice piece, then insert both ends into each cheesecake to resemble the handle of a basket. Store leftover cheesecakes in refrigerator.

Dad's Chili

Ingredients

2 1/2 pounds ground beef
1 pound ground pork
1/2 cup butter
2 cloves garlic, diced
1 pound green bell pepper, chopped
1 1/2 pounds onion, chopped
2 (15 ounce) cans pinto beans, rinsed and drained
5 cups canned diced tomatoes with their juice
1/2 cup chopped fresh parsley
2 tablespoons chili powder, or more to taste
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons monosodium glutamate (such as Ac'cent®)
1 tablespoon salt
1 1/2 teaspoons ground cumin

Directions

Heat a large skillet over medium-high heat and stir in the ground beef and ground pork. Cook and stir until the meat is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Set meat aside. Melt the butter in the pot over medium heat. Stir in the garlic, bell pepper, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the cooked meat, pinto beans, tomatoes, parsley, chili powder, pepper, monosodium glutamate, salt, and cumin. Cover and bring to a boil, then reduce heat, and simmer for 1 hour.

Yummiest Green Beans Ever

Ingredients

1 tablespoon extra virgin olive oil
1/4 cup finely chopped onion
1/2 cup chopped cooked ham
2 1/2 tablespoons red wine vinegar
1 (16 ounce) package frozen cut green beans, thawed and drained
1 tablespoon honey mustard
kosher salt to taste

Directions

Heat the oil in a large skillet over medium heat. Add the onion and ham; cook and stir until brown bits start to show up on the bottom of your pan, 5 to 10 minutes.

Mix the red wine vinegar into the pan, scraping up the browned bits from the bottom. The vinegar will evaporate quickly - don't panic. Mix in the mustard, and reduce the heat to medium-low. Add the green beans and stir to coat. Cook just until tender but still crisp, about 5 minutes. Season with kosher salt and serve.

Chili Cheese Turnovers

Ingredients

2 (10 ounce) containers
refrigerated pizza crust
2 cups shredded Mexican cheese
blend
1 (15 ounce) can chili without
beans
1 (15 ounce) can ranch-style
beans or chili beans, drained
1 (10 ounce) can diced tomatoes
with green chilies, drained
1 cup sour cream

Directions

On a lightly floured surface, press pizza dough into two 12-inch squares. Cut each into four 6-inch squares. In a bowl, combine the cheese, chili and beans. Spoon 1/2 cup in the center of each square. Fold dough diagonally over filling; press edges to seal.

Place in two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 425 degrees F for 13-18 minutes or until golden brown. Cool for 5 minutes. Meanwhile, in a small bowl, combine tomatoes and sour cream. Serve with turnovers.

Grandma B's Bean Soup

Ingredients

1 pound dry navy beans
3 carrots, peeled and shredded
2 medium potatoes, peeled and diced
3 stalks celery, sliced
1 medium onion, diced
2 cups cubed cooked ham

Directions

Place the beans in a slow cooker with enough water to cover, and soak 6 to 8 hours, or overnight.

Drain the beans, and return to the slow cooker. Cover with water, and mix in the carrots, potatoes, celery, onion, and ham.

Cover slow cooker, and cook soup on High for 3 1/2 hours. Switch to Low, and continue cooking at least 6 1/2 hours. The longer it cooks the more flavorful it becomes.

Connoisseur's Casserole

Ingredients

1 (11 ounce) can white corn,
drained
1 (15 ounce) can green beans,
drained
1/2 cup chopped celery
1/2 cup chopped onion
1 (2 ounce) jar chopped pimento
peppers
1/2 cup sour cream
1/2 cup shredded Colby cheese
1 (10.75 ounce) can condensed
cream of celery soup
1/2 teaspoon salt
1/2 teaspoon pepper
4 tablespoons butter
1/2 cup slivered almonds
1 cup crushed buttery round
crackers

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix white corn, green beans, celery, onion, pimento peppers, sour cream, Colby cheese, cream of celery soup, salt, and pepper. Transfer to a 1 1/2 quart casserole dish.

Melt butter in a small saucepan over medium heat, and stir in slivered almonds and crushed crackers. Sprinkle over the casserole.

Bake for 45 minutes in the preheated oven, or until bubbly and lightly browned.

Beefy Oven Packets

Ingredients

1 pound ground beef
1 (15.25 ounce) can whole kernel corn
1 (15 ounce) can green beans
2 (4 ounce) jars mushrooms, drained
1 (16 ounce) jar processed cheese sauce
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut squares out of aluminum foil. Form beef into small, round flat hamburgers and place one (seasoned to taste) on each square. To each burger add a bit of corn, beans, mushrooms and a spoonfull of cheese sauce. Fold foil over so that there is no leaking during baking.

Bake in the preheated oven for 1 hour.

Cheeseburger Pie

Ingredients

2 pounds ground beef
1 onion, chopped
3/4 tablespoon salt
1/4 tablespoon ground black pepper
1/4 tablespoon chili powder
1 (28 ounce) can whole peeled tomatoes
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can peas
1 (15 ounce) can green beans, drained
5 cups buttermilk baking mix
1 1/3 cups milk
5 potatoes, cooked and mashed
8 ounces sliced process cheese food

Directions

Preheat oven to 450 degrees F (230 degrees C).

In a large saucepan over medium high heat, brown the ground beef for 5 to 10 minutes; drain excess fat. Add the onion, salt, ground black pepper, chili powder, tomatoes, corn, peas and green beans. Reduce heat to low and let simmer.

Meanwhile, in a large bowl, combine the buttermilk baking mix and the milk. Mix well to form a dough. Split in half and roll dough out to line the bottom of a 9x13 inch baking dish. Make sure dough covers the bottom and sides of the dish.

After the beef mixture has simmered for about 15 to 20 minutes, pour into the baking dish over the dough. Spoon the mashed potatoes over the beef mixture, spreading evenly. Layer the cheese over the potatoes. Roll out the other half of the dough to fit over the top. Trim the edges and seal .

Bake at 450 degrees F (230 degrees C) for 25 to 35 minutes, or until golden brown.

Slow Cooker Chicken and Sausage Chili

Ingredients

3 (14.5 ounce) cans stewed tomatoes, chopped
1/2 cup beer
1/4 teaspoon hot sauce
2 beef bouillon cubes
1 tablespoon brown sugar
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/4 teaspoon dried oregano
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper

1 teaspoon olive oil
1/2 red onion, chopped
1 pound ground chicken
3/4 pound bulk Italian sausage
2 (6 ounce) cans tomato paste
1 (15 ounce) can kidney beans, rinsed and drained

Directions

Combine the stewed tomatoes, beer, hot sauce, bouillon cubes, brown sugar, chili powder, paprika, oregano, garlic powder, and cayenne pepper in a slow cooker; cook on High for 1 hour.

Heat the olive oil in a skillet over medium heat; cook the red onion in the hot oil until tender. Stir in the ground chicken; cook and stir until completely browned. Transfer the mixture to the slow cooker and return the skillet to the heat. Fry the sausage in the reheated skillet until completely browned and crumbly; add to the slow cooker. Mix the tomato paste and kidney beans into the chili. Continue cooking on High another 2 hours. Switch the heat to Low and simmer 4 hours more.

Carol's King Ranch Casserole

Ingredients

4 skinless, boneless chicken breast halves
1 tablespoon chicken bouillon
1 cup chicken broth
1 cup chopped onion
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup diced red bell pepper
1 (14.5 ounce) can diced tomatoes with green chile peppers
2 (8 ounce) cans chili beans, drained
12 (8 inch) flour tortillas
3 cups shredded Colby-Monterey Jack cheese

Directions

Bring a large saucepan of lightly salted water to a boil. Add chicken and bouillon and boil for 12 to 15 minutes, or until cooked through (no longer pink inside). Reserve 1 cup broth. Remove chicken from pan and dice; set aside.

In a separate large saucepan combine reserved broth, onion, cream of chicken soup, cream of mushroom soup, bell pepper, diced tomatoes with green chile peppers and beans. Mix together and heat through, stirring often.

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish layer casserole as follows: 4 torn tortillas, 1/2 of diced chicken, 1/3 of soup mixture, more tortilla strips, remaining diced chicken, 1/3 of soup mixture, more tortilla strips and remaining soup mixture. Cover with cheese.

Bake in preheated oven for about 20 to 25 minutes, or until heated through and cheese is melted and bubbly.

Seven Layer Taco Dip

Ingredients

- 1 (1 ounce) package taco seasoning mix
- 1 (16 ounce) can refried beans
- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) container sour cream
- 1 (16 ounce) jar salsa
- 1 large tomato, chopped
- 1 green bell pepper, chopped
- 1 bunch chopped green onions
- 1 small head iceberg lettuce, shredded
- 1 (6 ounce) can sliced black olives, drained
- 2 cups shredded Cheddar cheese

Directions

In a medium bowl, blend the taco seasoning mix and refried beans. Spread the mixture onto a large serving platter.

Mix the sour cream and cream cheese in a medium bowl. Spread over the refried beans.

Top the layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with Cheddar cheese. Garnish with black olives.

Vibrant Vegetarian Purple Borscht

Ingredients

4 cups water
2 red beets, trimmed and washed
1 1/2 pounds tomatoes, chopped
4 ounces tomato puree
2 tablespoons butter
2 red onions, chopped
2 cups chopped mushrooms
2 carrots, chopped
2 stalks celery, chopped
1/4 cup chopped fresh dill, divided
1 cube vegetable bouillon
2 large yellow potatoes, cubed
1 (15.25 ounce) can kidney beans
6 cups water
1/2 head green cabbage, chopped
1 lemon, juiced
salt and pepper to taste
1 cup sour cream, for topping

Directions

Place the beets into a large pot and cover with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 20 to 40 minutes. Meanwhile, place the tomatoes and tomato puree in a blender and blend until smooth. Set aside.

Meanwhile, heat the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the mushrooms and cook until tender, about 10 minutes. Stir in the carrots, celery, tomato mixture, half of the dill, and the vegetable bouillon. Continue cooking and stirring until the carrots are tender, about 10 minutes.

Remove the beets from the cooking liquid and place them in the freezer in a bowl. Stir the mushroom mixture, potatoes, kidney beans, including the liquid, and 6 cups of water into the beet water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes.

Peel, then grate the chilled beets. Stir the beets, cabbage, and remaining dill into the soup. Cover and simmer until the cabbage is tender, about 5 minutes. Stir in lemon juice and season with salt and pepper. Remove from heat and allow soup to rest for at least 2 hours. Bring soup to a boil, and serve hot with a dollop of sour cream.

Favorite Skillet Dinner

Ingredients

6 boneless, skinless chicken breast halves
1 tablespoon olive or vegetable oil
1 tablespoon butter or margarine
3 medium potatoes, cut into 1-inch pieces
3 celery ribs, cut into 1-inch pieces
2 medium onion, cut in 1-inch pieces
1 (16 ounce) package frozen green beans
1 cup chicken broth
1/4 cup snipped fresh parsley
1 bay leaf
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper

Directions

In a skillet over medium heat, brown chicken in oil and butter for 10-12 minutes. Add remaining ingredients; stir to mix. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until vegetables are tender and chicken juices run clear. Remove bay leaf before serving.

Wazzu Tailgate Chili

Ingredients

- 1 pound ground beef
- 1 pound ground pork
- 2 tablespoons olive oil
- 1 large onion, chopped, divided
- 1 green bell pepper, chopped
- 1 habanero peppers, seeded and minced
- 2 jalapeno pepper, seeded and minced
- 3 cloves garlic, minced
- 3 tablespoons chopped green onion
- 3 (15 ounce) cans chili beans
- 1 (14.5 ounce) can diced tomatoes
- 1 (6 ounce) can tomato paste
- 1 (8 ounce) can tomato sauce
- 1 (12 ounce) bottle lager-style beer
- 2 tablespoons cornmeal
- 1 cup water
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1 tablespoon salt
- 1 1/2 teaspoons ground black pepper
- 1 cup shredded Cheddar cheese

Directions

Cook ground beef and pork in a large skillet over medium-high heat until the meat is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.

Meanwhile, heat the olive oil in a large pot over medium heat. Stir in 3/4 of the onion and all of the green pepper, habanero pepper, jalapeno pepper, and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir the drained meat into the onion mixture along with the green onion, chili beans, diced tomatoes, tomato paste, tomato sauce, beer, and water. Sprinkle with the cornmeal, then season with chili powder, cumin, garlic powder, cayenne pepper, salt, and black pepper.

Bring to a simmer over medium heat, then reduce heat to medium-low. Simmer at least 2 hours, stirring occasionally. Refrigerate overnight.

Reheat the chili over medium heat until it begins to simmer again. Top individual servings of chili with cheese and remaining chopped onion.

Mediterranean Rice Salad

Ingredients

3 tablespoons extra-virgin olive oil, divided
1 cup uncooked long grain white rice
2 1/2 cups water
1 cup drained canned French style green beans
1 cup pitted black olives
1 roasted red pepper, drained and diced
1 green bell pepper, diced
1 dill pickle spear, diced
2 roma (plum) tomatoes, diced
3 cloves garlic, finely chopped
1 tablespoon white wine vinegar

Directions

Heat 2 tablespoons olive oil in a skillet over medium heat. Stir in rice, and cook until lightly browned. Pour in the water. Bring to a boil, reduce heat to low, and simmer until all liquid has been absorbed.

In a large bowl, mix the green beans, olives, red pepper, green pepper, pickle, tomatoes, and garlic. Toss with the rice. Sprinkle with vinegar and remaining 1 tablespoon olive oil, and toss to coat. Cover, and refrigerate 1 hour, or until completely cooled, before serving.

Millet-Stuffed Peppers

Ingredients

1 cup millet
4 cups water
4 cubes vegetable bouillon
5 medium bell peppers
3 medium tomatoes, chopped
1 (15 ounce) can black beans,
drained

Directions

Combine the millet, water and vegetable bouillon in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes, or until the water is absorbed.

Slice the tops off of the peppers, and remove the seeds and cores. Set aside. When the millet is done, stir in the tomatoes and black beans. Spoon into the peppers until filled. Place the peppers into a glass baking dish, and cover with plastic wrap.

Cook in the microwave for 10 minutes, or until peppers are tender. Turn peppers every 2 to 3 minutes to ensure even cooking.

Spicy Black Bean Cakes

Ingredients

Lime Sour Cream:

1/2 cup reduced fat sour cream
2 teaspoons fresh lime juice
1 small fresh jalapeno pepper,
minced
salt to taste

Bean Cakes:

2 tablespoons olive oil, divided
4 green onions, thinly sliced
6 cloves garlic, pressed
2 fresh jalapeno peppers, finely
diced
1 tablespoon ground cumin
2 (14.5 ounce) cans black beans,
drained and rinsed
salt and black pepper to taste
2 cups grated raw sweet potato
1 egg, lightly beaten
1/2 cup plain dried bread crumbs

Directions

To prepare lime sour cream, mix the sour cream, lime juice, 1 small minced jalapeno, and salt together in a small bowl. Cover, and refrigerate.

Heat 1 tablespoon olive oil in a small skillet over medium heat. Cook green onions until softened, about 1 minute. Stir in garlic, 2 diced jalapenos, and cumin; cook until fragrant, about 30 seconds.

Transfer contents of skillet to a large bowl. Stir in black beans, and mash with a fork. Season with salt and pepper to taste. Mix in sweet potatoes, egg, and bread crumbs. Divide into 8 balls, and flatten into patties.

In the oven, set cooking rack about 4 inches from heat source. Set oven to broil. Lightly grease baking sheet with 1 tablespoon oil.

Place bean patties on baking sheet, and broil 8 to 10 minutes. Turn cakes over, and broil until crispy, about 3 minutes more. Serve with lime sour cream.

Garbanzo Bean and Sausage Stew

Ingredients

3 cups dry garbanzo beans
1/4 cup olive oil
2 pounds sweet Italian pork sausage, cut into 1-inch pieces
1 bell pepper, cut into bite-sized pieces
1/2 large onion, thinly sliced
5 cloves garlic, minced
1/2 cup all-purpose flour
1 (14.5 ounce) can diced tomatoes with garlic and herbs
4 cups chicken stock, or more if needed
2 tablespoons dried basil
2 tablespoons dried parsley
2 teaspoons crushed red pepper flakes
salt and ground black pepper to taste
1 cup pipette pasta

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Heat olive oil in a large skillet or Dutch oven over medium-high heat, then stir in the sausage. Cook and stir until the sausage is evenly browned and no longer pink. Remove sausage and set aside, leaving any grease from the sausage in the skillet. Return the skillet to the stove and reduce the heat to medium, then add the bell pepper and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes; stir in the garlic. Continue cooking and stirring until the onion is golden brown, about 5 more minutes.

Reduce heat to medium-low. Stir in the flour until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually stir the tomatoes and chicken stock into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Season with basil, parsley, red pepper flakes, salt, and pepper. Stir in the sausage. Cover and cook over low heat for 2 hours, then add the prepared garbanzo beans. Cook for an additional hour.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pipette pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Stir the pasta into the stew, adding more chicken stock, if necessary.

Pork and Black Bean Stew

Ingredients

2 tablespoons vegetable oil
1 teaspoon minced garlic
1 large onion, chopped
1 (12 ounce) pork tenderloin, cut into 1/2 inch cubes
1 (19 ounce) can black beans, drained and rinsed
1/4 cup water
1 1/2 cups chicken stock
3 chorizo sausages, cut into 1/2 inch thick pieces
2 bay leaves
salt and pepper to taste

Directions

Heat 1 tablespoon vegetable oil in a skillet over medium heat, stir in garlic and onion, and cook a few minutes until the onion softens and turns translucent. Remove the onion, and place into a saucepan. Pour the remaining 1 tablespoon vegetable oil into the skillet, and place over medium-high heat. Add cubed pork, and cook until well browned.

Meanwhile, pour 3/4 of the black beans along with 1/4 cup water into the bowl of a blender, and pulse until finely chopped, but not quite smooth. Pour whole beans and bean puree into saucepan along with pork cubes, chicken stock, chorizo, and bay leaves. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer 30 minutes. Season to taste with salt and pepper before serving.

Hot Bean Dish

Ingredients

1 (16 ounce) can baked beans
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.5 ounce) can butter beans,
rinsed and drained
1 (15 ounce) can lima beans,
rinsed and drained
1 (2 ounce) jar diced pimientos,
drained
8 bacon strips, cooked and
crumbled
1/2 cup ketchup
1/4 cup chopped onion
2 tablespoons chopped green
pepper
1 tablespoon Worcestershire
sauce
1 teaspoon ground mustard
1 (3 ounce) package cream
cheese, cut into cubes

Directions

In a bowl, combine the first 11 ingredients; pour into a greased 2 -1/2-qt. baking dish. Cover and bake at 350 degrees F for 40 minutes. Stir in cream cheese. Bake, uncovered, 10-15 minutes longer, stirring several times, or until cheese is melted.

Spicy Jalapeno Chicken Sausage with Mango,

Ingredients

1 (12 ounce) package al fresco®
Spicy Jalapeno chicken sausage,
fully cooked, slice on the diagonal
1/4 inch thick
1 tablespoon extra-virgin olive oil
2 tablespoons dry sherry
1 cup fresh mango, 1 inch chunks
1 cup fresh pineapple, 1 inch
chunks
1 1/2 cups fresh salsa
1/2 cup prepared fresh/frozen
edamame (soybeans)
1/2 cup canned black, unsalted
soybeans, rinsed
3 cups cooked jasmine rice
1 tablespoon chopped fresh
cilantro

Directions

Heat a 12 inch skillet with olive oil over high heat. Quickly saute the jalapeno sausage for 2 minutes, add the dry sherry and cook 2 more minutes. Toss in the mango and pineapple and saute for 2-3 minutes. Add the fresh salsa, edamame and black beans, continue to cook 2-3 minutes just to heat through.

Mix the chopped cilantro with the rice. Spoon the sausage and mango and pineapple salsa over the rice and serve immediately.

Spicy Layered Bean Dip

Ingredients

1 (15 ounce) can refried beans
1 (15 ounce) can black beans,
rinsed and drained
3/4 cup sour cream
1 cup salsa
1 (4 ounce) can diced jalapeno
peppers
1 1/2 cups shredded Colby
cheese
1/4 cup sliced black olives
(optional)

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Combine refried beans and black beans in the bottom of baking dish. Top with sour cream, salsa, jalapenos, and cheese. Sprinkle with black olive slices, if desired.

Cover dish, and bake in preheated oven for 15 minutes. Uncover, and bake until hot and bubbly, about 15 additional minutes.

White Bean Dip With Garlic Sticks

Ingredients

1 (15 ounce) can cannellini beans, rinsed and drained
1/4 cup flat leaf parsley
2 tablespoons lemon juice
2 garlic cloves, whole
1/2 teaspoon dried oregano leaves
1/3 cup extra virgin olive oil
6 slices Wonder® Classic White Sandwich Bread, crusts removed
1/4 cup margarine or butter, melted
1 garlic clove, minced
2 tablespoons shredded Parmesan cheese

Directions

Preheat oven to 400 degrees F.

Place beans, parsley, lemon juice, whole garlic cloves and oregano in a food processor.

While the food processor is running, add the olive oil in a slow, steady stream. Set bean dip aside.

Slice each slice of bread into thirds. Place bread strips on a baking sheet. Add 1 minced garlic clove to melted butter and brush on bread. Bake for 5 to 6 minutes. Turn bread sticks and brush with butter. Sprinkle bread sticks evenly with Parmesan. Bake 5 to 7 additional minutes or until toasted.

Serve warm bread sticks with bean dip.

Green Bean Casserole

Ingredients

1 (14.5 ounce) can French style green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine green beans and soup in a small casserole dish.

Bake in a 350 degrees F (175 degrees C) oven for 10 to 15 minutes. Remove from oven and top with the onions. Bake for another 10 minutes and serve.

Slaw-mmin' Wraps

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, crushed
1/2 (16 ounce) package broccoli coleslaw mix
1 cup shredded cabbage
3/4 cup cooked chicken breast, cut into bite-sized pieces
salt and pepper to taste

1 (15 ounce) can garbanzo beans, undrained
3 tablespoons mayonnaise
2 tablespoons Dijon mustard
1 teaspoon ground cumin
4 cloves garlic, minced
1/2 teaspoon onion powder
1/2 teaspoon lemon pepper
salt and pepper to taste

4 (10 inch) flour tortillas

Directions

Heat oil in a large heavy skillet over medium high heat. Saute onion and 2 cloves crushed garlic until onions are soft and translucent, about 3 minutes. Stir in the broccoli coleslaw mix, and cook until tender. Add the cabbage and chicken and toss for a minute or two. Remove from heat and season with salt and pepper to taste.

In a blender, combine garbanzo beans, mayonnaise, mustard, cumin, garlic, onion powder, lemon pepper, salt and pepper. Blend until smooth and creamy.

Heat tortillas for a few seconds in the microwave for easier folding. Spread each tortilla with sauce, then put a large heap of the slaw mixture on top. Wrap like you would a burrito.

Easy Vegetable Soup I

Ingredients

46 ounces tomato-vegetable juice
cocktail
1 (14.5 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans mixed
vegetables, drained
1 (15 ounce) can kidney beans
2 potatoes, peeled and cubed

Directions

In a pot, mix together the tomato-vegetable juice, diced tomatoes, mixed vegetables, kidney beans and potatoes. Simmer over medium low heat for at least 30 minutes.

Zippy Beans and Corn

Ingredients

1 medium onion, cut into 1/4-inch wedges
1 tablespoon vegetable oil
1 (16 ounce) can baked beans
1 (10 ounce) package frozen corn
2 teaspoons vinegar
1/2 teaspoon hot pepper sauce

Directions

In a saucepan, saute onion in oil until tender. Add beans and corn; bring to a boil. Reduce heat; cover and simmer for 5 minutes or until heated through. Stir in vinegar and hot pepper sauce.

Greek Pasta with Tomatoes and White Beans

Ingredients

2 (14.5 ounce) cans Italian-style
diced tomatoes
1 (19 ounce) can cannellini beans,
drained and rinsed
10 ounces fresh spinach, washed
and chopped
8 ounces penne pasta
1/2 cup crumbled feta cheese

Directions

Cook the pasta in a large pot of boiling salted water until al dente.

Meanwhile, combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat, and simmer 10 minutes.

Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.

Serve sauce over pasta, and sprinkle with feta.

Quick Pasta Primavera

Ingredients

5 ounces dry fettuccine pasta
1/4 cup water
2 cups fresh sliced mushrooms
9 ounces frozen French-style green beans
1/2 cup chopped red bell pepper
1 clove garlic, minced
1/4 teaspoon ground black pepper
1 (12 fluid ounce) can evaporated milk
4 teaspoons cornstarch
1/2 cup shredded mozzarella cheese
1 large tomato, cut into wedges

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Meanwhile, in a medium sauce pan combine water, mushrooms, beans, red or green bell pepper, garlic, and ground black pepper. Bring to a boil; reduce heat. Cover and simmer for 4 minutes or until vegetables are tender; do not drain.

In a small bowl, combine milk and cornstarch; stir into vegetable mixture. Stir and cook over medium heat until thickened and bubbly. Cook and stir for 1 minute more; add cheese and stir until melted. Pour sauce over pasta and garnish with tomato wedges. Serve.

Crispy Edamame

Ingredients

1 (12 ounce) package frozen
shelled edamame (green
soybeans)
1 tablespoon olive oil
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the edamame into a colander and rinse under cold water to thaw. Drain.

Spread the edamame beans into the bottom of a 9x13 inch baking dish. Drizzle with olive oil. Sprinkle cheese over the top and season with salt and pepper.

Bake in the preheated oven until the cheese is crispy and golden, about 15 minutes.

My Chicken Milano

Ingredients

4 skinless, boneless chicken breast halves
1 tablespoon vegetable oil
2 cloves crushed garlic
1 teaspoon Italian-style seasoning
1 teaspoon crushed red pepper flakes
salt and pepper to taste
1 (28 ounce) can stewed tomatoes, drained
1 (9 ounce) package frozen green beans

Directions

In a large skillet heat oil over medium high heat. Add chicken and season with garlic, seasoning, hot pepper flakes and salt and pepper to taste. Saute for 5 minutes, then add tomatoes and cook for another 5 minutes. Add green beans and stir all together. Cover skillet, reduce heat to medium low and simmer for approximately 15 to 20 minutes.

Chili Cheese Dip II

Ingredients

1 (8 ounce) package cream cheese, softened
1 (15 ounce) can chili with beans
1 pinch chili powder
1/2 tablespoon white sugar
1 (16 ounce) package corn chips

Directions

Cover cream cheese with chili in 1-1/2 quart microwaveable casserole dish. Cover and microwave until the chili and cream cheese stir together easily and become hot and bubbly. Add chili powder and sugar to taste. Serve hot with chips.

Busy Night Turkey Taco Soup with Avocado

Ingredients

1 (11 ounce) can Mexican-style corn
1 (16 ounce) can chili beans, undrained
2 (14.5 ounce) cans chicken broth
1 (16 ounce) jar chunky salsa
2 1/2 cups cooked, chopped turkey meat
salt and pepper to taste
1/4 cup chopped fresh cilantro
1/2 cup low-fat sour cream
2 tablespoons guacamole

Directions

In a large pot over medium heat, combine corn, chili beans, broth and salsa. Bring to a boil, then reduce heat and stir in cooked turkey. Season with salt and pepper. Cover, and cook 5 to 10 minutes more, until heated through. Stir in cilantro.

In a bowl, stir together sour cream and guacamole until smooth.

Ladle soup into bowls and top with guacamole mixture.

Old Settlers' Baked Beans

Ingredients

1/2 pound ground beef
1/2 pound bacon, diced
1 medium onion, chopped
1/3 cup sugar
1/3 cup packed brown sugar
1/4 cup ketchup
1/4 cup barbecue sauce
1 tablespoon prepared mustard
1/2 teaspoon pepper
1/2 teaspoon chili powder
1 (16 ounce) can pork and beans,
undrained
1 (16 ounce) can kidney beans,
rinsed and drained
1 (16 ounce) can Great Northern
beans, rinsed and drained

Directions

In a large skillet, cook beef, bacon and onion until meat is done and onion is tender. Drain any fat. Combine all remaining ingredients except beans. Add to meat mixture; mix well. Stir in beans. Place in a greased 2-1/2-qt. casserole. Bake, covered, at 350 degrees F for 1 hour or until heated through.

Albuquerque Delight

Ingredients

1 (14 ounce) can refried beans
1 (1.25 ounce) package taco seasoning mix
3 avocados - peeled, pitted, and mashed
2 teaspoons lemon juice
2 tablespoons minced onion
1 dash garlic salt
1 cup sour cream
1 cup chopped green chile peppers
1/2 pound shredded Monterey Jack cheese
1/2 pound shredded mild Cheddar cheese
2 medium fresh tomatoes, chopped
1 (2.25 ounce) can pitted black olives, sliced

Directions

Mix the refried beans and taco seasoning mix, and spread over the bottom of a large pie dish. Mix mashed avocados with lemon juice, onion, and garlic salt, and spread over the beans. Layer with sour cream, green chile peppers, Monterey Jack cheese, and Cheddar cheese. Top with tomatoes, and garnish with olives. Chill in the refrigerator until ready to serve.

Philly Steak Salad

Ingredients

16 ounces flank steak, cut into strips
1 green bell pepper, seeded and cut into strips
1 large onion, sliced into rings
1 (8 ounce) bottle Italian-style salad dressing
1/2 (32 ounce) package frozen curly-style French fries
1 (8 ounce) package shredded Cheddar cheese
1 head iceberg lettuce, torn into bite-sized pieces
4 tomatoes, quartered
1 (15 ounce) can garbanzo beans, drained
1 (8 ounce) bottle Ranch-style salad dressing

Directions

In a covered dish, spread out sliced steak, peppers and onions and pour the Italian dressing over all. Cover and refrigerate for at least 20 minutes.

Cook French fries according to package instructions while steak is marinating.

In a large skillet over medium-high heat, saute steak, peppers and onions until vegetables are tender and steak is cooked to your liking. Separate steak mixture into 8 equal portions while in the skillet, and top each portion with cheese. Cover and set aside to let cheese melt.

Arrange lettuce, tomatoes and garbanzo beans on 8 separate plates. Top each salad with 1/8 of the French fries and 1/8 of the steak mixture and serve with Ranch-style salad dressing.

Baked Beans I

Ingredients

1 (29 ounce) can baked beans
with pork
1/2 cup packed brown sugar
1/2 cup ketchup
1 tablespoon Worcestershire
sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a casserole dish, combine beans, brown sugar, ketchup, and Worcestershire sauce.

Bake, covered, for 45 minutes or until bubbly.

French Bean Salad

Ingredients

2 cups frozen French-style green beans, thawed
2 tablespoons chopped onion
3 bacon strips, cooked and crumbled
1/4 cup Ranch salad dressing

Directions

In a serving bowl, combine the beans, onion and bacon; stir in dressing. Refrigerate until serving.

Burrito Pie

Ingredients

2 pounds ground beef
1 onion, chopped
2 teaspoons minced garlic
1 (2 ounce) can black olives, sliced
1 (4 ounce) can diced green chili peppers
1 (10 ounce) can diced tomatoes with green chile peppers
1 (16 ounce) jar taco sauce
2 (16 ounce) cans refried beans
12 (8 inch) flour tortillas
9 ounces shredded Colby cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, saute the ground beef for 5 minutes. Add the onion and garlic, and saute for 5 more minutes. Drain any excess fat, if desired. Mix in the olives, green chile peppers, tomatoes with green chile peppers, taco sauce and refried beans. Stir mixture thoroughly, reduce heat to low, and let simmer for 15 to 20 minutes.

Spread a thin layer of the meat mixture in the bottom of a 4 quart casserole dish. Cover with a layer of tortillas followed by more meat mixture, then a layer of cheese. Repeat tortilla, meat, cheese pattern until all the tortillas are used, topping off with a layer of meat mixture and cheese.

Bake for 20 to 30 minutes in the preheated oven, or until cheese is slightly brown and bubbly.

Chili Cheese Dip

Ingredients

1 pound process American
cheese, cubed
1 (15 ounce) can chili con carne
without beans
1 (4 ounce) can chopped green
chilies
Tortilla chips

Directions

Combine cheese, chili and chilies in a saucepan or fondue pot. Heat over medium-low, stirring frequently, until the cheese melts. Serve warm with tortilla chips.

Chicken Tortilla Soup I

Ingredients

1 onion, chopped
3 cloves garlic, minced
1 tablespoon olive oil
2 teaspoons chili powder
1 teaspoon dried oregano
1 (28 ounce) can crushed tomatoes
1 (10.5 ounce) can condensed chicken broth
1 1/4 cups water
1 cup whole corn kernels, cooked
1 cup white hominy
1 (4 ounce) can chopped green chile peppers
1 (15 ounce) can black beans, rinsed and drained
1/4 cup chopped fresh cilantro
2 boneless chicken breast halves, cooked and cut into bite-sized pieces
crushed tortilla chips
sliced avocado
shredded Monterey Jack cheese
chopped green onions

Directions

In a medium stock pot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.

Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.

Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.

Porotos Granados (Chilean Bean Stew)

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cups cubed butternut squash
- 1 (15 ounce) can great Northern beans, rinsed and drained
- 1 cup frozen lima beans
- 3 cups chicken stock
- 2 cups frozen corn
- 2 tablespoons chopped fresh basil
- 1 banana pepper, chopped

Directions

Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, great Northern beans, and lima beans into the pot; pour the chicken stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes.

Stir the corn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more. Sprinkle the chopped banana pepper over individual portions to serve.

Hearty Bean Chowder

Ingredients

6 slices bacon
1/8 cup all-purpose flour
2 onions, chopped
2 stalks celery, chopped
1/2 tablespoon sesame oil
2 carrots, chopped
5 cloves garlic, minced
2 cups water
3 (15 ounce) cans white beans, drained
1 (15 ounce) can black beans, undrained
1/4 teaspoon ground cayenne pepper
1 pinch ground black pepper
salt to taste

Directions

In a large pot over medium high heat, saute the bacon until crisp. Remove the bacon and some of the fat; drain and set aside. Keep about 2 tablespoons of fat in the pot, add the flour and stir well to form a roux. Heat the roux until it is a dark brownish color, about 5 minutes.

Add the onions, celery, sesame oil and carrots to the roux and saute for 2 minutes, stirring well. Add the garlic and heat for 2 more minutes. Add the water and stir well. Finally, add the white beans, black beans, cayenne pepper to taste and ground black pepper to taste.

Bring to a boil, reduce heat to medium low and simmer for 2 hours, or until the vegetables and beans are tender and the soup is the consistency you want. If the veggies aren't tender but its too thick, you can always add more water. Return the bacon to the soup and season with salt to taste.

Texas Taco Soup

Ingredients

3 pounds ground beef
2 onions, chopped
2 (15 ounce) cans pinto beans
2 (16 ounce) packages frozen corn kernels
3 (10 ounce) cans diced tomatoes with green chile peppers
6 serrano peppers, crushed
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

In a large pot over medium heat, cook beef until brown. Stir in onion and cook a few minutes more. Drain.

Stir in pinto beans, corn, diced tomatoes with green chiles, serrano peppers, taco seasoning and ranch dressing mix. Fill the pot with water to come within two inches of the top. Bring to a boil for 30 minutes, stirring occasionally, then reduce heat and simmer 30 minutes more.

Delicious Chickpea Curry

Ingredients

4 cups water
2 cubes vegetable bouillon
1 cup raisins
1/4 cup olive oil
2 onions, chopped
1 tablespoon minced garlic
2 tablespoons minced ginger
2 cinnamon sticks
6 whole cloves
1 teaspoon cayenne pepper
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
2 (19 ounce) cans garbanzo beans (chickpeas)
1 medium yam, peeled and diced
1 pear, peeled and cubed
salt to taste
1 cup chopped fresh cilantro

Directions

Place water, bouillon cubes, and raisins in a saucepan over high heat. Bring to a boil, and simmer until bouillon cubes dissolve.

Meanwhile, heat olive oil in a large saucepan over medium heat. Add onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add cinnamon sticks, cloves, cayenne, turmeric, coriander, and cumin; cook for about 3 minutes until fragrant, stirring constantly.

Stir garbanzo beans, yams, and pear into onions; pour in hot vegetable stock and raisins. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the vegetables have softened and the sauce has thickened, about 1 hour.

Season to taste with salt and stir in chopped cilantro before serving.

Classic Red Beans N Rice

Ingredients

1 pound dry kidney beans
2 quarts water
1 ham hock
2 bay leaves
1 teaspoon onion powder
1 pound ground beef
1 large onion, chopped
1 garlic clove, minced
1 teaspoon salt
1/2 teaspoon pepper
Hot cooked rice

Directions

Place beans in a large saucepan; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid. Add 2 qts. water, ham hock, bay leaves and onion powder to the beans. Bring to a boil. Reduce heat; cover and simmer for 1 hour. In a skillet, cook beef, onion, garlic, salt and pepper over medium heat until meat is no longer pink; drain. Add to bean mixture. Simmer, uncovered, for 1 hour. Discard bay leaves. Remove ham hock. Remove ham from bones; cut into bite-size pieces and return to broth. Serve over rice.

Almond Green Beans

Ingredients

1 (15 ounce) can green beans
1 (14 ounce) can canned stewed tomatoes
Italian seasoning to taste
1/3 cup sliced almonds

Directions

In a pot over medium heat, cook the green beans and tomatoes until heated through. Season with Italian seasoning. Stir in the almonds just before serving.

Vegetarian Pasta

Ingredients

1 (15.5 ounce) can great northern beans, rinsed and drained
2 cups hot cooked angel hair pasta
3 tablespoons butter or margarine
1/4 teaspoon garlic salt
1/4 cup shredded Parmesan or Romano cheese
Minced fresh parsley

Directions

Place beans in a microwave-safe dish; cover and microwave on high for 2 minutes or until heated through. Place pasta in a serving bowl. Add butter and garlic salt if desired; toss until butter is melted. Add beans and cheese; toss to coat. Sprinkle with parsley. Serve immediately.

Sloppy Joses

Ingredients

1 1/4 pounds lean ground beef or turkey
1 (15.5 ounce) can sloppy joe sauce
1 cup canned red kidney beans, rinsed and drained
1 (7 ounce) can Mexican-style corn, drained
10 (6 inch) corn tortillas, heated according to package directions, kept warm
3/4 cup finely shredded lettuce
1/2 cup finely diced tomato

Directions

Brown ground beef in a large skillet over medium-high heat, chopping and turning often, about 5 minutes, until beef is cooked through. Add the sloppy joe sauce, kidney beans, and corn and heat through, about 3 minutes.

To serve, place a tortilla in a small soup bowl and ladle half cup of the Sloppy Jose mixture in the center. Top with shredded lettuce and diced tomato. Makes 10 bowls.

Mom's Goulash

Ingredients

2 pounds beef stew meat, diced
into 1 inch pieces
salt and pepper to taste
1/4 teaspoon paprika
1 onion, chopped
1 tablespoon vegetable oil
8 large potatoes, scrubbed and
chopped
1 (16 ounce) can chili without
beans

Directions

Season beef with salt, pepper, and paprika.

Brown seasoned beef and onion in oil until all sides are brown.
Cover with water and simmer for 3 to 4 hours or until tender. Add
water whenever level goes below the ingredients.

An hour before serving, add potatoes and chili.

Classic Irish Boiled Dinner

Ingredients

3 pounds smoked pork shoulder
salt and pepper to taste
2 large onions, quartered
6 potatoes, peeled
8 ounces carrots, cut in half
1 large head cabbage, quartered
1 pound fresh green beans,
trimmed

Directions

Place the smoked pork into a large pot and fill with enough water to cover. Season with salt and pepper, cover and bring to a boil. Reduce heat to low and simmer for about 30 minutes.

Add the carrots, potato, cabbage and onions; cover and continue to simmer. Use kitchen string to tie the green beans into a bundle. Add them to the pot, cover and continue to cook until the carrots and potatoes are tender, about 25 minutes.

To serve, remove pork to a serving dish. Arrange vegetables around it. Allow the pork to rest about 10 minutes before slicing.

Mexican Stir-Fry

Ingredients

1/2 cup chopped onion
2 garlic cloves, minced
2 teaspoons vegetable oil
1/2 cup finely chopped green pepper
1/2 cup finely chopped sweet red pepper
2 tablespoons minced jalapeno pepper*
3/4 cup water
1/2 cup tomato puree
1/2 teaspoon chili powder
1/2 teaspoon chicken bouillon granules
1/4 teaspoon salt
1 pinch cayenne pepper
1 1/3 cups diced cooked chicken
2/3 cup canned kidney beans, rinsed and drained
1 cup cooked rice
1/2 cup shredded Cheddar cheese

Directions

In a large skillet, saute onion and garlic in oil for 3 minutes. Add peppers; saute until crisp-tender, about 2 minutes. Stir in water, tomato puree, chili powder, bouillon, salt and cayenne; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add chicken, beans and rice; heat through. Sprinkle with cheese.

Green Bean Casserole Remix

Ingredients

2 (9 ounce) packages frozen cut green beans, thawed
10 slices bacon
10 small fresh mushrooms, chopped
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 cup half-and-half cream
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place green beans into a 1 quart or similar sized casserole dish.

Fry bacon in a large deep skillet over medium-high heat until browned and crispy. Remove to drain on paper towels. Drain off some of the grease, leaving enough to coat the bottom of the pan. Add mushrooms to the grease in the pan and season with garlic powder and onion powder. Cook and stir until tender, about 4 minutes.

Pour the half-and-half into the pan with the mushrooms and stir to scrape the bacon flavor from the bottom of the pan. Simmer until thickened slightly, about 5 minutes. Pour this mixture over the green beans. Crumble bacon over the top and sprinkle with Parmesan cheese. Season with salt and pepper.

Bake for 20 minutes in the preheated oven, or until the sauce is bubbling and the top is toasted.

Mexican Casserole

Ingredients

2 tablespoons vegetable oil
3/4 pound cubed skinless,
boneless chicken breast meat
1/2 (1.25 ounce) package taco
seasoning mix
1 (15 ounce) can black beans,
rinsed and drained
1 (8.75 ounce) can sweet corn,
drained
1/4 cup salsa
water as needed
1 cup shredded Mexican-style
cheese
1 1/2 cups crushed plain tortilla
chips

Directions

In a large skillet over medium high heat, saute chicken in oil until cooked through and no longer pink inside. Add taco seasoning, beans, corn, salsa and a little water to prevent drying out. Cover skillet and simmer over medium low heat for 10 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Transfer chicken mixture to a 9x13 inch baking dish. Top with 1/2 cup of the cheese and crushed tortilla chips.

Bake in the preheated oven for 15 minutes. Add remaining 1/2 cup cheese and bake until cheese is melted and bubbly.

Easy Mango Salsa

Ingredients

4 mangos - peeled, seeded, and diced
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) can white shoepeg corn, drained
2 tablespoons chopped fresh cilantro
1 lime, juiced
salt and pepper to taste

Directions

Stir the diced mango, black beans, corn, cilantro, lime juice, salt, and pepper together in a bowl. Chill at least 1 hour before serving.

Two-Bean Salad

Ingredients

1 (10 ounce) package frozen cut green beans, cooked and drained
1 cup canned garbanzo beans, rinsed and drained
1/3 cup julienned red onion
1/4 cup Italian salad dressing
1/8 teaspoon salt or salt-free seasoning blend

Directions

In a bowl, combine beans and onion. Add dressing and salt; toss to coat. Cover and chill until serving.

Teri's Dinner in a Pumpkin

Ingredients

1 1/2 pounds ground beef
1 pound ground pork sausage
salt and pepper to taste
2 tablespoons pumpkin pie spice
2 tablespoons brown sugar
2 (14.5 ounce) cans chicken stock
1 1/2 cups long grain and wild rice mix
1 sugar pumpkin
1 (10.75 ounce) can condensed cream of celery soup
1 (10.75 ounce) can condensed cream of mushroom soup
2 (4 ounce) cans mushroom stems and pieces, drained
2 (14.5 ounce) cans French cut green beans

Directions

In a large skillet over medium heat, mix ground beef and sausage. Cook and stir until evenly browned. Mix in salt and pepper, pumpkin pie spice, and brown sugar.

Drain meats, and mix in chicken stock and rice. Cover, and cook 25 to 30 minutes, until rice is tender.

Preheat oven to 400 degrees F (200 degrees C). Remove and reserve top of pumpkin. Scoop out seeds and stringy pulp.

Mix cream of celery soup, cream of mushroom soup, mushroom stems and pieces, and green beans into the beef and sausage mixture. Spoon mixture into the pumpkin, and replace pumpkin top.

Place pumpkin on a large baking sheet, and bake 1 hour in the preheated oven, or until pumpkin is tender. Scoop out portions of filling and parts of the cooked pulp to serve.

Crab and Asparagus Risotto

Ingredients

2 tablespoons olive oil
1 medium orange pepper, diced
1/2 cup chopped onion or shallots
2 cups uncooked Arborio rice
1/2 cup dry white wine
6 cups Swanson® Chicken
Broth (Regular, Natural
Goodness®, or Certified
Organic), heated
1/2 pound asparagus or green
beans
1/2 pound refrigerated
pasteurized crabmeat
1/4 cup grated Parmesan cheese

Directions

Heat the oil in a 4-quart saucepan over medium heat. Add the pepper and onion and cook for 3 minutes or until the vegetables are tender. Add the rice and cook and stir for 2 minutes or until the rice is opaque. Add the wine and cook and stir until it's absorbed. Stir 2 cups of the hot broth into the rice mixture. Cook and stir until the broth is absorbed, maintaining the rice at a gentle simmer. Continue cooking and adding broth, 1/2 cup at a time, stirring until it's absorbed after each addition before adding more. Add the asparagus and crabmeat with the last broth addition. Stir the cheese into the risotto. Remove the pan from the heat. Cover and let it stand for 5 minutes. Serve the risotto with additional cheese.

Avocado Holiday Frittata

Ingredients

1 tablespoon olive oil
1/2 cup onion, chopped
1 cup cooked diced turkey
1/2 cup diced, cooked green beans or broccoli (or any leftover vegetable or chopped red or green pepper)
1/2 cup stuffing (optional)
8 eggs
1/2 cup nonfat milk
1/2 teaspoon salt and pepper
1 Chilean Hass avocado
1/2 cup Cheddar or mozzarella cheese, shredded, reduced fat

Directions

Preheat oven to 400 degrees F. Heat olive oil in 10-inch skillet over medium high heat. Add onion and cook until tender, about 5 minutes. Stir in turkey, vegetable and stuffing. Cook and stir until heated through. In medium bowl beat eggs with milk, salt and pepper. Pour into skillet and stir to mix with turkey mixture. Continue to cook until mixture is set at edges.

Meanwhile, cut avocado in half, remove the pit and peel. Cut into slices or chunks. Arrange slices or scatter chunks over top of frittata. Sprinkle with cheese.

Bake until knife inserted just off-center comes out clean, about 5 minutes.

Cut in wedges to serve.

Gramma Beaton's Brown Sugar Beans

Ingredients

1 1/2 pounds dry kidney beans,
soaked overnight
1 pound bacon, diced
1 cup brown sugar
1 small onion, chopped
salt and pepper to taste
2 cups water, or as needed

Directions

Preheat the oven to 325 degrees F (165 degrees C). Place beans in a Dutch oven or large casserole dish. Mix in bacon, brown sugar, and onion; season with salt and pepper. Add just enough water to barely cover the beans.

Cover, and bake for 6 to 8 hours in the preheated oven. Add more water if necessary.

Western Range Sandwiches

Ingredients

4 bacon strips, diced
1 pound lean ground beef
1 medium onion, chopped
1/2 cup chopped green pepper
2 (16 ounce) cans kidney beans, rinsed and drained
1 (8 ounce) can tomato sauce
2 tablespoons chili powder
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups shredded Cheddar cheese
6 English muffins, split and toasted

Directions

In a large skillet, cook bacon until crisp. Remove to paper towels. Drain, reserving 2 tablespoons of drippings. Cook beef, onion and green pepper in drippings until meat is no longer pink. Add beans, tomato sauce, chili powder, salt, pepper and bacon. Bring to a boil. Reduce heat; add cheese. Cook and stir over low heat until cheese is melted. Spoon into English muffins halves.

Warm Heart Stew

Ingredients

6 bratwursts, chopped
4 carrots, chopped
1 onion, chopped
2 (14 ounce) cans chicken stock
1 (14 ounce) can beef broth
1 1/2 cups sauerkraut
1 (15 ounce) can pinto beans,
drained
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can navy beans,
drained
1/4 cup chopped fresh basil
leaves
1 tablespoon parsley
salt to taste

Directions

Place the bratwursts, carrots, and onion in a slow cooker. Pour in chicken stock and beef broth. Mix in sauerkraut, pinto beans, kidney beans, navy beans, basil, parsley, and salt.

Cover, and cook 4 hours on High.

Pork and Beans Skillet Supper

Ingredients

6 boneless, center-cut pork chops, about 3 ounces each
2 teaspoons light brown sugar
Salt and pepper, to taste
1 teaspoon vegetable oil
1/2 cup apple juice
1 (15 ounce) can baked beans
1 (7 ounce) can corn kernels, drained
1 teaspoon apple cider vinegar
Pinch dried thyme (optional)

Directions

Season the pork chops on both sides with brown sugar, and salt and pepper to taste; set aside.

Heat the oil in a large skillet over medium heat. Brown the chops on both sides, about 2 minutes per side.

Add the apple juice and heat to boiling. Stir in the baked beans, corn, vinegar, and thyme, if desired. Stir briefly to combine the liquids in the pan. Simmer until the chops are firm to the touch (an internal temperature of 155 degrees F), about 10 minutes, turning two or three times. Turn off the heat, cover for about five minutes as you finish preparing the meal; pork will come up to 160 degrees F.

When the chops are done move them to a serving platter. If the bean mixture is too liquid, boil over high heat for a few minutes, until lightly thickened, stirring often. Spoon the beans around the chops and serve.

Marinated Vegetable and Olive Salad

Ingredients

2 cups fresh green beans,
trimmed and halved
1 cup broccoli florets
1 cup cauliflower florets
1 cup sliced mushrooms
1/2 cup cherry tomatoes
1 (6 ounce) can black olives,
drained
1/2 cup red wine vinegar
1 tablespoon salt
1 tablespoon ground black pepper
1 tablespoon monosodium
glutamate (MSG)
1 tablespoon garlic salt
1 tablespoon dried dill weed
1 1/2 cups extra virgin olive oil

Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the green beans, and cook until tender, 1 to 2 minutes. Drain, and rinse under cold water until the green beans are cool. Place into a bowl along with the broccoli, cauliflower, mushrooms, tomatoes, and olives; set aside.

Whisk together the vinegar, salt, pepper, monosodium glutamate, garlic salt, and dill in a bowl. Slowly drizzle in the olive oil while continuing to whisk to create a dressing. Pour the dressing over the vegetables and stir to combine. Cover, and refrigerate at least 2 hours before serving.

Chickpea Cauliflower Curry

Ingredients

1 cup uncooked brown rice
4 cups cauliflowerets
1 medium onion, chopped
1 large carrot, diced
2 garlic cloves, minced
2 teaspoons vegetable oil
2 teaspoons minced fresh gingerroot
1 1/2 teaspoons curry powder
1/2 teaspoon salt
1/8 teaspoon ground cloves
1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 (14.5 ounce) can diced tomatoes, undrained
1 cup fresh or frozen peas

Directions

Cook the rice according to package directions. Set aside and keep warm. Place cauliflower in a saucepan; cover with water. Bring to a boil; cook for 5 minutes. Drain and set aside.

In a large skillet, saute onion, carrot and garlic in oil until tender. Stir in the ginger, curry, salt and cloves if desired. Add the beans, tomatoes, peas and cauliflower. Cook and stir for 5 minutes or until heated through. Remove from the heat. Serve over the rice.

Easy Bean Salad

Ingredients

1 (15 ounce) can black beans,
drained and rinsed
1 (15 ounce) can garbanzo beans,
drained and rinsed
1 (15 ounce) can cannellini beans,
drained and rinsed
1 (8 ounce) can water chestnuts,
drained and chopped
3/4 cup salsa
1/4 cup fat free French dressing
1/2 teaspoon garlic powder
salt and pepper to taste

Directions

In a large bowl, toss together the black beans, garbanzo beans, cannellini beans, water chestnuts, salsa, and dressing. Season with garlic powder, and salt and pepper. Cover, and chill until serving.

Brazilian Black Bean Stew

Ingredients

1 tablespoon canola oil
1/4 pound chorizo sausage,
chopped
1/3 pound cooked ham, chopped
1 medium onion, chopped
2 cloves garlic, minced
2 (1 pound) sweet potatoes,
peeled and diced
1 large red bell pepper, diced
2 (14.5 ounce) cans diced
tomatoes with juice
1 small hot green chile pepper,
diced
1 1/2 cups water
2 (16 ounce) cans black beans,
rinsed and drained
1 mango - peeled, seeded and
diced
1/4 cup chopped fresh cilantro
1/4 teaspoon salt

Directions

Heat the oil in a large pot over medium heat, and cook the chorizo and ham 2 to 3 minutes. Place the onion in the pot, and cook until tender. Stir in garlic, and cook until tender, then mix in the sweet potatoes, bell pepper, tomatoes with juice, chile pepper, and water. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until sweet potatoes are tender.

Stir the beans into the pot, and cook uncovered until heated through. Mix in the mango and cilantro, and season with salt.

White Chili with Ground Turkey

Ingredients

1 onion, chopped
3 cloves garlic, minced
1 1/2 pounds ground turkey
2 (4 ounce) cans canned green chile peppers, chopped
1 tablespoon ground cumin
1 tablespoon dried oregano
1 teaspoon ground cinnamon
ground cayenne pepper to taste
ground white pepper to taste
3 (15 ounce) cans cannellini beans
5 cups chicken broth
2 cups shredded Monterey Jack cheese

Directions

In a large pot over medium heat, combine the onion, garlic and ground turkey and saute for 10 minutes, or until turkey is well browned. Add the chile peppers, cumin, oregano, cinnamon, cayenne pepper to taste and white pepper to taste and saute for 5 more minutes.

Add two cans of the beans and the chicken broth to the pot. Take the third can of beans and puree them in a blender or food processor. Add this to the pot along with the cheese. Stir well and simmer for 10 minutes, allowing the cheese to melt.

Moroccan-Style Stuffed Acorn Squash

Ingredients

2 tablespoons brown sugar
1 tablespoon butter, melted
2 large acorn squash, halved and seeded
2 tablespoons olive oil
2 cloves garlic, chopped
2 stalks celery, chopped
2 carrots, chopped
1 cup garbanzo beans, drained
1/2 cup raisins
1 1/2 tablespoons ground cumin
salt and pepper to taste
1 (14 ounce) can chicken broth
1 cup uncooked couscous

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture, and keep squash warm while preparing the stuffing.

Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins. Season with cumin, salt, and pepper, and continue to cook and stir until vegetables are tender.

Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.

Baked Beans II

Ingredients

1/2 pound bacon, chopped
1 onion, finely chopped
2 (15 ounce) cans baked beans
1/4 cup brown sugar
1/4 cup ketchup
1/4 cup prepared mustard

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Add the onion and saute until tender. Drain excess oil, if desired. Stir in the beans, brown sugar, ketchup and mustard. Cook, stirring occasionally, until bubbly.

Green Bean Casserole II

Ingredients

1 (10.75 ounce) can condensed
cream of mushroom soup
3/4 cup milk
2 (9 ounce) packages frozen green
beans
1 1/3 cups French-fried onions
ground black pepper to taste

Directions

In a 1-1/2 quart casserole mix soup, milk, and pepper. Stir in beans and 2/3 cup french fried onions.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until heated through, stir. Top with remaining 2/3 cup of french fried onions. Bake 5 minutes more or until the onions are golden.

Grandma Flo's Shipwreck

Ingredients

4 potatoes, peeled and sliced
1 pound ground beef
1 teaspoon salt
1/4 teaspoon ground black pepper
1 onion, thinly sliced
1 (15 ounce) can kidney beans, drained
1 (10.75 ounce) can condensed tomato soup

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 2 quart casserole dish.

Arrange potatoes in the bottom of the casserole dish. Crumble ground beef over potatoes, and sprinkle with 1/2 teaspoon salt and ground black pepper. Spread onions over meat, and then beans. Pour undiluted soup over everything. Sprinkle with remaining 1/2 teaspoon salt. Cover.

Bake for 30 minutes. Remove cover, and continue baking for 1 hour.

Grandma's Green Bean Casserole

Ingredients

2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon white sugar
1/4 cup onion, diced
1 cup sour cream
3 (14.5 ounce) cans French style green beans, drained
2 cups shredded Cheddar cheese
1/2 cup crumbled buttery round crackers
1 tablespoon butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream. Add green beans, and stir to coat.

Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.

Bake for 30 minutes in the preheated oven, or until the top is golden and cheese is bubbly.

Taco Pie Pizza

Ingredients

1 cup all-purpose flour
1 cup yellow cornmeal
1/2 cup sugar
2 teaspoons baking powder
1 cup milk
1/4 cup vegetable oil
1 egg, beaten

2 cups shredded Mexican cheese
blend, divided
1 (16 ounce) can refried beans
1/2 cup mayonnaise
1/4 cup blue cheese salad
dressing
1 (15 ounce) can turkey chili
without beans
2 cups shredded iceberg lettuce
1 (10 ounce) can diced tomatoes
with green chile peppers, drained

Directions

Preheat the oven to 400 degrees F (200 degrees C). In a medium bowl, mix together the flour, cornmeal, sugar and baking powder. Stir in the milk, oil and eggs, mixing until just moist. Spread in a greased 12 inch deep-dish pizza pan, or a 10x15 inch baking pan.

Bake the crust for 10 minutes. Remove from the oven, and sprinkle with 1 cup of the cheese. Bake for another 10 minutes.

Spread the refried beans and mayonnaise over the melted cheese. Top with blue cheese dressing, turkey chili, and remaining cheese.

Bake for 12 to 15 more minutes in the preheated oven. Top with lettuce and diced tomatoes before slicing and serving.

Bean with Bacon

Ingredients

1 (16 ounce) package dried navy beans
9 cups water
1 pound bacon
2 onions, chopped
2 stalks celery, chopped
4 teaspoons chicken bouillon
1 bay leaf
1/3 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground cloves
1 (16 ounce) can diced tomatoes
4 cups water

Directions

Boil the beans in 9 cups of the water and then let sit for one hour. Drain and set aside.

Cook the bacon to your desired texture (it can be soft or crisp, whatever you prefer) and drain except for 1/4 cup grease. Coarsely chop the bacon.

Add the onions and celery to the reserved grease and bacon and saute until soft, do not drain. Add the chicken base or cubes, 4 cups water, beans, bay leaf, salt, pepper, and cloves, and simmer for 2 hours.

Stir in the tomatoes with their juice. Serve.

Ken's Minestrone Soup

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 onion, thinly sliced
- 2 large carrots, diced
- 1 (29 ounce) can Italian-style stewed tomatoes
- 1 (15 ounce) can cannellini beans
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can green beans, drained
- 1 small zucchini, sliced
- 1/4 teaspoon dried parsley
- 1 pinch dried basil
- 1 pinch dried oregano
- 1 pinch Italian seasoning
- 2 bay leaves
- 2 tablespoons vegetarian chicken flavor seasoning
- 1 pinch cayenne pepper

Directions

In a large 4 to 5 quart saucepan, heat olive oil over medium heat. Mix in garlic, onion and carrots. Saute the vegetables until just tender; approximately 5 minutes.

Add tomatoes with juice, cannellini beans, and kidney beans to the saucepan. Fill each can with water, and add the water to the saucepan. Mix in green beans and zucchini. Sprinkle parsley, basil, oregano, Italian seasoning, bay leaves, chicken-style seasoning, and cayenne pepper into the soup; stir well. Bring the soup to a boil, then reduce heat to simmer. Cover, and let simmer 30 minutes.

Jen's Nine Layer Dip

Ingredients

2 skinless, boneless chicken breast halves
1 1/2 tablespoons chopped fresh cilantro
1 tablespoon vegetable oil
4 slices lean bacon, chopped
1 (16 ounce) can refried beans
1 teaspoon taco seasoning mix
1 cup sour cream
3/4 cup shredded Cheddar cheese
1 cup prepared guacamole
1 cup diced tomatoes
1 1/2 tablespoons chopped fresh cilantro
2 tablespoons sliced black olives
2 tablespoons finely sliced green onions
1/4 cup shredded Cheddar cheese

Directions

Place the chicken, 1 1/2 tablespoons of cilantro, and vegetable oil in a skillet over medium heat, and pan-fry the chicken breasts until lightly golden brown, no longer pink in the middle, and the juices run clear, about 5 minutes per side. Remove the chicken and set aside. When cooled, cut into cubes.

Place the bacon in the same skillet, and cook over medium-high heat, stirring often, until evenly browned, about 10 minutes. Mix the refried beans into the skillet with the bacon, and cook, stirring frequently, until the beans are hot and bubbling, 5 to 10 minutes. Mix the taco seasoning and sour cream together in a bowl.

To assemble, spread the hot bean and bacon mixture into the bottom of an 8x8-inch glass dish. Sprinkle the chicken cubes over the bean mixture, then follow with these layers: 3/4 cup of Cheddar cheese, guacamole, sour cream mixture, and sliced tomatoes. Sprinkle the top with 1 1/2 tablespoons of cilantro, black olives, green onions, and 1/4 cup of shredded cheddar cheese.

Buddy's and Bubba's Homemade Dog Food

Ingredients

2 chicken leg quarters
1 cup brown rice
1 pound ground beef
2/3 cup rolled oats
1 (10 ounce) package chopped frozen spinach, thawed and squeezed dry
2 cups frozen chopped broccoli, thawed
1 (15 ounce) can kidney beans - rinsed, drained and mashed
2 carrots, shredded
1 clove garlic, minced (optional)
1 cup cottage cheese
1/2 cup olive oil

Directions

Place the chicken leg quarters in a large pot, and fill with enough water to cover by 1 inch. Bring to a boil, then reduce heat to medium-low, cover, and simmer 40 minutes. Remove the legs and allow to cool. Strain and return the cooking liquid to the pot. Once the legs have cooled, remove and discard the skin and bones; chop the meat, and set aside.

Stir the brown rice into the reserved chicken broth and bring to a boil. Reduce heat to medium-low, cover, and simmer until the rice is tender, 45 to 50 minutes. Drain off any excess liquid, and add the rice to the bowl with the chicken.

Heat a large skillet over medium-high heat, and add the ground beef. Cook and stir until the beef is crumbly and no longer pink, about 7 minutes. Pour off any excess grease, and place the beef into the bowl. Stir in the oats, spinach, broccoli, kidney beans, carrots, garlic, cottage cheese, and olive oil. Store the dog food in resealable containers in the freezer. Thaw the daily portions overnight in the refrigerator.

Penne with Spicy Chicken Sausage, Beans, and

Ingredients

8 ounces penne pasta
4 links spicy chicken andouille sausage
2 tablespoons olive oil
3 cloves garlic, crushed
1/3 cup pesto
1/2 cup white wine
1 (15 ounce) can cannellini beans, undrained
3 cups torn arugula leaves
1 pint grape tomatoes, halved
salt and freshly ground black pepper to taste
4 ounces crumbled goat cheese

Directions

Bring a large pot of lightly salted water to a boil. Place penne in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a skillet over medium heat, cook the sausage until evenly brown. Cool and slice.

Heat the oil in a large pot over medium heat, and cook the garlic 1 minute, until lightly browned. Mix in sausage, pesto, and white wine. Cook and stir until heated through. Mix in beans with liquid and arugula, and cook until arugula is wilted. Stir in the tomatoes, and cook until heated through. Toss with pasta, season with salt and pepper, and top with goat cheese to serve.

Beaker's Vegetable Barley Soup

Ingredients

- 2 quarts vegetable broth
- 1 cup uncooked barley
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 zucchini, chopped
- 1 (15 ounce) can garbanzo beans, drained
- 1 onion, chopped
- 3 bay leaves
- 1 teaspoon garlic powder
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 teaspoon curry powder
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce

Directions

Pour the vegetable broth into a large pot. Add the barley, carrots, celery, tomatoes, zucchini, garbanzo beans, onion, and bay leaves. Season with garlic powder, sugar, salt, pepper, parsley, curry powder, paprika, and Worcestershire sauce. Bring to a boil, then cover and simmer over medium-low heat for 90 minutes. The soup will be very thick. You may adjust by adding more broth or less barley if desired. Remove bay leaves before serving.

Chicken and Tortellini Stew

Ingredients

1 tablespoon cornstarch
1 tablespoon water
2 tablespoons vegetable oil
3/4 pound skinless, boneless chicken breast, cut into cubes
1 cup frozen sliced carrots
1 cup frozen cut green beans
3/4 cup chopped onion
6 cups Swanson® Chicken Broth or Natural Goodness® or Certified Organic Chicken Broth
1 cup dried cheese-filled tortellini
2 tablespoons chopped fresh parsley (optional)

Directions

Stir the cornstarch and water in a small cup until smooth. Set the mixture aside.

Heat 1 tablespoon of the oil in a 6-quart saucepot over medium-high heat. Add the chicken and cook until it's well browned, stirring often. Remove the chicken.

Add the remaining oil to the saucepot. Add the carrots, beans and onions. Cook over medium heat until the vegetable are tender-crisp.

Stir in the broth. Heat to a boil. Add the tortellini and parsley, if desired. Cook for 10 minutes or until the tortellini is tender. Return the chicken to the saucepot and heat through.

Stir the cornstarch mixture and stir it into the saucepot. Cook and stir until the mixture boils and thickens slightly.

Mixed Vegetable Salad

Ingredients

1 (10 ounce) package frozen mixed vegetables
1 (15 ounce) can kidney beans, rinsed and drained
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green pepper
3/4 cup sugar
1/2 cup vinegar
1 tablespoon cornstarch

Directions

Cook the mixed vegetables on the stove or in the microwave until crisp-tender. Drain; place in a large bowl. Add kidney beans, celery, onion and green pepper. In a saucepan over medium heat, bring sugar, vinegar and cornstarch to a boil, stirring constantly, until thickened. Cool slightly. Pour over vegetables and toss. Refrigerate.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans,
drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

Sue's Beans

Ingredients

1 pound ground beef
1/2 pound sliced bacon, diced
1 cup chopped onion
1 (16 ounce) can baked beans
with pork, drained
1 (15.25 ounce) can kidney beans,
drained
1 (15.5 ounce) can great Northern
beans, drained
1/2 cup ketchup
3/4 cup brown sugar
1/2 teaspoon salt
1 teaspoon mustard powder
2 teaspoons white vinegar
2 tablespoons molasses

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat a Dutch oven over medium heat. Use a large pot or saucepan if you do not have a Dutch oven. Add the beef, bacon and onion. Cook and stir until beef is evenly browned and crumbled. Drain off grease.

Stir in the baked beans, kidney beans and Great Northern beans. Combine the ketchup, brown sugar, salt, mustard powder, vinegar and molasses; stir into the beans. If you are not using a Dutch oven, transfer to a casserole dish.

Bake for 1 1/2 hours in the preheated oven.

Quick and Easy Vegetable Soup

Ingredients

1 (14 ounce) can chicken broth
1 (11.5 ounce) can tomato-vegetable juice cocktail
1 cup water
1 large potato, diced
2 carrots, sliced
2 stalks celery, diced
1 (14.5 ounce) can diced tomatoes
1 cup chopped fresh green beans
1 cup fresh corn kernels
salt and pepper to taste
Creole seasoning to taste

Directions

In a large stock pot, combine broth, tomato juice, water, potatoes, carrots, celery, undrained chopped tomatoes, green beans, and corn. Season with salt, pepper and Creole seasoning. Bring to a boil and simmer for 30 minutes or until all vegetables are tender.

Kare Kare Pata (Oxtail Stew)

Ingredients

4 1/2 pounds beef oxtails
3 cups water
2 beef bouillon cubes
1/2 pound bok choy, chopped
1/2 pound long beans, cut into bite-sized pieces
1/2 pound eggplant, cubed
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 teaspoon achiote powder
3 tablespoons smooth peanut butter

Directions

Combine the oxtails and water in a large pot; bring to a boil, reduce heat to medium-low, and simmer at least 2 hours.

Skim as much fat from the top of the liquid as possible. Crumble the beef bouillon cubes into the liquid and allow to dissolve. Remove the meat from the broth and set aside. Add the bok choy, long beans, and eggplant to the broth and simmer until tender.

While the vegetables simmer in the broth, heat the olive oil in a large pot over medium heat. Cook and stir the onion and garlic in the hot oil until tender. Stir the achiote powder into the mixture to add a little color. Add the peanut butter and stir until it's melted into the mixture. Add about half the broth to the pot; bring to a simmer for 5 minutes. Add the oxtails and cook another 5 minutes before adding the remaining broth with the vegetables. Serve hot.

Jammin' Tarheel Chili

Ingredients

2 1/2 pounds ground beef
3 tablespoons olive oil
3 stalks celery, diced
2 large onions, diced
2 cloves garlic, minced
1 (29 ounce) can tomato sauce
1 (28 ounce) can crushed tomatoes
1 (6 ounce) can mushrooms, drained
1 1/2 cups dark beer
2 (16 ounce) cans chili beans, drained
1 (15 ounce) can kidney beans, drained
1 tablespoon ground cumin
1/4 cup chili powder
2 teaspoons ground coriander
2 teaspoons cayenne pepper
1 dash Worcestershire sauce

Directions

In a large skillet over medium heat, cook beef until brown. Drain.

In a large pot over medium heat, cook celery, onions and garlic in olive oil until onion is translucent. Stir in beef, tomato sauce, tomatoes, mushrooms, beer, chili beans, kidney beans, cumin, chili powder, coriander, cayenne and Worcestershire. Simmer over low heat 3 hours, until flavors are well blended.

Tamale Pie Pronto

Ingredients

2 1/2 pounds ground beef
1 (16 ounce) can chopped tomatoes
1 (12 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (16 ounce) can chili beans
1/2 cup ketchup
1/2 cup chopped onion
1 tablespoon chili powder
2 (10 ounce) cans refrigerated biscuit dough
2 teaspoons vegetable oil
1/3 cup cornmeal
2 cups shredded Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.

Brown the ground beef in a large skillet over medium-high heat. Drain fat. Stir in the tomatoes, corn, tomato sauce, chili beans, ketchup, onion, and chili powder. Mix well.

Line the prepared pan with the biscuits, covering the bottom and the sides. Brush biscuits with vegetable oil; sprinkle evenly with cornmeal. Spoon the ground beef mixture into the biscuit-lined dish. Sprinkle with the shredded cheese.

Bake in the preheated oven until biscuits are golden and the cheese is melted, about 25 minutes.

Easy Chicken Cacciatore

Ingredients

1/3 cup chopped onion
1 clove garlic, chopped
1/3 cup chopped green bell pepper
3/4 pound chicken meat, cooked and cubed
1/2 cup whole peeled tomatoes
1/2 cup green beans
1/4 teaspoon dried oregano

Directions

In a large skillet, saute onion, garlic and bell pepper until soft. Add chicken, then stir in tomatoes, beans and oregano.

Reduce heat to medium low and simmer for 8 to 10 minutes, stirring constantly. Remove from heat and serve hot.

Quick Black Beans and Rice

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 (15 ounce) can black beans,
undrained
1 (14.5 ounce) can stewed
tomatoes
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1 1/2 cups uncooked instant
brown rice

Directions

In large saucepan, heat oil over medium-high. Add onion, cook and stir until tender. Add beans, tomatoes, oregano and garlic powder. Bring to a boil; stir in rice. Cover; reduce heat and simmer 5 minutes. Remove from heat; let stand 5 minutes before serving.

Savory Roasted Root Vegetables

Ingredients

1 cup diced, raw beet
4 carrots, diced
1 onion, diced
2 cups diced potatoes
4 cloves garlic, minced
1/4 cup canned garbanzo beans (chickpeas), drained
2 tablespoons olive oil
1 tablespoon dried thyme leaves
salt and pepper to taste
1/3 cup dry white wine
1 cup torn beet greens

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Hearty Lima Bean Bake

Ingredients

1/2 medium green pepper, diced
1/3 cup chopped onion
1/4 cup chopped celery
1 tablespoon olive oil
1/4 pound Italian turkey sausage links, cut into 1/4 inch slices
1 cup frozen lima beans, thawed
3/4 cup canned diced tomatoes
3 tablespoons water
2 teaspoons brown sugar
1 teaspoon chili powder
1 teaspoon minced fresh oregano
1/2 teaspoon ground mustard
1 dash salt and pepper

Directions

In a large nonstick skillet, saute the green pepper, onion and celery in oil until tender. Add sausage; cook and stir over medium heat for 3 minutes or until no longer pink. Stir in the remaining ingredients. Cover and simmer for 5 minutes. Transfer to an ungreased 1-qt. baking dish. Bake, uncovered, at 325 degrees F for 45-50 minutes or until heated through, stirring once.

Chicken Chimichangas

Ingredients

1 1/2 cups chicken broth
1 cup uncooked long-grain rice
1/2 cup red enchilada sauce
1 1/2 onion, diced, divided
6 (12 inch) flour tortillas
4 cups diced cooked chicken breast, divided
1 pound Monterey Jack cheese, shredded, divided
1 (6 ounce) can sliced black olives
4 cups refried beans, divided
1/4 cup vegetable oil
TOPPING
3 avocados, peeled and pitted
1/2 cup finely chopped cilantro
2 tablespoons lemon juice
3 green onions, diced
1/4 cup finely chopped jalapeno chile peppers
1 tomato, diced
2 cups shredded lettuce
1 cup sour cream
2 cups shredded Cheddar cheese

Directions

In a medium saucepan combine the broth, rice, sauce, and 1 diced onion. Mix and bring to a boil; reduce heat to low and let simmer for about 20 minutes, or until rice is tender.

Meanwhile, heat tortillas in a large skillet (so that they are soft enough to fold).

When rice mixture is ready, spoon equal amounts of the following onto each tortilla: Chicken, shredded Jack cheese, diced onion, olives, rice mixture and beans. Roll tortillas, tucking in sides to prevent filling from spilling over.

Heat oil in a large skillet and fry the filled tortillas, turning, until browned on all sides. Drain on paper towels.

To Serve: In a medium bowl combine the avocados, cilantro, lemon juice, green onions, chile peppers and tomatoes. Mash together. Place shredded lettuce on a platter, topped with chimichangas, avocado mix, sour cream and shredded Cheddar cheese.

Green Beans for a Special Occasion

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1/4 cup chopped pine nuts
1 pound fresh green beans,
trimmed and snapped
salt and pepper to taste

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic and pine nuts, and saute until lightly browned.

Place the green beans in a medium saucepan with enough water to cover, and bring to a boil. Season with salt and pepper. Cook 5 minutes, or until tender. Drain, and toss with the garlic and pine nuts to serve.

Vanilla Bean Cheesecake

Ingredients

1 (18 ounce) package vanilla sandwich cookies (such as Oreo Golden Original Sandwich Cookies®)
1 vanilla bean, split lengthwise and seeds scraped
1/4 cup butter, melted
2 pounds cream cheese, softened
1 1/2 cups white sugar
5 eggs
2 vanilla beans, split lengthwise and seeds scraped
1 tablespoon pure vanilla extract
3/4 cup sour cream
1/2 cup heavy cream

Directions

Preheat oven to 300 degrees F (150 degrees C), and lightly butter a 10 inch springform pan.

Place the sandwich cookies into a plastic bag, and crush with a rolling pin. Pour the crumbs into a bowl, and mix with the scraped seeds of 1 vanilla bean. Drizzle the crumbs with melted butter and stir to combine. Press the crumb mixture firmly into the bottom and up the sides of the springform pan, and set aside.

Place the softened cream cheese and sugar into the work bowl of an electric mixer, and beat for about 3 minutes on Medium speed, until the mixture is smooth. Beat in the eggs one at a time, incorporating each egg before adding the next one. Add the scraped seeds of 2 vanilla beans, the vanilla extract, sour cream, and heavy cream, and beat on Medium-High speed for about 1 minute, until the mixture is blended and smooth.

Pour the mixture into the cookie crumb crust, leaving about 2 inches of space from the top of the pan for the cake to expand as it bakes.

Place a baking dish onto the bottom rack of the preheated oven, and fill it halfway with boiling water. Place the cheesecake onto the middle rack, above the pan of boiling water, and bake until a small knife inserted into the middle of the cheesecake comes out clean, about 1 hour and 20 minutes.

Turn the oven off and let the cheesecake cool down inside the oven for 1 hour. Cover the cheesecake with plastic wrap, then aluminum foil, and refrigerate at least 4 hours or overnight before serving.

Succotash

Ingredients

1 cup butter, divided
2 cups fresh lima beans
1/2 teaspoon salt
4 fresh tomatoes, peeled and chopped
2 teaspoons white sugar
4 ears fresh corn kernels, cut from the cob

Directions

Melt 1/2 cup butter in a large saucepan over medium heat. Stir in lima beans and salt, and cook until tender, about 20 minutes.

Meanwhile, in a separate saucepan heat tomatoes, sugar and remaining 1/2 cup butter. Cook until tomatoes are tender, about 20 minutes.

Stir tomatoes into lima beans and add corn; cook 10 minutes more.

Snow on the Mountain Green Beans

Ingredients

2 pounds fresh green beans
2 tablespoons butter
1 tablespoon extra virgin olive oil
sea salt and ground black pepper
to taste
1 1/2 tablespoons lemon juice
1/2 cup crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add green beans, and cook uncovered until just tender, 3 to 4 minutes. Meanwhile, melt the butter with the olive oil in a large skillet over medium-high heat. When the beans are almost tender, drain and add to the skillet. Continue cooking the green beans in the butter until they are tender, about 2 minutes more.

Season the beans with salt, pepper, and lemon juice. Place onto a warmed serving dish, and sprinkle with crumbled feta cheese.

Slow Cooked Wildfire Beans

Ingredients

1 (18 ounce) bottle Bob Evans® Wildfire BBQ Sauce
1 (55 ounce) can baked beans
2 (16 ounce) cans light red kidney beans, drained
2 tablespoons molasses
2 tablespoons prepared mustard
1 (2.1 ounce) package Bob Evans® Express Bacon
1 small onion, chopped

Directions

Combine all ingredients in slow cooker. Stir well. Cover and cook on low heat for 6 - 8 hours.

Campbell's Kitchen Chicken and Black Bean

Ingredients

1 (10.75 ounce) can
Campbell'sB® Condensed
Cheddar Cheese Soup
1/2 cup PaceB® Chunky Salsa or
PaceB® Picante Sauce
1 cup rinsed and drained canned
black beans
2 (4.5 ounce) cans SwansonB®
Premium Chunk Chicken Breast in
Water, drained
10 (8 inch) flour tortillas
Fiesta Rice:
1 (10.5 ounce) can Campbell'sB®
Condensed Chicken Broth
1/2 cup water
1/2 cup PaceB® Chunky Salsa
2 cups uncooked instant rice

Directions

Heat the oven to 425 degrees F.

Heat the soup, salsa, beans and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling.

Place the tortillas onto 2 baking sheets. Spread about 1/3 cup soup mixture onto half of each tortilla to within 1/2 inch of the edge.

Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 5 minutes or until the filling is hot. Cut the quesadillas in half, making 20 pieces. Serve with the Fiesta Rice.

Fiesta Rice: Heat 1 can (10 1/2 ounces) Campbell'sB® Condensed Chicken Broth, 1/2 cup water and 1/2 cup PaceB® Chunky Salsa in a 2-quart saucepan over medium-high heat to a boil. Stir in 2 cups uncooked instant white rice. Cover the saucepan and remove from the heat. Let stand for 5 minutes.

Easy Garden Green Beans

Ingredients

1 pound fresh green beans,
trimmed
3 tablespoons olive oil
3 cloves garlic, sliced
1 pinch salt
1 pinch ground black pepper
2 tablespoons white wine vinegar
3 tablespoons freshly grated
Parmesan cheese
2 tablespoons chopped fresh
parsley

Directions

Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans, and steam to your desired degree of tenderness, or about 5 minutes.

Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar, and Parmesan cheese. Let stand for 10 minutes. Remove garlic slices and garnish with parsley before serving.

Turkey Posole

Ingredients

3 tablespoons olive oil
2 yellow onions, cubed
2 fresh poblano chile peppers,
seeded and cut into 1/2 inch
strips
2 cloves garlic, minced
2 quarts turkey broth
4 cups cubed cooked turkey
1 (4 ounce) can chopped green
chile peppers
2 (15 ounce) cans cannellini
beans, drained and rinsed
2 (15 ounce) cans white hominy,
drained
1 tablespoon chili powder
2 tablespoons ground cumin
2 tablespoons dried oregano
water
salt and pepper to taste

Directions

In a large Dutch oven, heat oil over medium heat. Cook onions and poblano chiles in oil until soft. Stir in garlic, and cook for one or two minutes. Season with chile powder, cumin, and oregano.

Stir in turkey broth, cooked turkey, canned green chile peppers, cannellini beans, and hominy. Stir in water if more liquid is needed to just cover everything in the pot. Season to taste with salt and pepper. Bring to a boil, then reduce heat to low, and cover. Simmer, stirring occasionally, for about an hour to blend flavors.

Veggie Beef Bundles

Ingredients

2 cups julienned uncooked potatoes
1 pound lean ground beef
1 envelope onion soup mix
1/4 cup water
1 cup sliced fresh mushrooms
1 (9 ounce) package frozen cut green beans, thawed

Directions

Coat four pieces of heavy-duty foil (about 12 in. square) with nonstick cooking spray. Place 1/2 cup potatoes on each square. Shape beef into four patties; place over potatoes. Combine soup mix and water; spoon half over patties. Top with mushrooms, green beans and remaining soup mixture.

Fold foil around meat and vegetables and seal tightly. Place on a baking sheet. Bake at 375 degrees F for 25-30 minutes or until meat is no longer pink and potatoes are tender.

Bean, Pasta and Roasted Pepper Soup

Ingredients

1 tablespoon olive oil
2 large carrots, diced
2 stalks celery, diced
1 large onion, chopped
1 tablespoon chopped fresh parsley
3 cloves garlic, minced
1 (49.5 fluid ounce) can SwansonB® Chicken Broth (regular or Natural GoodnessB„Ÿ)
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes
1/2 cup uncooked ditalini pasta
1/2 cup roasted sweet red pepper strips
1 tablespoon red wine vinegar

Directions

Heat oil in saucepot. Add carrots, celery, onion, parsley and garlic and cook until tender. Add broth, beans, tomatoes and pasta. Heat to a boil. Cover and cook 15 minutes or until pasta is done.

Add peppers and vinegar. Heat through.

Squash and Bean Saute

Ingredients

1 large onion, sliced
2 garlic cloves, minced
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried thyme
1/4 teaspoon rubbed sage
1 tablespoon canola oil
1 pound fresh green beans,
trimmed
1 pound summer squash, sliced
1/3 cup water
3 large plum tomatoes, peeled
and chopped
3 tablespoons minced fresh
parsley

Directions

In a large nonstick skillet, saute the onion, garlic and seasonings in oil until onion is tender. Add the beans, squash and water; bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until just tender. Add tomatoes and parsley; cover and simmer 5 minutes longer or until vegetables are tender. Serve with a slotted spoon.

Mom's Baked Beans II

Ingredients

4 slices bacon
1 onion, diced
2 (28 ounce) cans baked beans
3 tablespoons molasses
2 tablespoons prepared mustard
1/4 teaspoon salt
1/2 cup diced tomatoes
3/4 cup brown sugar
1 tablespoon dry mustard
1/2 cup chopped cooked ham

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon and onions in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a large bowl combine beans, molasses, mustard, salt, tomatoes, brown sugar, dry mustard, ham, onions and crumbed bacon. Mix well and transfer to a 2 quart casserole dish.

Bake in preheated oven, covered, for 1 hour. Uncover and bake for 1 hour more.

Hawaiian-Style Chili

Ingredients

2 pounds ground beef
6 onions, chopped
2 red bell peppers, seeded and chopped
2 (16 ounce) cans stewed tomatoes, with juice
2 (15.5 ounce) cans kidney beans, with liquid
1 (16 ounce) can tomato sauce
1 (16 ounce) can pineapple chunks, drained
2 tablespoons chili powder
2 teaspoons salt

Directions

Heat a large Dutch oven until hot over high heat. Add the ground beef, and cook until barely pink, stirring constantly to break into small pieces. Stir in onions and bell pepper, cook until the meat has browned, and the onions have softened and turned translucent, about 5 minutes. Pour meat into a large mesh strainer and press to expel excess fat.

Place meat back into Dutch oven along with stewed tomatoes, kidney beans, tomato sauce, and pineapple chunks; season with chili powder and salt. Bring to a boil, then reduce heat to medium-low and simmer uncovered for 10 minutes, or until chili reaches desired consistency.

Mexican Salad

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can garbanzo beans,
drained
3 cups frozen corn kernels
1/2 onion, diced
2 jalapeno peppers, seeded and
minced
1 red bell pepper, diced
3 tablespoons chopped fresh
cilantro
1 roma (plum) tomato, diced
1/2 cup olive oil
3 tablespoons fresh lime juice
1/2 teaspoon honey
1 teaspoon ground black pepper
salt to taste

Directions

In a large bowl, combine the black beans, garbanzo beans, corn, onion, jalapenos, red bell pepper, cilantro, tomato, olive oil, lime juice, honey, pepper and salt. Mix well and allow to sit 1 hour before serving.

Easy Chili III

Ingredients

3 pounds ground beef
1 large onion, chopped
1 medium head garlic, peeled and chopped
1 cup dry black beans
1 cup dry kidney beans
1 cup dry pinto beans
2 (28 ounce) cans diced tomatoes, drained
3 cups tomato paste
1 (8 ounce) can tomato sauce
2 tablespoons chili powder, or to taste
1 teaspoon hot pepper sauce, or to taste
salt and pepper to taste

Directions

In a large pot over medium heat, cook beef, onion and garlic until meat is brown. Stir in black beans, kidney beans, pinto beans, tomatoes, tomato paste and tomato sauce. Season with chili powder, salt, pepper and pepper sauce. Reduce heat, cover and simmer 2 to 3 hours, until beans are tender.

Haricots Verts Lyonnaise

Ingredients

16 cups water
1 tablespoon sea salt
1 1/2 pounds fresh green beans,
rinsed and trimmed
3 tablespoons unsalted butter
1 clove garlic, crushed
1 large red onion, sliced in rings
1 pinch dried thyme
2 tablespoons red wine vinegar
sea salt to taste
ground black pepper to taste
freshly ground nutmeg to taste
1 tablespoon finely minced fresh
parsley

Directions

In a large pot bring salted water to a boil. Carefully drop, by handfuls, green beans into boiling water. Return water to a boil for 5 minutes. Immediately drain the beans and plunge them into ice water for 5 minutes. Drain and wrap in a clean cloth; set aside.

In the same pot heat butter over medium heat. Lightly brown the garlic. Remove from heat and set aside for 20 minutes.

Remove the garlic from the butter, and discard it. To the garlic flavored butter add onions and thyme. Cover the pot and braise the onion over medium heat for 5 minutes, or until soft and transparent. Increase the heat to medium-high, uncover the pot and slightly caramelize the onion.

Stir the green beans into the pot. After 1 to 2 minutes, de glaze the pot with red wine vinegar. Season to taste with sea salt, pepper and nutmeg. Sprinkle with parsley.

Country Chicken Stew

Ingredients

2 slices bacon, diced
1 medium onion, sliced
1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Chicken Soup (Regular or 98%
Fat Free)
1 (10.75 ounce) can water
1/2 teaspoon dried oregano
leaves, crushed
3 medium potatoes, cut into 1-
inch pieces
2 medium carrots, sliced
1 cup frozen cut green beans
2 (4.5 ounce) cans SwansonB®
Premium White Chunk Chicken
Breast in Water, drained
2 tablespoons chopped fresh
parsley

Directions

Cook the bacon in a 10-inch skillet over medium-high heat until crisp, stirring often. Remove the bacon from the skillet and drain on paper towels.

Add the onion to the skillet and cook until tender, stirring occasionally. Stir in the soup, water, oregano, potatoes and carrots and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes.

Stir the beans in the skillet. Cover and cook for 10 minutes or until the vegetables are tender. Stir in the chicken, parsley and bacon and cook until the mixture is hot and bubbling.

Simplified Cassoulet

Ingredients

3 pounds boneless lamb shoulder roast, cut into 1 1/2-inch cubes (or a combination of lamb and boneless pork shoulder roast)
3 tablespoons olive oil
Salt and freshly ground black pepper
1 pound mild Italian sausages
1 cup water for sausages
1/2 pound kielbasa, cut into 6 pieces
1 1/2 pounds boneless duck breast halves
1 (14.5 ounce) can chicken broth
2 cups water
1 cup full-bodied dry red wine
reserved duck fat
2 large onions, cut into medium dice
6 garlic cloves, minced
2 ounces thinly sliced prosciutto, minced
2 teaspoons dried thyme
1 (14.5 ounce) can diced tomatoes
6 (16 ounce) cans white beans, drained
3 cups fresh bread crumbs (process sliced bread in a food processor or blender)
3 tablespoons butter, melted
1/3 cup minced fresh parsley

Directions

Adjust oven rack to lower-middle position and heat oven to 450 degrees.

Place lamb cubes in a bowl. Drizzle with 2 tablespoons oil and sprinkle generously with salt and pepper, turning to coat.

Place Italian sausages, 1 cup water, and remaining 1 tablespoon oil in a large heavy roasting pan set over two burners. Cover with heavy-duty foil and turn heat to medium-high. Cook until sausages lose their raw color, about 5 minutes. Remove foil (reserve it) and continue to cook until water evaporates. Add smoked sausages and cook, turning frequently, until all sausages are browned, 5 to 8 minutes longer. Transfer to a plate. When cool enough to handle, cut Italian sausages into bite-size chunks. Halve smoked sausages lengthwise. Set aside.

Generously sprinkle duck breasts with salt and pepper. Reduce heat under roasting pan and add duck breasts, skin side down. Cook until fat has rendered and skin is mahogany brown, 10 to 12 minutes.

Turn duck breasts over and continue to cook until cooked through, about 5 minutes longer.

Remove duck from pan. Drain fat from pan and reserve. Slice each breast crosswise into 4 pieces.

Return roasting pan to medium-high heat. Add lamb cubes and cook, turning once, until a brown crust forms on two sides, 8 to 10 minutes. Transfer lamb to a large ovenproof pot; set roasting pan aside. Add broth mixture and wine to lamb and cover with reserved foil, pressing down so that it almost touches meat, then sealing foil around top of pot, leaving a small opening for steam to escape. Bring to a simmer and simmer for a few minutes to burn off alcohol. Seal foil completely, then cover pot with lid. Bake, without checking pot, for 1 hour and 15 minutes; meat will be very tender.

Meanwhile, reheat roasting pan over medium-high heat. Add enough reserved duck fat or olive oil to pan to equal 2 tablespoons. Add onions and garlic and saute until tender, about 5 minutes. Add prosciutto and thyme and saute to blend flavors, 1 to 2 minutes longer. Add tomatoes and beans and simmer to blend flavors, about 10 minutes. Remove from heat.

Quick and Easy Stuffed Peppers

Ingredients

2 large red bell peppers, halved and seeded
1 (8 ounce) can stewed tomatoes, with liquid
1/3 cup quick-cooking brown rice
2 tablespoons hot water
2 green onions, thinly sliced
1/2 cup frozen corn kernels, thawed and drained
1/2 (15 ounce) can kidney beans, drained and rinsed
1/4 teaspoon crushed red pepper flakes
1/2 cup shredded mozzarella cheese
1 tablespoon grated Parmesan cheese

Directions

Arrange pepper halves in a 9 inch square glass baking dish. Cover dish with plastic wrap. Poke a few holes in the plastic wrap for vents, and heat 4 minutes in the microwave, or until tender.

In a medium bowl, mix tomatoes and their liquid, rice, and water. Cover with plastic, and cook in the microwave for 4 minutes, or until rice is cooked.

Stir green onions, corn, kidney beans, and red pepper flakes into the tomato mixture. Heat in the microwave for 3 minutes, or until heated through.

Spoon hot tomato mixture evenly into pepper halves, and cover with plastic wrap. Poke a few holes in the plastic to vent steam, and heat in the microwave 4 minutes. Remove plastic, sprinkle with mozzarella cheese and Parmesan cheese, and allow to stand 1 to 2 minutes before serving.

Smokin' Texas Chili

Ingredients

2 tablespoons olive oil
1 1/2 pounds boneless beef sirloin steak or top round steak, 3/4-inch thick, cut into 1/2-inch pieces
1 medium onion, chopped
2 cloves garlic, minced
3 cups Pace® Chunky Salsa, any variety
1/2 cup water
1 tablespoon chili powder
1 teaspoon ground cumin
1 (15 ounce) can red kidney beans, rinsed and drained
1/4 cup chopped fresh cilantro leaves
Chili Toppings

Directions

Heat 1 tablespoon oil in a 6-quart saucepot over medium-high heat. Add the beef in 2 batches and cook until it's well browned, stirring often. Remove the beef from the saucepot.

Add the remaining oil and heat over medium heat. Add the onion and cook until it's tender. Add the garlic and cook for 30 seconds.

Add the salsa, water, chili powder and cumin. Heat to a boil. Return the beef to the saucepot. Stir in the beans. Reduce the heat to low. Cover and cook for 1 hour. Uncover and cook for 30 minutes or until the beef is fork-tender.

Sprinkle with the cilantro and Chili Toppings, if desired.

Bean and Carrot Salad

Ingredients

1/2 cup baby carrots, cut in half lengthwise
2 cups fresh-cut green beans
1/4 cup chopped radishes
1/4 cup chopped red onion
DRESSING:
1 tablespoon lemon juice
1 1/2 teaspoons olive oil
1/2 teaspoon sugar
1/2 teaspoon Dijon mustard
1/4 teaspoon minced garlic
1/8 teaspoon salt
1/8 teaspoon ground cumin
1 1/2 teaspoons sesame seeds, toasted

Directions

In a small saucepan, cook carrots in a small amount of boiling water for 4 minutes. Add the beans; cook 4-5 minutes longer or until vegetables are crisp-tender. Drain; chill in ice water. Drain and pat dry; place in a large bowl. Add radishes and onion.

In a small bowl, whisk the lemon juice, oil, sugar, mustard, garlic, salt and cumin. Pour over bean mixture; toss to coat. Cover and refrigerate until serving. Sprinkle with sesame seeds.

Mom's Easy Bake Beans

Ingredients

1 pound dried great Northern beans
1 teaspoon salt
1 pound sliced bacon, cooked and crumbled
1 cup packed brown sugar
3 tablespoons molasses
3 small onions, chopped

Directions

Place beans and salt in a saucepan; cover with water. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain, discarding liquid, and return beans to pan. Cover with fresh water; bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender.

Drain, reserving liquid. Combine beans, 1 cup liquid and remaining ingredients in a greased 2-1/2-qt. baking dish. Cover and bake at 350 degrees F for 1-1/4 hours or until beans are tender, stirring occasionally (add additional reserved liquid if needed).

Easy Hummus

Ingredients

1 (15 ounce) can garbanzo beans,
drained, liquid reserved
2 ounces fresh jalapeno pepper,
sliced
1/2 teaspoon ground cumin
2 tablespoons lemon juice
3 cloves garlic, minced

Directions

In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.

Black Bean and Corn Salad

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
4 ounces Monterey Jack cheese,
cut into 1/4-inch cubes
1 (8.75 ounce) can whole kernel
corn, drained
1/4 cup sliced green onions with
tops
3/4 cup thinly sliced celery
1 small sweet red pepper, diced
3/4 cup picante sauce
2 tablespoons olive oil
2 tablespoons lemon juice
1/2 teaspoon ground cumin
1 garlic clove, minced

Directions

Combine all ingredients in a large bowl; mix well. Cover and chill several hours or overnight.

Chicken Roche

Ingredients

1 cup uncooked long grain white rice
2 cups water
2 tablespoons vegetable oil
4 skinless, boneless chicken breast halves - cut into strips
1 (15 ounce) can black beans, drained
1 (14.5 ounce) can diced tomatoes
1 (14.5 ounce) can green beans, drained
1 tablespoon Creole seasoning
1 1/2 tablespoons chili powder

Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a skillet over medium heat, and cook the chicken strips 10 minutes, or until browned and juices run clear.

In a saucepan over medium-low heat, mix the black beans, diced tomatoes, green beans, Creole seasoning, and chili powder. Cook, stirring occasionally, until heated through.

Mix the chicken into the bean and tomato mixture, and continue cooking 5 minutes. Serve over the rice.

Carne en su Jugo (Meat in its Juices)

Ingredients

4 fresh tomatillos, husks removed
3 serrano chile peppers, seeded and chopped
1 clove garlic, peeled
3 cups water
6 slices bacon
2 pounds flank steak, cut into 1/2-inch squares
4 teaspoons chicken bouillon granules
2 (15.5 ounce) cans pinto beans
1/2 onion, chopped
6 tablespoons chopped fresh cilantro
ground black pepper, to taste
1 lime, cut into 6 wedges

Directions

Combine the tomatillos, serrano peppers, garlic, and water in a small saucepan over medium-high heat; bring to a boil, cover, and simmer for 10 minutes. Remove the pan from the heat and allow to cool. Transfer the contents to a blender and blend until smooth. Set aside.

Cook the bacon in a large, deep skillet over medium-high heat until crispy, about 10 minutes. Drain on a paper towel-lined plate. Crumble the bacon and set aside.

Place a non-stick skillet over medium-high heat; cook the flank steak in the hot skillet until completely browned. Pour the tomatillo mixture over the beef and bring to a boil. Stir the chicken bouillon into the mixture, and reduce heat to medium. Cover the skillet and simmer until tender, at least 30 minutes and up to 1 hour.

Meanwhile, heat the pinto beans in a saucepan over medium heat until warm; reduce heat to low to keep warm until needed. Stir the bacon and pinto beans into the flank steak mixture; divide the mixture between 6 bowls. Garnish each with onion, cilantro, black pepper, and a lime wedge.

Red Potatoes with Beans

Ingredients

1 1/3 pounds fresh green beans,
trimmed
1/3 cup water
6 small red potatoes, cut into
wedges
1/2 cup chopped red onion
1/2 cup Italian salad dressing

Directions

Place the beans and water in a 2-qt. microwave-safe dish. Cover and microwave on high for 6-8 minutes or until tender.

Meanwhile, place the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 5-7 minutes or until tender. Drain beans and potatoes; place in a bowl. Add onion and dressing; toss to coat.

Cheesy Green Bean Casserole

Ingredients

1 (16 ounce) package frozen French-style green beans
2 cups diced fully cooked ham
2 (10.75 ounce) cans condensed cream of celery soup, undiluted
1/2 cup mayonnaise or salad dressing
2 teaspoons Dijon mustard
2 cups shredded Cheddar cheese
1 cup shredded mozzarella cheese
1/2 cup dry bread crumbs
2 tablespoons butter or margarine, melted

Directions

In an ungreased 13-in. x 9-in. x 2-in. baking dish, layer the green beans and ham. Combine the soup, mayonnaise and mustard; pour over ham. Sprinkle with cheeses. Toss bread crumbs and butter; sprinkle over the top. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through and cheese is melted.

Green Bean Okazu

Ingredients

1 pound ground beef
1 pound green beans, trimmed
and cut into 1 inch pieces
1 cup water
1/4 cup white sugar
1/4 cup soy sauce

Directions

In a large skillet over medium heat, cook the ground beef until evenly brown; drain excess fat.

Stir in green beans and about 1 cup water. Cover, and cook until beans are tender, 15 to 20 minutes.

Season with sugar and soy sauce, and cook uncovered for 5 minutes.

Bela's Potato and White Bean Chowder

Ingredients

1/4 cup butter
1/4 cup all-purpose flour
1/2 onion, chopped
2 cloves garlic, minced
4 medium red potatoes, chopped
1/2 tablespoon imitation bacon bits
1/8 teaspoon dried celery flakes
1 pinch ground dry mustard
1 pinch ground cloves
cayenne pepper to taste
salt and pepper to taste
1 1/2 cups rice milk
1 1/2 cups water
1 (15 ounce) can European soldier beans, drained, liquid reserved

Directions

In a large saucepan over medium heat, melt the butter and stir in the flour to form a roux. Mix in the onion and garlic, and cook and stir until tender.

Place the potatoes and bacon bits into the saucepan. Cook and stir until well coated with the roux. Season with celery flakes, ground dry mustard, cloves, cayenne pepper, salt, and pepper. Mix in the rice milk, water, and the liquid from the beans. Bring to a boil, reduce heat, and simmer 25 minutes, until the potatoes are tender. Increase the amount of liquid if the soup seems too thick.

Mix the beans into the soup, and continue cooking about 10 minutes, until heated through.

Tex-Mex Green Bean Salad

Ingredients

1 pound fresh green beans
1 teaspoon salt
2 tablespoons olive or vegetable oil
2 tablespoons fresh lemon juice
2 tablespoons sliced green onions
1/4 teaspoon pepper
1/4 teaspoon ground cumin
Lettuce Leaves
Shredded Cheddar or Monterey Jack cheese

Directions

Place the beans and salt in a saucepan; add a small amount of water. Cover and cook for 6-7 minutes or until crisp-tender. Rinse in cold water; drain. In a bowl, combine oil, lemon juice, onions, pepper and cumin. Add beans and toss to coat. Serve on a bed of lettuce. Sprinkle with cheese if desired.

Dad's Pan-Fried Green Beans

Ingredients

1 pound fresh green beans,
trimmed
3 tablespoons light soy sauce
1 tablespoon balsamic vinegar
1 teaspoon white sugar
2 tablespoons sesame oil
2 teaspoons minced garlic

Directions

Place the green beans in a large saucepan or pot with one inch of water. You may place them in a steamer insert if you have one. Bring to a boil, cover and cook for 5 minutes, they should still be firm and bright green.

In a small bowl, stir together the soy sauce, balsamic vinegar and sugar; set aside.

Heat the sesame oil in a large skillet over medium heat. Add garlic and cook until starting to brown. Add the green beans and stir to coat with the oil. Stir in the soy sauce mixture and simmer for a couple of minutes uncovered to reduce the sauce. Transfer the beans to a serving dish and pour the sauce over them.

Crunchy Caramel Tart

Ingredients

14 tablespoons unsalted butter
1/2 cup toasted hazelnuts
1/2 cup confectioners' sugar
1 egg
1 1/4 cups cake flour
1 1/4 cups all-purpose flour
1 1/2 cups white sugar
1/4 cup water
1 1/4 cups heavy whipping cream
1/4 cup butter, softened
3/4 cup heavy whipping cream
1 cup semisweet chocolate chips
3 tablespoons unsalted butter
2 1/4 teaspoons light corn syrup

Directions

Using a wooden spoon, mix 14 tablespoons butter in a bowl until light and fluffy. Grind nuts and sugar in a food processor, and mix into the butter. Beat in egg. Add both flours, and blend until just combined. Gather dough into a ball, and flatten into a disk. Wrap in plastic; chill 2 hours.

Roll out dough to a 15 inch circle between two sheets of plastic. Remove top sheet of plastic, and transfer dough to an 11 inch tart pan with a removable bottom. Press into pan, and trim edges. Place in the freezer for 15 minutes. Line dough with foil, and fill foil with dried beans (serves as a weight to help the crust keep it's shape).

Bake at 350 degrees F (175 degrees C) for 15 minutes. Remove foil and beans. Bake until crust is golden, about 20 minutes. Cool.

Combine sugar and water in a heavy saucepan. Cook over medium heat, stirring until mixture is a deep amber color, about 15 minutes. Brush down sides of pan with a wet brush, and swirl occasionally. Remove from heat. Gradually stir in 1 1/4 cups heavy cream. Add 1/4 cup butter, and stir until melted. Pour filling into crust.

Bake at 350 degrees F (175 degrees C) until filling bubbles and thickens, about 30 minutes. Filling will be wobbly. Cool. Chill until set, about 1 hour.

In a heavy small saucepan, combine 3/4 cup heavy cream, chocolate, 3 tablespoons butter, and corn syrup. Cook over low heat, stirring until smooth. Pour over chilled filling. Chill tart until firm, about 1 hour. Let stand 30 minutes at room temperature before serving.

Cheesy Beans and Rice

Ingredients

1 cup uncooked brown rice
1 (16 ounce) can kidney beans,
rinsed and drained
1 large onion, chopped
1 tablespoon canola oil
1 (14.5 ounce) can diced tomatoes
and green chilies, undrained
2 teaspoons chili powder
1/4 teaspoon salt
1 1/4 cups shredded reduced-fat
Cheddar cheese, divided

Directions

Cook rice according to package directions. Transfer to a bowl; add the beans. In a nonstick skillet, saute onion in oil for 4-5 minutes. Stir in the tomatoes, chili powder and salt. Bring to a boil; remove from the heat.

In a 2-qt. baking dish coated with nonstick cooking spray, layer a third of the rice mixture, cheese and tomato mixture. Repeat layers. Top with remaining rice mixture and tomato mixture.

Cover and bake at 350 degrees F for 30 minutes or until heated through. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until cheese is melted.

Cobre Valley Casserole

Ingredients

- 1 pound ground beef
- 1 celery rib, chopped
- 1 medium onion, chopped
- 1 (1.25 ounce) package taco seasoning mix
- 1/4 cup water
- 2 (16 ounce) cans refried beans
- 1 (4 ounce) can chopped green chilies
- 1 cup shredded Cheddar cheese
- 2 green onions, sliced
- 1 large tomato - peeled, seeded and chopped
- 1/3 cup pitted ripe olives, chopped
- 1 1/2 cups crushed tortilla chips

Directions

In a large skillet, cook beef, celery and onion until meat is browned; drain. Stir in taco mix, water, beans and green chilies if desired; mix well. Pour into a 2-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through. Top with cheese, green onions, tomato, olives and chips.

Herbed Green Bean Casserole

Ingredients

2 (14 ounce) cans green beans,
drained
3/4 cup dried breadcrumbs,
divided
2 teaspoons dried basil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dried thyme
1 teaspoon dried oregano
2 teaspoons parsley
1 teaspoon garlic powder
1 cup freshly grated Parmesan
cheese
Salt and pepper to taste
1/2 cup CRISCO® Oil

Directions

Preheat oven to 350 degrees F.

Drain the beans and place in a bowl.

Mix all of the dry ingredients and toss together. Add salt and pepper to taste.

Mix the dry ingredients and the CRISCO® Oil into the green beans, reserving 2 Tablespoons of crumb mixture for the top.

Place in an ovenproof dish and sprinkle with the reserved crumb mixture. Bake for about 30 minutes or until the top is golden and crispy.

Quick n Easy Potta Beans

Ingredients

1 pound ground beef
2 (10.75 ounce) cans condensed minestrone soup
1 (15 ounce) can ranch-style beans
1 (10 ounce) can diced tomatoes with green chile peppers

Directions

Brown the ground beef in a large skillet over medium heat. Drain any excess fat and add the soup, beans and tomatoes and green chilies. Reduce heat to low, cover and simmer for 15 to 20 minutes.

Beefy Cornbread Casserole

Ingredients

1 pound ground beef *
1 (15 ounce) can red kidney
beans, rinsed and drained
1 (10.25 ounce) can
Campbell's® Beef Gravy
1/2 cup barbeque sauce
1 (8.5 ounce) package corn muffin
mix

Directions

Preheat oven to 375 degrees F. Cook beef in skillet until browned. Add beans, gravy and barbecue sauce. Pour into 2-quart shallow baking dish.

Prepare corn muffin mix according to package directions. Drop by spoonfuls on top of beef mixture. Bake 25 to 30 minutes or until top is golden brown and mixture is bubbling.

Vegetable-Stuffed Peppers

Ingredients

2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 1/2 cups cooked rice
2 cups shredded Cheddar cheese, divided
1 (10 ounce) package frozen corn, thawed
1/4 cup chopped onion
1 teaspoon Worcestershire sauce
3/4 teaspoon chili powder
1/2 teaspoon pepper
1/4 teaspoon salt
6 medium green bell peppers

Directions

In a large bowl, combine the tomatoes, beans, rice, 1-1/2 cups cheese, corn, onion, Worcestershire sauce, chili powder, pepper and salt; mix well. Remove and discard tops and seeds of green peppers. Fill each pepper with about 1 cup of the vegetable mixture. Place in a 5-qt. slow cooker. Cover and cook on low for 8 hours.

Sprinkle with remaining cheese. Cover and cook 15 minutes longer or until peppers are tender and cheese is melted.

White Chili III

Ingredients

1 1/2 tablespoons butter
1 cup chopped onion
2 stalks celery, thinly sliced
4 cups cooked, chopped turkey meat
2 (15 ounce) cans cannellini beans, drained and rinsed
2 (14.5 ounce) cans chicken broth
1 (11 ounce) can white corn, drained
2 (4 ounce) cans chopped green chile peppers
4 teaspoons ground cumin
1/2 teaspoon hot pepper sauce, or to taste
1 cup shredded Monterey Jack cheese
2 tablespoons chopped fresh parsley

Directions

In a large saucepan over medium heat, melt butter. Add onion and celery; cook until the onion is translucent. Put the turkey, beans, chicken broth, corn and green chilies into the pot. Season with cumin and hot pepper sauce. Cover and cook for 15 to 20 minutes.

Ladle chili into bowls and garnish with shredded cheese and chopped parsley.

Lisa's Co-op Kale Soup

Ingredients

2 teaspoons cooking oil
1 onion, diced
2 bunches kale, stems and center ribs discarded and leaves coarsely chopped
2 cloves garlic, minced, or more to taste
1 large carrot, chopped
1 (15 ounce) can garbanzo beans, drained
6 cups chicken broth
2 tablespoons crushed red pepper flakes
salt and ground black pepper to taste
1/2 pound spicy bulk pork sausage (optional)

Directions

Heat the oil in a large pot over medium heat. Cook the onion and kale in the hot oil until the kale is soft, about 10 minutes. Add the garlic, carrot, and garbanzo beans and cook together for about 5 minutes. Pour the chicken broth into the pot. Season with the red pepper, salt, and black pepper. Simmer until the carrot and garbanzo beans are tender, about 20 minutes.

As the soup simmers, crumble the sausage into a skillet over medium heat. Cook until entirely browned, breaking the sausage into small pieces with a wooden spoon as it cooks. Stir the cooked sausage into the soup just before serving.

My Mum's Spaghetti Soup

Ingredients

1 (1 pound) beef marrow bone
1 tablespoon tomato puree
1 large onion, chopped
3 cloves garlic, minced
2 bay leaves
2 quarts water
2 potatoes, diced
2 (14.5 ounce) cans diced tomatoes
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh oregano
1 teaspoon chopped fresh rosemary
1 tablespoon Worcestershire sauce
1 (14 ounce) can baked beans (such as Heinz®)
1 cup uncooked spaghetti, broken into 1 inch pieces
salt and ground black pepper to taste

Directions

Place the marrow bone, tomato puree, onion, garlic, and bay leaves into a large pot. Pour in the water, and bring to a boil over high heat. Reduce the heat to medium, and simmer 45 minutes. After 45 minutes, stir in the potatoes, diced tomatoes, parsley, oregano, and rosemary. Cook, stirring occasionally until the potatoes are just tender, 15 to 20 minutes.

Stir in the Worcestershire sauce, baked beans, and spaghetti. Return to a simmer, and cook until the spaghetti is tender, 15 to 20 minutes. Season to taste with salt and pepper before serving.

Herbed Beans and Carrots

Ingredients

1/2 pound fresh green beans,
trimmed
3 medium carrots, julienned
2 tablespoons water
2 tablespoons butter
1/2 teaspoon dried rosemary,
crushed
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon lemon-pepper
seasoning

Directions

Place the beans and carrots in a microwave-safe 8-in. square dish. Add water. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. Stir in the butter and seasonings.

Four Bean Salad

Ingredients

- 1 cup white sugar
- 1 cup white wine vinegar
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 6 stalks celery, chopped
- 1 (15 ounce) can green beans, drained
- 1 (15 ounce) can lima beans, drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can pinto beans, drained
- 1 (4 ounce) jar pimentos

Directions

In a large salad bowl, whisk together the sugar, vinegar and oil.

Add the onion, bell pepper, celery, green beans, lima beans, kidney beans, pinto beans and pimentos.

Toss to evenly coat and place in large sealed container. Place in refrigerator and turn periodically to mix.

Red Beans and Rice with SPAM®

Ingredients

3 cups uncooked white rice
3 cups water

1 (12 ounce) can fully cooked luncheon meat (such as SPAM®), cubed
3 (15 ounce) cans kidney beans, with liquid
1/4 cup butter
1/8 teaspoon dried onion flakes

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Stir together the luncheon meat, kidney beans with liquid, butter, and onion flakes in a large saucepan. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer 15 minutes, stirring occasionally. Spoon the beans over the cooked rice to serve.

Family-Favorite Soup

Ingredients

5 1/2 cups water, divided
1 large onion, chopped
1 cup sliced carrots
1 cup cubed potatoes
1/2 cup sliced celery
1/2 teaspoon salt
1/2 teaspoon pepper
1 (16 ounce) can kidney beans,
rinsed and drained
1 (10.75 ounce) can condensed
tomato soup, undiluted
1/2 pound ground beef, cooked
and drained
2 tablespoons barbecue sauce
1 teaspoon beef bouillon granules

Directions

In a large saucepan, combine 2 cups water, onion, carrots, potatoes, celery, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add the remaining ingredients; cover and simmer 30 minutes longer or until vegetables are tender.

Spicy Beans 'N' Rice

Ingredients

1/2 cup coarsely chopped green pepper
1/2 cup coarsely chopped onion
2 garlic cloves, minced
1 tablespoon canola oil
1 (14.5 ounce) can stewed tomatoes, cut up
1 (8 ounce) can tomato sauce
1/2 teaspoon Italian seasoning
1/4 teaspoon cayenne pepper
1/8 teaspoon fennel seed, crushed
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can butter beans, rinsed and drained
2 1/2 cups cooked rice

Directions

In a nonstick skillet, saute the green pepper, onion and garlic in oil until tender. Stir in the stewed tomatoes, tomato sauce, Italian seasoning, cayenne and fennel seed. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in the beans. Cover and simmer 5-10 minutes longer or until beans are heated through. Serve with rice.

Vegan Chunky Chili

Ingredients

1/2 cup dry kidney beans, soaked overnight
1/2 cup dry white beans, soaked overnight
1/2 cup dry brown lentils, soaked overnight
6 cups chopped fresh tomatoes
6 cups water
1 cup chopped fresh mushrooms
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/2 cup fresh green beans
1/2 cup chopped celery
1/4 onion, chopped
1/4 red onion, chopped
3/4 cup extra firm tofu, drained, crumbled
salt to taste
black pepper to taste
onion powder to taste
garlic powder to taste
chili powder to taste

Directions

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.

Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.

Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Country Green Beans

Ingredients

1 pound fresh green beans,
trimmed
1/4 cup chopped onion
1/4 cup chopped cooked ham
1/4 cup butter or margarine
1/4 cup water
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a saucepan, combine all ingredients. Cover and simmer for 15-20 minutes or until beans are tender.

Sweet Italian Green Beans

Ingredients

4 slices bacon
3 green onions, chopped
2 cloves garlic, chopped
2 (15 ounce) cans green beans, drained
1 (14.5 ounce) can Italian-style diced tomatoes
1 pinch dried basil
1 pinch dried oregano
1/4 cup brown sugar

Directions

Cook bacon in a skillet over medium heat until crisp. Remove from the pan to drain on paper towels. Reserve the grease in the skillet and add the onions; cook and stir over medium heat until softened. Add garlic and cook for about 30 seconds more. Remove from the heat.

In a saucepan, combine the green beans, tomatoes, basil, oregano and brown sugar. Crumble in the bacon and add the onion and garlic from the skillet. Warm over medium heat until heated through, 5 to 10 minutes.

Becca's Custom Turkey Shepherd's Pie

Ingredients

5 large red potatoes, peeled
3 tablespoons butter
1/4 cup milk
2 (9 inch) whole wheat pie crusts
1 tablespoon olive oil
1/2 cup diced onion
1 pound ground turkey
1 large carrot, julienned
1 zucchini, thickly sliced
1/4 cup canned green beans, halved
6 large fresh mushrooms, quartered
2 tablespoons chopped fresh parsley
1/4 teaspoon dried thyme
2 cloves garlic, minced
1 tablespoon all-purpose flour
1/2 cup shredded Cheddar cheese (optional)
salt to taste
ground black pepper to taste
2 tablespoons butter, diced

Directions

Boil potatoes until tender. Mash with 3 tablespoons butter or margarine and milk. Season with salt and pepper to taste. Set aside.

Saute onion and carrots in olive oil until soft. Stir in ground turkey, parsley, thyme, and garlic. Once turkey is almost browned and broken up, add zucchini and mushrooms. Salt and pepper to taste. Drain. Stir in flour.

Divide meat mixture into two whole wheat pie crusts. Sprinkle cheese over meat, if desired. Spread green beans over the cheese. Spread potatoes over all with a spatula; the mashed potatoes act as the top crust. Dot with butter.

Bake at 375 degrees F (190 degrees C) for 30 minutes, or until potatoes have browned slightly.

Al's Sufferin' Succotash

Ingredients

1 (16 ounce) package frozen
Fordhook lima beans, thawed
1 cup water
1 (16 ounce) can whole kernel
corn, drained
1 (4 ounce) can chopped green
chile peppers
1 teaspoon salt
2 tablespoons white sugar
1 tablespoon butter (optional)

Directions

In a large pot, bring the water to a boil. Add lima beans, salt and sugar. Cook over medium-low heat for 15 minutes. Add the corn and green chilies, cover, and continue cooking until the beans are tender, about 5 more minutes. Drain and serve immediately. Top with butter if desired.

Chickpea Macaroni Salad

Ingredients

1 cup macaroni
1 (19 ounce) can chickpeas (garbanzo beans), drained
4 tomatoes, chopped
1 onion, chopped
1 clove garlic, minced
6 ounces feta cheese, crumbled
1 cup pitted black olives
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup olive oil
1/4 cup fresh lemon juice

Directions

Bring a medium saucepan of lightly salted water to a boil. Add macaroni, and cook 8 to 10 minutes, or until al dente. Rinse under cold water to chill, and drain.

Meanwhile, combine the chickpeas, tomatoes, onion, garlic, feta cheese, olives, salt, pepper, olive oil, and lemon juice in a large bowl. Set aside to marinate while the pasta is cooking.

Mix macaroni with chickpea mixture. Cover, and refrigerate for at least 30 minutes to blend flavors.

Another Pork Chop Casserole

Ingredients

1 tablespoon vegetable oil
6 boneless pork chops
1 (16 ounce) package tater tots
1 (15.5 ounce) can French-style green beans, drained
1 (10.75 ounce) can condensed cream of celery soup
3/4 cup sour cream
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Heat the oil in a skillet over medium heat, and brown pork chops on both sides. Remove chops, reserving pan dripping.

Arrange tater tots in a single layer in the prepared baking dish. Layer green beans over the tater tots. Place browned chops over the beans. In a bowl, mix reserved pan drippings, cream of celery soup, sour cream, salt, and pepper. Pour evenly over chops.

Cover dish with foil, and bake casserole 30 minutes in the preheated oven, or until pork chops are done.

Chicken Nachos

Ingredients

5 ounces unsalted tortilla chips
1 (9.75 ounce) can white premium
chunk chicken breast in water,
drained
1 cup drained and rinsed canned
pinto beans
1 cup drained canned diced
tomatoes with jalapenos
3 ounces pepper jack cheese,
shredded

Directions

Arrange chips on a large, microwave-safe platter.

Break the chicken in pieces and scatter over the chips. Scatter the beans over the chicken and the tomatoes over the beans. Top with an even layer of cheese and microwave at full-power until the cheese is melted, about 3 to 4 minutes.

Pressure Cooker Italian Chicken Soup

Ingredients

2 teaspoons olive oil
4 Italian turkey sausage links,
casings removed
1 medium onion, diced
3 cloves garlic, minced
1/2 cup pearl barley
1 cup green lentils
1 bone-in chicken breast half, skin
removed
1/2 cup chopped fresh parsley
3 cups chicken stock
1 (15 ounce) can chickpeas
(garbanzo beans), drained
1 (16 ounce) bag fresh spinach
leaves, chopped
1 cup mild salsa

Directions

heat 1 teaspoon olive oil in a pressure cooker over medium heat. Add sausage meat, and cook until browned, breaking it into crumbles. Remove sausage to a plate and drain oil. Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent. Add barley and stir 1 minute. Return sausage to pressure cooker. Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.

Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own. Open cooker and remove chicken; shred meat and return to soup. Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.

Kathy's Baked Stuffed Tomatoes

Ingredients

1 (15 ounce) can garbanzo beans
4 ounces trimmed arugula
1 tablespoon minced garlic
1/4 cup crumbled feta cheese
5 tablespoons grated Parmesan
cheese, divided
1/4 cup olive oil
4 tomatoes, tops and pulp
removed

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a blender or food processor, blend the garbanzo beans, arugula, garlic, feta cheese, 4 tablespoons Parmesan cheese, and olive oil until smooth.

Place tomatoes in an 8x8 inch baking dish. Stuff the tomatoes with the garbanzo bean mixture. Sprinkle with remaining Parmesan cheese.

Bake 20 minutes in the preheated oven, until bubbly and lightly browned.

Quinoa with Chickpeas and Tomatoes

Ingredients

1 cup quinoa
1/8 teaspoon salt
1 3/4 cups water
1 cup canned garbanzo beans (chickpeas), drained
1 tomato, chopped
1 clove garlic, minced
3 tablespoons lime juice
4 teaspoons olive oil
1/2 teaspoon ground cumin
1 pinch salt and pepper to taste
1/2 teaspoon chopped fresh parsley

Directions

Place the quinoa in a fine mesh strainer, and rinse under cold, running water until the water no longer foams. Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

Once done, stir in the garbanzo beans, tomatoes, garlic, lime juice, and olive oil. Season with cumin, salt, and pepper. Sprinkle with chopped fresh parsley to serve.

Ingredients

- 3 cloves garlic, minced
- 1 cup chopped onions
- 2 tablespoons vegetable oil
- 1/2 teaspoon ground black pepper
- 1 tablespoon soy sauce
- 1 cup water
- 1/2 cup diced carrots
- 1/2 cup green beans, French cut
- 1/2 cup diced celery
- 1 (10 ounce) can bamboo shoots, julienned
- 1 (8 ounce) can water chestnuts, drained and julienned
- 1/2 cup jicama, peeled and julienned
- 1/2 cup bean sprouts
- 1 (16 ounce) package egg roll wrappers
- 1 quart vegetable oil for frying

Directions

In a wok or skillet, saute the garlic and onions in hot oil until the onions are translucent. Add the pepper and soy sauce and saute further.

Drain the excess oil, add the water and bring to a boil. Add the carrots and simmer for 5 minutes. Add the green beans, celery, bamboo shoots, water chestnuts, and jicama. Simmer for another 5 minutes. Remove the pan from heat and add the bean sprouts. Cool to room temperature.

Place three heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 1/2 inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.

Heat a wok over medium heat, add oil to 1/2 inch depth, and heat for 5 minutes. Place 3 or 4 egg rolls in the oil, gently. Fry the rolls until all sides are golden brown. Drain on paper towels. Serve immediately

Five Bean Casserole

Ingredients

1/2 pound bacon
2 cups chopped onion
1/2 cup packed brown sugar
1 teaspoon mustard powder
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 cup cider vinegar
1 (15 ounce) can butter beans
1 (15 ounce) can lima beans,
drained
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can garbanzo beans,
drained
1 (28 ounce) can baked beans

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Saute onion in bacon fat; add the brown sugar, mustard, garlic powder, salt and vinegar. Cook covered on low heat 20 minutes.

In a four quart baking dish, combine the bacon, onion mixture, butter beans, lima beans, kidney beans, garbanzo beans and baked beans. Mix well, and bake covered for 1 1/2 hours. Uncover and bake 30 to 45 minutes longer.

Daddy's Stew

Ingredients

2 pounds ground beef
1 medium onions, chopped
2 (19 ounce) cans minestrone soup
1 (14.5 ounce) can pinto beans with jalapeno peppers
2 (10 ounce) cans diced tomatoes and green chiles
garlic powder to taste
seasoned salt to taste
ground black pepper to taste

Directions

In a skillet over medium heat, cook the ground beef and onions until beef is evenly brown and onions are tender. Drain grease.

In a pot, mix the beef and onions, minestrone soup, pinto beans with jalapeno peppers, and diced tomatoes and green chiles. Season with garlic powder, seasoned salt, and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

Taco Soup VII

Ingredients

1 1/2 pounds ground beef
1 (1 ounce) package dry onion
soup mix
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
with juice
1 (15 ounce) can whole kernel
corn, drained
1 (15 ounce) can kidney beans
with liquid

Directions

In a large pot over medium high heat, saute the ground beef for 5 to 10 minutes, or until browned. Drain the grease, and add the taco seasoning, tomato sauce, diced tomatoes, corn and kidney beans. Mix well, reduce heat to low and let simmer for 1 to 2 hours to allow the flavors to mesh.

Jeanie's Falafel

Ingredients

1 (19 ounce) can garbanzo beans, rinsed and drained
1 small onion, finely chopped
2 cloves garlic, minced
1 1/2 tablespoons chopped fresh cilantro
1 teaspoon dried parsley
2 teaspoons ground cumin
1/8 teaspoon ground turmeric
1/2 teaspoon baking powder
1 cup fine dry bread crumbs
3/4 teaspoon salt
1/4 teaspoon cracked black peppercorns
1 quart vegetable oil for frying

Directions

Mash the garbanzo beans in a large bowl. Stir in the onion, garlic, cilantro, parsley cumin, turmeric, baking powder, bread crumbs, salt and pepper. Do not be afraid to use your hands. Shape the mixture into 1 1/2 inch balls; you should get 18 to 24. If the mixture does not hold together, add a little water.

Heat the oil in a deep fryer to 375 degrees F (190 degrees C). Carefully drop the balls into the hot oil, and fry until brown. If you do not have a deep fryer, heat the oil in a heavy deep skillet over medium-high heat. You may need to adjust the heat slightly after the first couple of falafels, and be sure to turn frequently so they brown evenly.

Dalton's Beans

Ingredients

1/2 pound lean ground beef
1 onion, chopped
1/2 pound bacon, cooked and crumbled
1 (15 ounce) can baked beans
1 (15 ounce) can lima beans, drained
1 (15 ounce) can kidney beans, drained
1/2 cup ketchup
1/2 cup brown sugar
1 teaspoon prepared mustard

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a Dutch oven, saute the ground beef and onion for 5 to 10 minutes, or until beef is browned; drain excess fat. Stir in the bacon, baked beans, lima beans, kidney beans, ketchup, brown sugar and mustard. Mix all together well and cover.

Bake at 350 degrees F (175 degrees C) for about 1 hour.

Fiesta Chili Dogs

Ingredients

3 (15 ounce) cans chili without beans
2 (10.75 ounce) cans condensed cheddar cheese soup, undiluted
1/2 cup minced fresh cilantro or parsley, divided
1 jalapeno pepper, seeded and minced
2 garlic cloves, minced
24 hot dogs
24 hot dog buns, split and toasted
2 (4 ounce) cans sliced black olives, drained
1 medium onion, chopped
3 cups crushed corn chips

Directions

In a large saucepan, combine the chili and soup; stir in 1/4 cup cilantro, jalapeno and garlic. Add hot dogs. Bring to a boil. Reduce heat; cover and simmer for 35-40 minutes, stirring occasionally. Stir in the remaining cilantro. To assemble, place hot dogs in buns; top with chili sauce, olives, onion and chips.

Power Cookies

Ingredients

4 cups rolled oats
1 (15 ounce) can cannellini beans,
drained and rinsed
1/2 cup white sugar
1/2 cup brown sugar
1 teaspoon vanilla extract
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 cup chopped pitted dates
1/2 cup flaked coconut
1/2 cup raisins
1/2 cup chopped walnuts

Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets. Grind the oats in a blender until resembling coarse flour.

In a medium bowl, mash beans to a smooth paste. Stir in the white sugar, brown sugar and vanilla until well blended. Combine the ground oats, baking powder, baking soda and cinnamon; blend into the bean mixture. Stir in the dates, coconut, raisins and walnuts. Drop dough by heaping spoonfuls onto the prepared cookie sheet.

Bake for 10 to 15 minutes in the preheated oven, until golden. Cool on baking sheets for 5 minutes then remove to wire racks to cool completely.

Pressure Cooker Chili

Ingredients

1 pound ground beef
2 teaspoons olive oil
1 sweet onion, chopped
1 small green bell pepper, finely chopped
1 jalapeno pepper, seeded and finely chopped
2 cloves garlic, minced
2 (14.5 ounce) cans dark red kidney beans, drained and rinsed
2 (14.5 ounce) cans diced tomatoes, undrained
3 tablespoons tomato paste
1 tablespoon dark brown sugar
2 teaspoons unsweetened cocoa powder
1/4 teaspoon crushed red pepper flakes, or to taste
2 tablespoons chili powder
2 teaspoons ground cumin
1/2 teaspoon kosher salt, or to taste
2 cups water

Directions

Place the ground beef in the pressure cooker over medium high heat; cook until brown and crumbly, 8 to 10 minutes. Remove the ground beef, and drain off the excess fat.

Return the open pressure cooker to the burner over medium heat, pour in the olive oil, and stir in the onion, green pepper, and jalapeno pepper. Cook and stir for 3 to 4 minutes, until the onion is translucent. Add the garlic, and cook and stir for about 30 more seconds. Return the meat to the pressure cooker; mix in the kidney beans, diced tomatoes, tomato paste, brown sugar, cocoa powder, red pepper flakes, chili powder, cumin, salt, and water.

Lock the lid, bring the cooker up to pressure, reduce heat to maintain pressure, and cook for 8 minutes. Remove cooker from the heat, and let the pressure reduce on its own, 5 to 10 minutes.

When the pressure is fully released, remove the lid, stir the chili, and serve.

Black Bean Soup I

Ingredients

2 cups dry black beans
1 ham bone
6 cups water
4 cups chicken broth
1 tablespoon salt
2 tablespoons vegetable oil
1/2 onion, chopped
1 tomato, diced
1/2 cup chopped ham
1 tablespoon distilled white vinegar

Directions

Simmer beans, water, ham bone, broth, and salt for 1 1/2 hours.

Discard ham bone. Puree about 1/2 of soup; pour back into pot.

Saute onion, tomato, and meat in oil until onion is soft. Stir in vinegar, and then add mixture to beans. Simmer for 20 minutes. Serve hot.

Dilled Green Beans

Ingredients

2 pounds fresh green beans,
trimmed
5 tablespoons butter
1 cup chopped onion
1 garlic clove, chopped
1 teaspoon salt
1/4 teaspoon black pepper
1 1/2 tablespoons chopped fresh
dill
2 hard-boiled eggs, chopped

Directions

Place the beans in a saucepan with enough water to cover; bring to a boil, reduce heat to a simmer, and cook the beans until tender but still bright green, about 8 minutes. Drain.

Melt the butter in a large skillet over medium-low heat; cook and stir the onion and garlic in the melted butter until the onion is translucent and beginning to brown, 5 to 6 minutes. Add the beans, salt, pepper, and dill; cook and stir until the beans are hot and the dill is cooked, 2 to 3 more minutes. Transfer the mixture to a serving dish and top with the eggs to serve.

Basil and Pesto Hummus

Ingredients

1 (16 ounce) garbanzo beans
(chickpeas), drained and rinsed
1/2 cup basil leaves
1 clove garlic
1 tablespoon olive oil
1/2 teaspoon balsamic vinegar
1/2 teaspoon soy sauce
salt and ground black pepper to
taste

Directions

Combine the garbanzo beans, basil, and garlic in a food processor; pulse several times. Use a spatula to push mixture from sides of processor bowl. Pulse the mixture again while drizzling in the olive oil. Add the vinegar and soy sauce; pulse until combined. Season with salt and pepper.

Easy Chili I

Ingredients

1 pound ground beef
1 cup chopped onion
1/2 cup chopped green bell pepper
2 1/2 tablespoons chili powder
1 clove garlic, minced
1 bay leaf
1/2 teaspoon ground cumin
4 teaspoons finely chopped jalapeno chile peppers
1 (29 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (16 ounce) can chili beans, undrained
salt and pepper to taste

Directions

In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Saute for about 5 minutes, or until beef is browned. Drain excess fat.

Add the chili powder, garlic, bay leaf, cumin, chile peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through.

Turkey Soup with Dressing Dumplings

Ingredients

1 roast turkey carcass
6 quarts water
4 medium onions
6 medium carrots
5 stalks celery
6 cups leftover stuffing
6 egg whites
cooking spray
1 cup peas
1 cup corn kernels
1 cup cubed turnips
1 cup fresh green beans, trimmed
1 (16 ounce) can jellied cranberry sauce
1 (16 ounce) can whole berry cranberry sauce
1 tablespoon poultry seasoning, such as Bell's
salt and pepper to taste

Directions

Set the oven rack about 6 inches from the heat source and preheat the oven's broiler. Remove all meat from cooked turkey carcass and set aside. Arrange bones in a roasting pan and broil until browned on both sides.

Transfer browned bones to large stock pot and cover with 6 quarts of water. Trim, peel, and chop the onions, carrots, and celery; add peels and ends of raw onions, celery, and carrots to the stock pot and reserve the cleaned vegetables for the soup. Simmer bones and vegetable scraps for 1 hour. Turn off the heat and allow stock to cool for 20 minutes. Strain the stock, discarding the bones and vegetable scraps. Remove the fat from the stock by refrigerating the stock overnight and removing the hardened fat layer from the top or by skimming the fat from the top of the liquid with a ladle.

Combine leftover stuffing and egg whites in a large bowl. Form the stuffing mixture into small balls and place on a microwave-safe plate. Microwave the dumplings on High for 1 1/2 to 2 minutes. Heat a large skillet over medium heat, and coat with cooking spray. Add the dumplings and cook until they are golden brown on all sides. Remove from pan and set aside.

Add the reserved and chopped turkey meat, onions, celery, and carrots to the strained soup stock; simmer for 1 hour. Stir in the peas, corn, green beans, and turnips; simmer until the vegetables are tender. Pour in the jellied and whole berry cranberry sauces, poultry seasoning, salt, and pepper; stir. When the cranberry sauce has dissolved into the soup add the cooked dumplings and heat through.

Pasta e Fagioli III

Ingredients

1 (16 ounce) package dried navy beans
1 (10 ounce) meaty ham bone or smoked pork hocks
10 cups water

1 (8 ounce) box elbow macaroni
1 tablespoon olive oil
1 onion, chopped
3 cloves garlic, minced
1 (16 ounce) can diced tomatoes
2 stalks celery, diced
1 carrot, diced
1/2 teaspoon red pepper flakes, or to taste
1 cup water
salt and pepper to taste
2 tablespoons chopped fresh parsley

Directions

Place navy beans, ham bone, and 10 cups of water into a large saucepan or Dutch oven. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beans are tender, from 1 1/2 to 2 hours.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain, rinse with cold water to chill, then set aside.

Once beans are nearly ready, heat olive oil in a Dutch oven over medium heat. Stir in onion and garlic, cook until the onion has softened and turned translucent, about 5 minutes. Stir in tomatoes, celery, carrot, red pepper flakes, and 1 cup of water; bring to a simmer, then reduce heat to medium-low and cook until the carrot has softened, about 10 minutes. While the tomato mixture simmers, remove the ham bone from the beans. Separate the meat from the bone; dice the meat, and discard the bone.

To finish the soup, stir the beans, cooked macaroni, and diced ham into the tomato mixture; add additional water if needed to make a chunky soup. Season to taste with salt and pepper; simmer until the macaroni and beans are both quite tender, from 5 to 15 minutes. Stir in chopped parsley before serving.

Kale and Adzuki Beans

Ingredients

1 cup uncooked adzuki beans
1 tablespoon olive oil
2 cloves garlic, peeled and crushed
6 cups roughly chopped kale
2 tablespoons water
1/4 cup tamari
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste

Directions

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender.

Heat olive oil in a medium skillet over medium heat, and saute garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.

Pinto Bean Zucchini Boats

Ingredients

4 large zucchini
8 cups water
1 teaspoon salt
1/2 cup chopped red onion
1 tablespoon olive oil
1 (16 ounce) can pinto beans,
rinsed and drained
1 (11 ounce) can Mexicorn,
drained
1 (8 ounce) can tomato sauce
1/2 cup chili sauce
1 teaspoon dried cilantro flakes
1/2 teaspoon ground cumin
3 ounces Gouda cheese,
shredded
1/2 cup chopped tomato

Directions

Cut zucchini in half lengthwise. Scoop out pulp, leaving a 3/8-in. shell. Chop pulp and set aside. In a Dutch oven, bring water and salt to a boil. Add zucchini shells; cook for 5-8 minutes or until crisp-tender. Drain and set aside.

In a large skillet, saute the onion and zucchini pulp in oil until crisp-tender. Stir in the beans, corn, tomato sauce, chili sauce, cilantro and cumin. Cook over medium heat for 5 minutes or until heated through. Sprinkle with cheese; cover and cook for 1 minute or until cheese is melted. Spoon into zucchini shells; sprinkle with tomato.

Roasted Green Beans with Almond Brittle

Ingredients

1 pound fresh green beans,
trimmed
1 tablespoon olive oil
1/2 teaspoon kosher salt, divided
1/3 cup whole natural almonds,
roughly chopped
1/2 cup sugar

Directions

Preheat oven to 375 degrees F.

Place green beans in a baking pan and toss with olive oil and 1/4 teaspoon salt. Place almonds on a baking sheet. Roast almonds and green beans for 10 minutes. Set almonds aside. Cover green beans with foil and roast for an additional 30 minutes.

While green beans are roasting, make the brittle. Spray a sheet of foil with cooking spray and set aside. Place sugar and 1/2 cup water in a small, very clean saucepan, ensuring sugar is completely covered with water. Turn heat to high and bring to a simmer. Let caramelize until deep, golden brown, watching constantly as this happens fairly quickly. Stir in chopped almonds, still warm from the oven. Spread this sticky brittle on prepared foil. Sprinkle with remaining 1/4 teaspoon salt and let cool. Combine green beans and almond brittle then serve.

Garbanzo Bean Soup

Ingredients

1 (14.5 ounce) can peeled and diced tomatoes
1 teaspoon olive oil
2 (15.5 ounce) cans garbanzo beans
salt and pepper to taste
2 sprigs fresh rosemary
1 cup acini di pepe pasta

Directions

Combine the tomatoes, olive oil and 1 1/2 cans of the beans in a large saucepan. Bring to a boil. Puree the remaining 1/2 can of garbanzo beans using a blender or food processor, and stir into the saucepan. Place the sprigs of rosemary into the pan without breaking off the leaves. The sprigs will be removed before serving.

Add acini de pepe pasta and simmer until pasta is soft, stirring gently to prevent sticking. Remove rosemary, and season with salt and pepper.

Smothered Green Beans II

Ingredients

1 pound thick sliced bacon, cut into 1 inch pieces
4 cups fresh green beans, trimmed and snapped
2 large onions, chopped
2 tablespoons minced garlic
2 cups water
1/3 cup brown sugar
1/2 cup Worcestershire sauce
salt and pepper to taste

Directions

Heat a large skillet over medium heat. Add bacon, and cook until browned, but not yet crispy. Push bacon to the sides of the skillet and add the onions and garlic to the bacon grease. Cook and stir until onions are barely translucent. Stir in the green beans, and cook for 15 minutes, stirring occasionally.

Pour in the water, and mix in the brown sugar, Worcestershire sauce, salt and pepper. Simmer over low heat uncovered until water has evaporated and green beans are tender, about 1 hour.

Mediterranean Tuna Salad Sandwich

Ingredients

1 (12 ounce) can water packed tuna, drained
1 (15.5 ounce) can white beans, rinsed and drained
1 (14 ounce) can artichoke hearts, drained and chopped
1/4 cup pesto
1/4 cup low-fat mayonnaise
2 tablespoons fresh lemon juice
1/4 teaspoon ground black pepper
6 lettuce leaves
6 slices Roman Meal Original bread

Directions

Combine tuna, beans, artichokes, pesto, mayonnaise, lemon juice and black pepper in medium bowl.

Place one lettuce leaf on each slice of toast; top with about 3/4 cup tuna salad each.

Garden Paella

Ingredients

1 large onion, chopped
2 tablespoons olive or canola oil
1 1/2 cups uncooked long grain rice
3 garlic cloves, minced
2 1/2 cups vegetable broth
1 1/2 cups sliced carrots
1 1/2 cups frozen cut green beans, thawed
1 medium sweet red pepper, julienned
1 medium zucchini, quartered lengthwise and cut into 1/2 inch slices
1 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon ground turmeric
1/8 teaspoon paprika
1 (14 ounce) can water-packed artichoke hearts, drained and quartered
2 plum tomatoes, seeded and chopped
1 cup frozen peas, thawed
1 cup frozen corn, thawed

Directions

In a large nonstick skillet, saute onion in oil for 2 minutes. Add rice and garlic; saute 1 minute longer. Add the next nine ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until liquid is absorbed and rice is tender. Stir in the artichoke hearts, tomatoes, peas and corn; heat through.

Richard and Suzanne's Famous Red Beans and

Ingredients

3 bacon slices
2 tablespoons extra-virgin olive oil
3 bay leaves
2 tablespoons red pepper flakes
1 large green bell pepper,
chopped
1 large red bell pepper, chopped
1 large yellow onion, chopped
1 bunch green onions, chopped
3 cloves garlic, chopped
4 (15.5 ounce) cans light red
kidney beans
2 quarts water
1/4 cup salted butter
2 pounds andouille sausage,
sliced
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserving the drippings, remove the bacon, and blot off excess grease with paper towels; crumble and set aside. Add the olive oil, bay leaves, and red pepper flakes to the bacon drippings in the skillet and reheat. Cook the green bell pepper, red bell pepper, yellow onion, green onion, and garlic in the olive oil mixture until tender.

Place the kidney beans in a heavy pot over medium heat. Pour the water over the beans; add the vegetable mixture from the skillet and the cooked bacon; stir. Simmer 30 minutes, stirring occasionally. Add the butter.

While the butter melts into the bean mixture, return the skillet to the heat and cook the sausage in the skillet until lightly browned; add the sausage to the beans. Rinse the bottom of the skillet with a small amount of water and pour into the bean mixture. Cook the beans another 15 minutes. Season with salt and pepper.

Bratwurst, Sauerkraut and Bean Casserole

Ingredients

1 pound fresh bratwurst sausages
1 (32 ounce) package sauerkraut
1 pinch celery salt
1 tablespoon brown sugar
1 (15 ounce) can baked beans

Directions

Preheat the oven to 350 degrees F (175 degrees C). Cook bratwurst in a skillet over medium-high heat just until nicely browned on the outside.

Spread sauerkraut in the bottom of a 9x11 casserole dish, leaving a 2 inch margin at the edges. Sprinkle celery salt and brown sugar over the sauerkraut. Place the sausages on top. Pour the beans around the outer edge of the sauerkraut. Cover the dish with a lid or aluminum foil.

Bake for about 45 minutes in the preheated oven, until bratwurst links are cooked through.

Not Your Everyday Green Beans

Ingredients

1/2 pound fresh green beans,
trimmed
2 tablespoons butter
1/2 pound crimini mushrooms,
chopped
salt and pepper to taste
1/4 cup seasoned almond slices

Directions

Melt the butter in a large skillet over medium heat. Cook and stir the green beans in the butter for 5 minutes. Stir in the mushrooms. Season with salt and pepper; continue to cook until the beans are tender, about 5 minutes. Stir in the almonds just before serving.

Steak and Lima Rice

Ingredients

2 tablespoons vegetable oil,
divided
1 (10 ounce) package frozen baby
lima beans, thawed
2 (15 ounce) cans tomato sauce
1 cup boiling water
1/3 cup white sugar
2 pounds beef top round steaks,
3/4 inch thick
1/4 cup all-purpose flour
salt and pepper to taste
2 cups uncooked long grain rice
4 cups water

Directions

Heat 1 tablespoon of oil in a large saucepan over medium heat. Add the lima beans, and cook until wrinkled, about 10 minutes. Pour tomato sauce over the beans and stir in 2 cups of water and sugar. Cover and simmer over low heat for 45 minutes.

Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Brown steaks on each side, then pour in just enough water to cover. Place a lid on the pan and simmer for 35 to 40 minutes over medium-low heat. Spoon some of the liquid into a cup or small bowl and mix with flour until smooth. Return to the pan and simmer until gravy has thickened. Season with salt and pepper to taste.

Combine the rice and 4 cups water in a saucepan. Bring to a boil, then reduce heat to low. Cover and cook for 20 minutes, or until rice is tender.

To serve, spoon rice onto plates. Top with steak and gravy then top with lima bean sauce.

Christmas Red and Green Salad

Ingredients

1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can kidney beans, drained
1/2 cup minced red onion
1/2 cup chopped celery
1/2 cup sliced radishes
1 cup creamy salad dressing
2 tablespoons milk

Directions

Combine the corn, peas, beans, onions, celery and radish.

Whisk together the salad dressing and milk or cream. Pour over salad, toss and refrigerate overnight.

Soybean Succotash

Ingredients

4 tablespoons vegetable oil
1 (12 ounce) package frozen
edamame (green soybeans),
thawed
1/2 onion, chopped
1 (10 ounce) can whole kernel
corn, drained
seasoned salt to taste

Directions

Heat oil in a large skillet over medium heat. Add the onion, corn and soy beans, and cook until lightly browned, stirring frequently. Season to taste with seasoned salt.

Rajma (Kidney Bean Curry)

Ingredients

- 2 cups dry red kidney beans
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 (2 inch) piece fresh ginger root, chopped
- 2 tablespoons vegetable oil
- 2 teaspoons ghee (clarified butter)
- 2 dried red chile peppers, broken into pieces
- 1 teaspoon cumin seeds
- 6 whole cloves
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 tomatoes, chopped
- 2 cups water
- 1 teaspoon white sugar
- salt to taste
- 2 teaspoons garam masala
- 1 teaspoon ground red pepper
- 1/4 cup cilantro leaves, chopped

Directions

Place the kidney beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse.

Grind the onion, ginger, and garlic into a paste using a mortar and pestle.

Heat the oil and ghee together in a pressure cooker over medium heat. Fry the red chile peppers, cumin seeds, and whole cloves in the hot oil until the cumin seeds begin to splutter; stir the onion paste into the mixture and cook, stirring frequently, until golden brown. Season with the ground turmeric, ground cumin, and ground coriander; continue cooking for a few more seconds before adding the tomatoes. Cook until the tomatoes are completely tender.

Add the drained kidney beans to the pressure cooker with enough water to cover; pour the 2 cups water additionally to the cooker. Add the sugar and salt. Close the pressure cooker and bring to 15 pounds of pressure; cook about 40 minutes. Lower the heat to low and cook another 10 to 15 minutes. Release the pressure and open the cooker. Stir the garam masala and ground red pepper into the bean mixture; garnish with chopped cilantro to serve.

Chili-Topped Taters

Ingredients

6 large potatoes
2 pounds ground beef
1 medium onion, chopped
1 (16 ounce) can kidney beans,
rinsed and drained
1 (16 ounce) can pork and beans,
undrained
1 (15 ounce) can tomato sauce
2 tablespoons chili powder
1 tablespoon dried parsley flakes
1 teaspoon dried oregano
1/2 teaspoon garlic powder
salt and pepper to taste
3/4 cup shredded Cheddar
cheese

Directions

Scrub and pierce potatoes. Bake at 375* degrees F for 1 hour or until tender. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Add beans, tomato sauce and seasonings; mix well. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. When potatoes are cool enough to handle, cut an X in the top of each with a sharp knife. Fluff pulp with a fork; top with chili and cheese.

Spicy Black Bean Potato Salad

Ingredients

8 medium red potatoes
4 eggs
8 slices bacon
1 (15 ounce) can black beans,
drained and rinsed
3 green onions, diced
3 fresh jalapeno peppers, diced
1/2 green bell pepper, diced
2 1/2 cups mayonnaise
2 tablespoons brown mustard
1 teaspoon Cajun seasoning
salt and pepper to taste

Directions

Place potatoes in a pot with enough water to cover. Bring to a boil, and cook until tender. Drain, dice, and cool.

Place eggs in a pot with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover saucepan, and let eggs stand in hot water for 10 to 12 minutes. Drain, cool, peel and chop.

Place bacon in a skillet over medium-high heat, and cook until evenly brown. Drain, crumble and set aside.

In a large bowl, mix chopped eggs, 1/2 the bacon, black beans, green onions, jalapeno peppers, bell pepper, mayonnaise, mustard, and Cajun seasoning. Gently mix in diced, cooled potatoes. Season with salt and pepper, and sprinkle with remaining bacon. Cover, and refrigerate until ready to serve.

Vegetable Packed Dip

Ingredients

1 (15 ounce) can mixed vegetables, drained
1 (15 ounce) can chickpeas (garbanzo beans), drained
1 cup fat free sour cream
1/3 cup plain yogurt
1/3 cup mayonnaise
1 (1 ounce) package dry onion soup mix
1 teaspoon minced onion
1/4 cup chopped green onions
1/4 cup chopped red bell pepper

Directions

In a medium bowl, mix together the mixed vegetables, chickpeas (garbanzo beans), sour cream, yogurt, mayonnaise, onion soup mix, onion, green onion and red bell pepper. Chill in the refrigerator 1 hour and serve.

Vegetarian Moroccan Stew

Ingredients

1 tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
2 teaspoons ground cumin
1 (4 inch) cinnamon stick
salt and pepper to taste
1 pound butternut squash -
peeled, seeded, and cut into 2-
inch cubes
4 large red potatoes, cut into 2-
inch cubes
2 cups vegetable broth
1 (15 ounce) can garbanzo beans,
drained
1 (14.5 ounce) can canned diced
tomatoes with their juice
1 cup pitted, brine-cured green
olives
1/2 teaspoon lemon zest
1 3/4 cups water
1 (10 ounce) box uncooked
couscous
6 tablespoons plain yogurt
6 tablespoons chopped fresh
cilantro

Directions

Heat olive oil in a large covered saucepan or Dutch oven over medium heat, until oil is hot but not smoking. Drop in the onion, garlic, cumin, cinnamon stick, and salt and pepper. Cook and stir for 5 minutes, until onion is tender and translucent.

Stir in the butternut squash and potato cubes, broth, garbanzo beans, and tomatoes, and bring the mixture to a boil. Reduce heat, cover the pot, and simmer about 20 minutes, stirring occasionally, until the squash and potatoes are tender. Remove the stew from heat, and stir in the olives and lemon zest.

In a large saucepan, bring 1 3/4 cup water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool. Serve stew over cooked couscous. Garnish each serving with a dollop of yogurt and a sprinkle of cilantro leaves.

Pineapple Baked Beans

Ingredients

1 pound ground beef
1 (28 ounce) can baked beans
1 (8 ounce) can pineapple tidbits,
drained
1 (4.5 ounce) jar sliced
mushrooms, drained
1 large onion, chopped
1 large green pepper, chopped
1/2 cup barbecue sauce
2 tablespoons soy sauce
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a skillet, brown beef; drain. Transfer to a 5-qt. slow cooker. Add remaining ingredients and mix well. Cover and cook on low for 4-8 hours or until bubbly. Serve in bowls.

Chickpea Salad with Red Onion and Tomato

Ingredients

19 ounces garbanzo beans,
drained
2 tablespoons red onion, chopped
2 cloves garlic, minced
1 tomato, chopped
1/2 cup chopped parsley
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste

Directions

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning. Serve.

Southwestern Chicken and White Rice

Ingredients

1 tablespoon vegetable oil
1 pound boneless skinless
chicken breasts, cut into 1-inch
chunks
1 large onion, chopped
1 (15.25 ounce) can kidney beans,
drained, rinsed
1 1/2 cups chunky salsa
1 cup frozen, whole kernel corn,
thawed
1/2 cup chicken broth
1 1/2 cups Minute® White Rice,
cooked

Directions

Heat oil in large nonstick skillet on medium-high heat. Add chicken and onion; cook and stir until chicken is cooked through.

Add beans, salsa corn and broth. Bring to boil.

Stir in rice; cover. Remove from heat and let stand for 5 minutes.

Chickpea Salad

Ingredients

1 (15 ounce) can chickpeas
(garbanzo beans), drained
1/2 onion, chopped
1/2 cucumber, sliced
1 small tomato, chopped
1/2 cup red wine vinegar
1/2 cup balsamic vinegar

Directions

In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar. Mix well and serve.

Oven-Baked Beans

Ingredients

2 bacon strips, diced
1 small onion, diced
2 tablespoons brown sugar
2 tablespoons ketchup
1 teaspoon Worcestershire sauce
1/2 teaspoon prepared mustard
1 (15 ounce) can pork and beans

Directions

In a skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. Saute onion in drippings until tender; drain. Stir in the brown sugar, ketchup, Worcestershire sauce and mustard until blended. Stir in pork and beans; heat through.

Transfer to a greased 3-cup baking dish. Bake, uncovered, at 350 degrees F for 40-45 minutes or until bubbly and mixture reaches desired thickness.

Chicken and Black Bean Casserole

Ingredients

2 tablespoons butter
1 medium onion, sliced
2 chicken breasts, cut into 2 inch pieces
1 (16 ounce) can stewed tomatoes, undrained
1 (8 ounce) package black beans, cooked and drained
2 ounces green chile peppers, diced
2 tablespoons chopped fresh cilantro
1 tablespoon ground cumin
1/2 cup uncooked white rice

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat butter in a large skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in chicken; cook until golden on all sides. Pour onions and chicken into a casserole dish. Stir in tomatoes, black beans, chile peppers, cilantro, cumin, and rice.

Bake in preheated oven for 45 minutes.

Savory Green Beans

Ingredients

1 1/2 pounds fresh green beans,
rinsed and trimmed
3 ounces coarsely chopped
pancetta
1 shallot, thinly sliced
salt and black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add the green beans and boil 3 to 4 minutes until just tender. Drain beans and immediately plunge into ice water. Allow to sit in ice water until cold, then drain well, and set aside.

Cook pancetta in a large skillet over medium-high heat until crispy, then set aside. Reduce heat to medium, stir shallots into the pancetta fat, and cook gently until the shallots have turned dark golden brown, about 10 minutes. Place pancetta and green beans in skillet; toss and cook until warmed through, about 2 minutes. Season to taste with salt and pepper before serving.

Red Beans

Ingredients

1 small onion, chopped
1 small green bell pepper,
chopped
2 cloves garlic, chopped
1 tablespoon fresh cilantro leaves
1 teaspoon annatto or achiote
powder
1 tablespoon olive oil
1/2 cup diced ham
1 (16.5 ounce) can red beans,
drained
1 cup peeled and diced potatoes
1/2 cup peeled and diced
pumpkin
1 cup water
1 teaspoon salt

Directions

In a blender or food processor, puree onion, bell pepper, garlic, cilantro, and annatto powder. Set mixture aside.

Heat a large, heavy saucepan over medium heat. Pour in olive oil and saute ham with pureed mixture for 10 minutes, until browned. Mix in beans, potatoes, pumpkin, water, and salt. Reduce heat to low and simmer, stirring occasionally, for approximately 25 minutes, until mixture thickens and potatoes and pumpkin are tender.

Brunswick Stew

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
1 cup water
4 medium potatoes, peeled and cubed
2 medium onions, sliced
1 (15 ounce) can lima beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon pepper
dash cayenne pepper
1 (15.25 ounce) can corn, drained
1 (14.5 ounce) can diced tomatoes, undrained
1/4 cup butter
1/2 cup dry bread crumbs

Directions

In a Dutch oven, slowly bring the chicken and water to a boil. Cover and simmer for 45 to 60 minutes or until chicken is tender, skimming the surface as foam rises.

Remove chicken and set aside until cool enough to handle. Remove and discard skin and bones. Cube chicken and return to broth.

Add the potatoes, onions, beans and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until potatoes are tender. Stir in remaining ingredients. Simmer, uncovered, for 10 minutes or until slightly thickened.

Slow Cooker Chili

Ingredients

1 pound ground beef
1 onion, chopped
2 green bell peppers, chopped
5 (15 ounce) cans kidney beans with liquid
1 (28 ounce) can whole peeled tomatoes, with liquid
1/4 teaspoon chili powder

Directions

In a large skillet over medium high heat, saute the ground beef for 5 to 10 minutes, or until browned. Transfer to a slow cooker. Then add the onion, green bell peppers, beans and tomatoes to the slow cooker. Season with chili powder to taste. Cook on high setting for 4 hours, or until all vegetables are tender.

Spaghetti with a Kick

Ingredients

1 pound spaghetti
1 tablespoon olive oil
1 onion, chopped
1 (16 ounce) jar spaghetti sauce
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can kidney beans
1 cup sweet corn kernels
2 teaspoons ground cumin
1 dash hot pepper sauce
salt to taste
ground black pepper to taste
2 tablespoons grated Parmesan
cheese

Directions

In a large skillet heat cook the onion in the olive oil until tender. Add the spaghetti sauce, black beans, kidney beans, corn, and mix well. Stir in the cumin, red pepper sauce, salt, and ground black pepper. Simmer for 15 to 20 minutes.

Meanwhile, in a large pot with boiling salted water cook spaghetti until al dente. Drain.

Toss pasta with spaghetti sauce. Serve with freshly grated Parmesan cheese.

Garlic Butter Green Beans

Ingredients

1 pound fresh green beans
1 garlic clove, minced
1 tablespoon butter
2 teaspoons lemon juice
1/2 teaspoon sugar
1/8 teaspoon pepper

Directions

Place beans in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 7-9 minutes or until crisp-tender. Meanwhile, in a small nonstick saucepan, cook garlic in butter until tender. Remove from the heat; stir in the lemon juice, sugar and pepper.

Transfer the beans to a serving bowl; add garlic butter and stir to coat.

White Bean and Lamb Soup

Ingredients

1/2 pound dried great Northern beans, sorted and rinsed
1 onion, chopped
3 tablespoons olive oil
3 cloves garlic, chopped
1 1/4 pounds ground lamb
3 carrots, peeled and diced
3 stalks celery, diced
1 1/2 cups canned roma tomatoes, with liquid
1/4 cup chopped fresh parsley
1 teaspoon dried thyme
1/2 teaspoon dried oregano
fresh ground black pepper
salt to taste
6 cups chicken broth
1/2 pound baby spinach leaves
4 ounces feta cheese, crumbled

Directions

Soak the dried beans in water overnight. After soaking, drain off remaining water, and rinse.

In a large stockpot, cook the onion in oil over low heat until just beginning to soften, about 4 minutes. Stir in garlic, and cook for 1 minute. Increase the heat to medium, and add lamb; cook for 3 to 4 minutes. Stir in carrots and celery, and cook for 1 minute. Stir in tomatoes, and season with parsley, thyme, oregano, and with freshly ground pepper and salt to taste. Add beans and broth to the pot. Bring to a boil, boil for 5 minutes, then reduce heat to medium-low. Simmer, covered, for 1 1/2 hours, or until beans are tender.

Rinse spinach, and then place in a saucepan. Place over medium heat, and cook until wilted. This will only take a short time, and you will not need to add more liquid to the pan.

Top each serving of soup with wilted spinach and crumbled feta cheese.

Channa Masala (Chickpea Curry)

Ingredients

2 tomatoes, diced
1 onion, chopped
1 (1 inch) piece fresh ginger,
peeled and roughly chopped
1 tablespoon rice flour
1 tablespoon olive oil
1 teaspoon cumin seeds
2 (15 ounce) cans garbanzo
beans, rinsed and drained
1 teaspoon curry powder
1 teaspoon salt
1 teaspoon chopped fresh cilantro

Directions

Combine the tomatoes, about half the onion, the ginger, and rice flour in a blender; blend into a paste.

Heat the oil and cumin seeds in a large skillet over medium-high heat until the cumin swells and turns golden brown. Cook the remaining onion in the hot oil for about 3 minutes. Stir the blended tomato mixture, garbanzo beans, curry powder, and salt into the onions; cover and cook until hot, about 5 minutes. Garnish with the cilantro to serve.

Spanish Green Beans and Tomatoes

Ingredients

2 tablespoons olive oil
2 cloves garlic, crushed
2 pounds fresh green beans, cut
into 1-inch lengths
3 cups canned diced tomatoes
with their juice
1 tablespoon chopped fresh
chives
3 tablespoons pine nuts
2 tablespoons lemon juice
1 bay leaf
salt and pepper, to taste

Directions

Heat oil in a large saucepan over medium heat. Add garlic; cook and stir until fragrant, about 2 minutes. Reduce heat if garlic begins to brown. Add green beans, then continue to cook and stir until bright green but not quite tender, about 4 minutes.

Mix in tomatoes, lemon juice and pine nuts, and season with chives, bay leaf, salt and pepper. Bring to a boil, stirring often. Reduce heat and simmer gently uncovered for 25 to 30 minutes. Remove and discard bay leaf before serving.

Hawaiian Stew

Ingredients

2 pounds ground beef
2 pounds fresh green beans, cut
into 1 inch pieces
2 large Spanish onions, sliced
2 green bell peppers, chopped
2 large tomatoes, sliced
2 medium heads cabbage,
quartered
soy sauce
1 cup white rice

Directions

In a large stock pot, layer ground beef, green beans, onions, bell peppers, and tomatoes. Finish with a layer of cabbage, then evenly drizzle soy sauce over top. Cover and cook over medium for 1 hour, or until cabbage is tender and meat is well done. Reduce heat as needed to prevent burning.

Meanwhile, rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for 10 minutes, or until all liquid has evaporated. Serve over rice.

Green Beans with Bacon Dressing

Ingredients

6 slices bacon
2 eggs, well beaten
1/3 cup vinegar
1/2 cup water
3 tablespoons white sugar
1/4 teaspoon salt
2 (15 ounce) cans green beans

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside.

In a medium bowl beat together the eggs, vinegar, water, sugar and salt. Cook in the bacon drippings over low heat, stirring constantly.

Heat green beans in a saucepan over medium heat. Drain and transfer to a serving dish. Pour hot dressing mixture over beans and sprinkle crumbled bacon on top.

Rapid Ragu® Chili

Ingredients

1 1/2 pounds lean ground beef
1 medium onion, chopped
2 tablespoons chili powder
1 (19 ounce) can kidney beans,
rinsed and drained
1 (26 ounce) jar Ragu® Old World
Style® Pasta Sauce
1 cup shredded Cheddar cheese

Directions

Brown ground beef with onion and chili powder in 12-inch skillet over medium-high heat, stirring occasionally. Stir in beans and Pasta Sauce.

Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes. Top with cheese. Serve, if desired, over hot cooked rice or with tortilla chips.

Green Bean Casserole II

Ingredients

1 (10.75 ounce) can condensed
cream of mushroom soup
3/4 cup milk
2 (14.5 ounce) cans green beans,
drained
1 1/3 cups French-fried onions
ground black pepper to taste

Directions

In a 1-1/2 quart casserole mix soup, milk, and pepper. Stir in beans and 2/3 cup french fried onions.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until heated through, stir. Top with remaining 2/3 cup of french fried onions. Bake 5 minutes more or until the onions are golden.

Barley and Mushrooms with Beans

Ingredients

1 teaspoon olive oil
3 cups sliced fresh mushrooms
1 cup chopped onion
1/2 cup chopped celery
2 cloves garlic, minced
1/2 cup uncooked barley
3 cups vegetable broth
1 (15.5 ounce) can white beans,
drained

Directions

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Saute until tender.

Mix barley and vegetable broth into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender.

Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.

Super Summer Salsa

Ingredients

2 (10 ounce) cans sweet white corn
1 (14.5 ounce) can black beans
1/2 red onion, chopped
1 red pepper, chopped
1/2 cup sugar
1/2 cup rice wine vinegar
salt to taste

Directions

In a large bowl, stir together corn, beans, onion, red pepper, and sugar. Stir in rice wine vinegar, and season with salt.

Coconut Curried Tofu with Green Beans and

Ingredients

1/2 cup water
1/2 cup coconut milk
1/2 cup uncooked white rice
1/2 teaspoon butter
3 ounces firm tofu, cubed
1 cup fresh green beans, rinsed
and trimmed
1/4 teaspoon curry powder
1/4 cup coconut milk

Directions

Pour water, 1/2 cup coconut milk, and rice into a small saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 20 minutes.

Meanwhile, melt the butter in a skillet over medium-high heat. Add the tofu and cook until golden-brown on all sides, about 5 minutes. When browned, stir in green beans, curry powder, and 1/4 cup of coconut milk. Simmer until the green beans are tender, then serve over rice.

Maple Baked Beans

Ingredients

2 (16 ounce) cans pork and beans
1/2 cup ketchup
1/2 cup maple syrup
1 dash ground cinnamon

Directions

In a large microwave-safe bowl, combine all ingredients. Microwave, uncovered, on high for 15-20 minutes or until mixture reaches desired thickness, stirring every 5 minutes. let stand for 5 minutes before serving.

Colorful Vegetable Bake

Ingredients

3 cups frozen cut green beans,
thawed and drained
2 medium green peppers,
chopped
6 plum tomatoes, seeded and
chopped
2 cups shredded Cheddar cheese
3 cups chopped zucchini
1 cup biscuit/baking mix
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
6 eggs
1 cup milk

Directions

Place beans and peppers in a greased 13-in. x 9-in. x 2-in. baking dish. Top with tomatoes, cheese and zucchini. In a bowl, combine the biscuit mix, salt, cayenne, eggs and milk just until moistened. Pour over the vegetables.

Bake, uncovered, at 350 degrees F for 55-60 minutes or until puffed and a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Chicken Chili II

Ingredients

1 pound skinless, boneless chicken breast meat - finely chopped
4 tablespoons olive oil
1 onion, finely diced
3 cloves garlic, minced
1 red bell pepper, diced
1 yellow bell pepper, chopped
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
5 cups chicken broth
2 (15 ounce) cans cannellini beans
1 (4 ounce) can diced green chiles
1/4 cup cornmeal (optional)
salt and pepper to taste
1/4 teaspoon hot pepper sauce

Directions

In a large stock pot, saute chicken, olive oil, onion, garlic, red bell pepper and yellow bell pepper, until vegetables start to soften.

Add chili powder, cumin and oregano. Cook on medium for 3 minutes. Add chicken broth, beans and green chilies and continue to cook on medium low for 5 to 10 minutes.

If you want to thicken soup, mix cornmeal with a little water to form a paste and add to chili. Season with salt, pepper and hot sauce and serve.

Indian-Style Vegetable Rice

Ingredients

3 tablespoons corn oil
1 onion, finely chopped
1 clove garlic, minced
1/2 cup chopped red bell pepper
3 whole cloves
1 cup long grain rice
4 cups water
1 tablespoon salt, or to taste
1 tablespoon cayenne pepper
1 cup chopped fresh broccoli
1/2 cup corn kernels
1/2 cup fresh green beans, cut into 1 inch pieces
1/2 carrot, chopped
1/4 cup water
1/2 teaspoon ground turmeric
1 1/2 tablespoons ground black pepper
1/4 cup roasted cashews
1/4 cup chopped fresh cilantro

Directions

Heat the corn oil in a large saucepan over medium-high heat. Stir in the onion, garlic, red bell pepper, and whole cloves. Cook and stir until the onion has softened and begun to brown, about 10 minutes. Stir in the rice, and cook for 1 minute, stirring constantly. Add 4 cups of water, salt, and cayenne pepper. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 20 minutes.

Meanwhile, place the broccoli, corn, green beans, carrot, and 1/4 cup water into a microwave-safe bowl. Cover, and cook in the microwave at full power until the vegetables are tender, 2 to 4 minutes depending on the microwave. Once the rice has finished cooking, gently stir the vegetables into the rice along with the turmeric, black pepper, and cashews. Sprinkle with cilantro to serve.

Easy Moravian Cake

Ingredients

2 cups all-purpose flour
4 teaspoons baking powder
1/2 cup shortening
2 cups white sugar
2 eggs
2 cups milk
1/2 cup butter
1/2 cup brown sugar
2 teaspoons ground cinnamon

Directions

In a large bowl, combine flour, baking powder and shortening, and mix until crumbly. Add sugar, eggs, and milk; mix thoroughly.

Divide batter into two 8 inch round or square greased baking pans. Dot the top with 1/2 cup butter broken into pieces the size of lima beans. Sprinkle top with 1/4 cup brown sugar for each cake, sprinkle cinnamon on top.

Bake at 375 degrees F (190 degrees C) for about 30 minutes.

Saucy Chops I

Ingredients

6 pork chops
3 tablespoons all-purpose flour
6 potatoes, peeled and sliced
1 (14.5 ounce) can green beans,
drained
1 (10.75 ounce) can condensed
tomato soup
1/2 (10.75 ounce) can water

Directions

Coat chops with flour. In a large skillet brown chops in oil. Remove from skillet.

Put sliced potatoes in bottom of skillet and add green beans. Place chops on top and cover with tomato soup and water. Simmer, covered on low for 35 minutes or until potatoes are tender.

Pan Fried Green Beans

Ingredients

1 1/2 pounds fresh green beans,
trimmed and snapped
garlic powder to taste
onion powder to taste
salt and pepper to taste
3 tablespoons olive oil

Directions

In a stainless steel pot over medium-high heat, combine green beans, garlic powder, onion powder, salt and pepper. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender.

When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

Pollo a la Crema

Ingredients

4 skinless, boneless chicken breast halves - cut into cubes
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup chicken broth
1 cup heavy cream
2 tablespoons ketchup
6 (6 inch) flour tortillas

Directions

In a large skillet over medium heat, melt butter. Add chicken and cook, stirring frequently until juices run clear. Stir in the flour and ketchup, then whisk in the broth. When sauce begins to thicken, reduce heat and stir in the cream. Simmer covered for about 15 minutes, stirring occasionally.

Spoon the mixture into flour or corn tortillas and serve with rice and beans.

Better Vegetable Stew

Ingredients

1 tablespoon olive oil
2 potatoes, cut into wedges
3 carrots, peeled and cut into large chunks
2 onions, peeled and quartered
1 tablespoon cumin seeds, toasted
1 tablespoon mustard seed, toasted
1/2 teaspoon dried oregano
1 medium head garlic
4 large red bell peppers
4 fresh tomatoes, cored
1 cinnamon stick
1 (29 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans, drained
1 lemon, juiced
salt and pepper to taste
2/3 cup cooked white rice

Directions

Preheat oven to 400 degrees F (200 degrees C).

Cover two baking sheets with aluminum foil, and drizzle with olive oil. Arrange potatoes, carrots and onions on one baking sheet. Drizzle with more olive oil and sprinkle with oregano, cumin and mustard seeds. Place the garlic bulb on the baking sheet. Arrange the peppers and tomatoes on the second baking sheet, and sprinkle with olive oil.

Place both pans in the oven. Cook, stirring the contents occasionally, until the potatoes, carrots and onions are tender and the peppers and tomatoes are black, about 30 to 45 minutes. The bell peppers and tomatoes may take a little longer to cook than the potatoes, carrots, onions, and garlic. Feel free to remove the baking sheet of potatoes earlier than the baking sheet of bell peppers. Reduce the oven's heat to 350 degrees F (175 degrees C).

Transfer the tomatoes and peppers into a medium size mixing bowl with the canned tomatoes and cinnamon stick. Cover the bowl, and let it set for 30 minutes.

Skin and seed the peppers and skin the tomatoes. Chop the peppers and tomatoes and place them into a medium size pot that can be placed in the oven. Squeeze the garlic from skins into the pot and stir in the potato mixture and chickpeas. Season with lemon juice, salt, and black pepper.

Cover the stew, and bake it for 30 minutes.

Fiesta Chicken with Black Bean Salsa

Ingredients

Ingredients for Marinade:

1/3 cup CRISCOB® Canola Oil

1/3 cup water

1/3 cup lime juice

1 (1.25 ounce) package taco seasoning

6 boneless, skinless chicken breast halves

Salsa:

1 cup purchased salsa

1 (15 ounce) can black beans, rinsed and drained

1 cup canned or frozen corn

Optional Garnish:

Sour cream

Shredded Cheddar cheese

Diced avocado

Directions

In a medium mixing bowl, whisk together marinade ingredients. Transfer to a self-sealing plastic bag. Add chicken breasts; marinate 30 minutes in refrigerator.

While chicken is marinating, combine salsa, black beans and corn in a small saucepan. Cook and stir over medium heat, until corn is tender, about 5 minutes.

Remove chicken from marinade; discard marinade. Grill or broil chicken breasts, turning once, about 7 minutes per side or until no longer pink in center.

Place each chicken breast on a plate; top with salsa mixture and garnish with sour cream, cheese, and avocado. Serve immediately.

Raw Hummus

Ingredients

1 1/2 cups dry garbanzo beans
2 tablespoons tahini
1 teaspoon sea salt
2 lemons, juiced
4 cloves garlic, crushed or to taste
1 cup filtered or spring water
1 pinch paprika

Directions

Soak the beans for 24 hours. Drain, and let sit for 2 to 3 days, until the bean's sprouts are about 1/2 inch long. Rinse the beans once or twice a day.

Bring a large pot of water to a boil. Remove from heat, and let stand for 1 minute. Place the sprouted beans in the hot water, and let sit for 1 minute. Drain. If you do not do this step, the hummus will be awful.

Place the sprouted beans into the container of a large food processor. Add the tahini, sea salt, lemon juice, and garlic. Process until smooth, adding water if necessary. It will take 3 to 5 minutes to blend. Let sit in the food processor for 5 minutes to allow the beans to absorb as much of the water as possible. If too thick, add more water, and blend again. Taste and adjust seasonings if needed. Spoon into a serving dish, and garnish with paprika.

Down and Dirty Garlic Chili

Ingredients

1 pound extra lean ground beef
1 tablespoon chili powder
2 tablespoons dried onion flakes
1 teaspoon ground cumin
1 teaspoon paprika
2 cloves garlic, minced
1/4 teaspoon red pepper flakes, or
to taste
1 (14.5 ounce) can diced tomatoes
with garlic and onion
1 (16 ounce) can chili beans,
drained
1 (8 ounce) can tomato sauce
salt and pepper to taste

Directions

Heat a large saucepan or Dutch oven over medium heat. Add ground beef, and cook until evenly browned. Stir occasionally to crumble. Season the beef with chili powder, onion flakes, cumin, paprika, garlic and red pepper flakes, and mix well.

Pour in the tomatoes, chili beans, and tomato sauce. Reduce heat to low, and simmer for at least 30 minutes, or longer for thicker chili. Season to taste with salt and pepper.

Barbeque Seitan and Black Bean Burritos

Ingredients

3 tablespoons olive oil
1 small onion, chopped
5 green onions, chopped
2 cloves garlic, minced
2 habanero peppers, seeded and minced
1 red bell pepper, chopped
1 1/2 (8 ounce) packages seitan
1 (15 ounce) can black beans, rinsed and drained
1 (16 ounce) can diced tomatoes
3 cups cooked white rice
3 tablespoons chopped fresh cilantro
1 (18 ounce) bottle barbecue sauce
10 (10 inch) flour tortillas

Directions

In a large saucepan (wok pans also work well) heat oil over medium-high and saute yellow onion, green onions, garlic, habanero, and bell pepper until onions become translucent. Add seitan and saute another 5 minutes. Add black beans and tomatoes. Heat through.

In a medium size mixing bowl combine heated mixture with cooked rice, cilantro, and 1 cup barbecue sauce.

Lay tortillas on flat surface. Spoon about 3/4 cup of filling onto each tortilla's center. Wrap tortilla so that mixture is captured on the inside .

In a casserole dish pour barbecue sauce to coat the dish's bottom. Place burritos in dish and pour more barbecue sauce on top of them. Bake in a preheated 350 degrees F (175 degrees C) oven for 35 minutes.

Cucumber and Mint Salad

Ingredients

1 cucumber, sliced
1 cup sliced celery
1 (15 ounce) can garbanzo beans,
drained
3 carrots, peeled and shredded
1/4 cup raisins
1 cup chopped fresh mint
2 tablespoons olive oil
3 tablespoons red wine vinegar

Directions

Place the cucumber, celery, garbanzo beans, carrots, raisins, and mint in a large bowl, and toss with the olive oil and red wine vinegar to coat. Serve immediately.

Chili Bean Soup

Ingredients

1 medium onion, chopped
3 garlic cloves, minced
3 tablespoons olive or vegetable oil
4 cups vegetable broth
1 (16 ounce) can kidney beans, rinsed and drained
1 (4 ounce) can chopped green chilies
1/4 cup tomato paste
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 1/2 teaspoons brown sugar
1 1/2 teaspoons lime juice
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon ground cumin

Directions

In a large saucepan, saute onion and garlic in oil until tender. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through.

Super-Duper Chili

Ingredients

1 pound bulk pork sausage
1 pound ground beef
2 (15 ounce) cans spicy chili beans
1 (16 ounce) jar salsa
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 (8 ounce) can tomato sauce
8 ounces process cheese (eg. Velveeta), cubed
1 1/2 teaspoons chili powder
1/2 teaspoon cayenne pepper

Directions

In a soup kettle or Dutch oven, cook the sausage and beef over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through.

Texas Bean Pie

Ingredients

1 (16 ounce) can pinto beans,
drained
3 eggs, beaten
3/4 cup white sugar
2 teaspoons vanilla extract
1 pinch salt
1 (9 inch) unbaked pie shell

Directions

Preheat oven to 350 degrees F (175 degrees C). Place pie shell in a 9 inch pie pan.

In a food processor, puree beans until smooth. In a medium bowl, combine beans, eggs, sugar, vanilla and salt; beat well. Pour mixture into the unbaked pie shell.

Bake for 45 minutes or until knife inserted into center of pie comes out clean. Cool before serving.

Italian Sausage Chili

Ingredients

1 celery rib, chopped
1 small onion, chopped
1/4 cup chopped green pepper
1/4 cup chopped sweet red pepper
1 tablespoon vegetable oil
1 Italian sausage link, casings removed
1 (14.5 ounce) can stewed tomatoes, undrained
1 cup canned kidney beans, rinsed and drained
1 cup water
5 tablespoons tomato paste
2 tablespoons chopped green chilies
3/4 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup shredded Cheddar cheese

Directions

In a small saucepan, saute the celery, onion and sweet peppers in oil until crisp-tender. Crumble the sausage into a skillet; cook over medium heat until meat is no longer pink; drain. Stir in the tomatoes, kidney beans, water, tomato paste, chilies and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 20-30 minutes or until thickened. Sprinkle with cheese.

Amy's Cheesy Green Bean Casserole

Ingredients

2 (15.5 ounce) cans French cut green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 1/2 cups shredded Cheddar cheese
1 tablespoon fresh minced garlic
1 tablespoon garlic and herb seasoning blend
salt and ground black pepper to taste
1 (6 ounce) can French fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.

Mix the green beans with the mushroom soup, Cheddar cheese, garlic, and garlic and herb seasoning blend. Season to taste with salt and pepper. Spoon the bean mixture into the prepared baking dish.

Bake in preheated oven until bubbly, about 30 minutes. Remove from oven, and sprinkle the top with French fried onions. Return to oven, and bake until onions are golden brown, about 5 minutes more.

Hummus I

Ingredients

2 (15 ounce) cans garbanzo beans, drained
1/2 cup roasted tahini
1/4 cup lemon juice
1 teaspoon grated lemon zest, minced
2 cloves garlic
1/4 cup packed flat leaf parsley
1/4 cup chopped green onions
salt to taste
ground black pepper to taste

Directions

Place garbanzo beans, tahini, lemon juice, lemon zest, garlic, parsley, and green onion in the bowl of a food processor. Blend until smooth, adding water if the mixture is too thick. Season to taste with salt and pepper.

Taco Soup IV

Ingredients

2 pounds ground beef
1 onion, chopped
1 (10.75 ounce) can tomato puree
1 (15 ounce) can tomato sauce
1 cup water
1 (15 ounce) can pinto beans,
drained and rinsed
1 (15 ounce) can whole kernel
corn, drained
1 (1.25 ounce) package taco
seasoning mix

Directions

In a medium stock pot brown beef and onion, drain grease if needed.

Add tomatoes, tomato sauce, water, beans, corn and taco seasoning. Bring to boil, reduce heat and simmer for 5 minutes.

Top with cheese, corn chips, sour cream and olives.

Mexican Botana Platter

Ingredients

2 pounds beef skirt steak
2 pounds boneless chicken thighs
2 teaspoons fajita seasoning
2 1/2 teaspoons garlic powder, divided
2 cups refried beans
salt to taste
lemon pepper to taste
4 avocados - peeled, pitted, and mashed
1 cup corn oil
24 corn tortillas
1 medium green bell pepper, chopped
1 medium onion, chopped
1/3 bunch cilantro, chopped
1 (16 ounce) package shredded American cheese
12 ounces sour cream
2 large tomatoes, chopped
4 pickled jalapeno peppers, sliced (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Rub beef and chicken with fajita seasoning and 2 teaspoons garlic powder. Cut beef and chicken into 1-inch strips, and set aside.

In a saucepan, warm refried beans over medium-low heat.

Stir salt, lemon pepper, and 1/2 teaspoon garlic powder into mashed avocados. Set aside.

Heat corn oil in a deep skillet over medium-high heat. Cut tortillas in half, then cut in half again to make 4 triangular pieces per tortilla. Place into the skillet as many tortilla pieces as will fit without overlapping, and fry until crisp; repeat this process until all the tortilla pieces have been fried. Remove crisp tortillas to paper towels. Discard oil, and wipe out skillet.

Return skillet to medium heat, and stir in beef, chicken, bell pepper, and onion. Cook, stirring occasionally, about 7 minutes; then stir in cilantro.

Layer the tortilla pieces along the bottom of a large baking dish. Spread refried beans evenly over tortilla pieces. Sprinkle cheese over beans, then spread meat mixture evenly on top.

Bake in preheated oven until cheese and beans are bubbly, about 20 minutes. Remove from oven, and drop sour cream and guacamole by tablespoonfuls in various places across the top. Sprinkle tomatoes and jalapenos on top.

Easy Cheesy Nachos

Ingredients

1 (14.5 ounce) package tortilla chips
2 (15 ounce) cans chili without beans
1 pound process American cheese, cubed
4 green onions, sliced
1 medium tomato, chopped

Directions

Divide chips between six plates; set aside. In a saucepan, warm chili until heated through. Meanwhile, in another saucepan, heat cheese over medium-low heat until melted, stirring frequently. Spoon chili over chips; drizzle with cheese. Sprinkle with onions and tomato.

Italian White Bean And Pancetta Soup

Ingredients

6 ounces pancetta bacon, finely diced
1/4 cup olive oil
1 cup red onion, chopped
1 cup chopped celery
1 tablespoon chopped fresh sage
1 teaspoon salt
1 teaspoon ground black pepper
6 cups chicken stock
4 (19 ounce) cans cannellini beans, drained and rinsed
2 cups seashell pasta
1 teaspoon salt
2 tablespoons chopped fresh parsley

Directions

In an 8 quart pot, saute pancetta in olive oil until soft. Add onion and celery; saute, stirring, for about 5 minutes. Stir in sage, 1 teaspoon salt, and black pepper. Add chicken stock, cover, and bring to a boil. Add beans to soup, cover, and simmer for 30 minutes.

Cook pasta in 4 quarts boiling water with 1 teaspoon salt until al dente. Drain, and add to soup.

Stir in minced parsley before serving, and sprinkle with grated cheese.

Franks 'N' Beans Supper

Ingredients

2 bacon strips, diced
6 hot dogs, cut into thirds
1 small onion, chopped
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1/2 cup water
1/4 teaspoon dried thyme
1/8 teaspoon pepper
3 cups sliced cooked potatoes
1 cup frozen cut green beans,
thawed

Directions

In a skillet, cook bacon until crisp. Remove with a slotted spoon and set aside; drain, reserving 1 tablespoon drippings. Saute hot dogs and onion in drippings until onion is tender. Combine soup, water, thyme and pepper; add to skillet with potatoes and beans. Mix well; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until heated through. Top with bacon.

Simply-Delicious Tamari Almond Green Beans

Ingredients

1 (16 ounce) package frozen
French-cut green beans
1/3 cup almonds
1/4 cup tamari

Directions

Lightly spray a skillet with cooking spray and set over medium heat. Place the green beans in the skillet; cook and stir until cooked through, about 8 minutes. Add the almonds and tamari. Continue to cook and stir until the green beans are lightly browned.

White Bean Breakfast

Ingredients

1 tablespoon butter
2 eggs
1 tablespoon olive oil
4 cloves garlic, minced
1 teaspoon minced jalapeno pepper, or more to taste
1 (15.5 ounce) can white beans, drained and rinsed
2 tablespoons olive oil
1 teaspoon oregano
1 pinch ground turmeric
2 tablespoons pesto
Kosher salt to taste
2 slices rye bread, toasted
1 wedge lemon
1/4 teaspoon grated Parmesan cheese

Directions

Melt the butter in a large skillet over medium-high heat. Crack eggs into the melted butter and cook to desired firmness, 5 to 7 minutes.

Heat 1 tablespoon olive oil in a separate skillet over medium heat; cook the garlic and jalapeno pepper in the hot oil until fragrant, about 2 minutes. Stir the white beans, 2 tablespoons olive oil, oregano, and turmeric into the garlic mixture; cook and stir until the olive oil is mostly absorbed, about 5 minutes. Stir the pesto into the mixture and remove the skillet from the heat; season with salt. Top each slice of rye toast with about half of the bean mixture. Squeeze the lemon wedge over the beans. Place one of the fried eggs atop each portion and sprinkle with Parmesan cheese to serve.

Garbanzo Bean Tomato Salad

Ingredients

3 tablespoons vegetable oil
1 tablespoon red wine vinegar
1 teaspoon salt, divided
1/4 teaspoon pepper, divided
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
3 medium tomatoes, thinly sliced
1 medium onion, thinly sliced
1 tablespoon minced fresh basil

Directions

In a bowl, combine the oil, vinegar, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add beans; toss to coat. Place tomatoes in a serving bowl. Top with onion. Sprinkle with basil and remaining salt and pepper. Top with bean mixture. Cover and refrigerate for at least 1 hour. Toss just before serving.

Seven Layer Tex Mex Dip

Ingredients

1 (16 ounce) can refried beans
1 cup guacamole
1/4 cup mayonnaise
1 (8 ounce) container sour cream
1 (1 ounce) package taco seasoning mix
2 cups shredded Cheddar cheese
1 tomato, chopped
1/4 cup chopped green onions
1/4 cup black olives, drained

Directions

In a large serving dish, spread the refried beans. Layer the guacamole on top of the beans.

In a medium bowl, mix the mayonnaise, sour cream and taco seasoning mix. Spread over the layer of guacamole.

Sprinkle a layer of Cheddar cheese over the mayonnaise mixture layer. Sprinkle tomato, green onions and black olives over the cheese.

Portuguese Favas

Ingredients

5 tablespoons olive oil
3 large onions, chopped
2 cloves garlic, minced
2 tablespoons red pepper flakes
1/4 cup tomato sauce
2 cups hot water
3 tablespoons chopped fresh parsley
salt to taste
1/2 teaspoon black pepper
2 teaspoons paprika
2 (19 ounce) cans fava beans

Directions

Heat oil in a large saucepan over medium heat. Saute onion and garlic until golden brown. Stir in red pepper flakes, tomato sauce, hot water, parsley, salt, pepper and paprika. Bring to a boil, reduce heat and simmer for 30 minutes.

Gently stir in fava beans. Remove from heat and let stand for several minutes to allow flavors to meld.

Calypso Black Bean Soup

Ingredients

1 tablespoon olive oil
1 sweet onion, minced
1 clove garlic, minced
1 red bell pepper, seeded and diced
2 (15.5 ounce) cans black beans, rinsed and drained
1 mango - peeled, seeded and diced
1 banana, peeled and sliced
1 1/2 teaspoons ground cumin
1/2 teaspoon ground ginger
1 tablespoon hot pepper sauce (e. g. Tabasco, etc.), or to taste
1 (15 ounce) can light coconut milk
2 cups vegetable broth
salt and pepper to taste
1/2 cup sour cream, for garnish
1/2 cup chopped red bell peppers, for garnish

Directions

Place the olive oil in a deep, heavy pot, and heat over medium-high heat. Stir in the onion, garlic, and 1 red pepper; cook until onion is transparent, about 5 minutes. Stir in the black beans. Add the mango, banana, cumin, ginger, and hot pepper sauce; stir and cook until fruit softens. Pour in the coconut milk and vegetable broth. Bring soup mixture to a boil over high heat. Reduce heat to low, and simmer until liquid reduces, about 1 hour. Season to taste with salt and pepper.

Place soup in batches into a blender, and blend until smooth; or use a stick blender to blend in the soup pot. Serve garnished with dollops of sour cream and sprinkled with red bell pepper.

Busy Day Lunch Salad

Ingredients

1 (15 ounce) can garbanzo beans, drained and rinsed
1 tomato, cut into small dice
1/4 red onion, minced
1 canned heart of palm, minced
1/3 cup grated reduced-fat mozzarella cheese
4 sprigs fresh thyme leaves
2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
salt and pepper to taste

Directions

Toss the garbanzo beans, tomato, onion, heart of palm, mozzarella cheese, thyme, olive oil, and lemon juice together in a bowl until evenly mixed. Season with salt and pepper and retoss.

Bean and Pasta Soup

Ingredients

8 ounces pork sausage
1 teaspoon onion powder
2 cloves garlic, minced
1 onion, finely diced
1 (10.75 ounce) can condensed minestrone soup
2 1/2 cups water
1 (14.5 ounce) can great Northern beans, undrained
1 (15 ounce) can kidney beans
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
1 cup uncooked spinach pasta

Directions

In 4 quart stock pot, cook sausage until lightly browned. Add onion powder, garlic, and onion, and cook until tender.

Stir in minestrone soup, water, great northern beans (undrained), kidney beans (undrained), thyme, basil and pepper.

Bring to a boil and then reduce to low, cover, and simmer for 15 minutes.

Stir in pasta and cook another 15 minutes and then serve.

Mustard Beans

Ingredients

3/4 cup butter
4 tablespoons all-purpose flour
2 cups milk
1 tablespoon yellow mustard
1/2 pound processed American cheese, cubed
salt and pepper to taste
4 (14.5 ounce) cans yellow wax beans, drained
1 cup bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt 1/4 cup butter in a medium saucepan over medium heat. Reduce heat to low, and stir in flour to form a thick paste. Gradually blend in milk, stirring constantly, and bring to a low boil for approximately 1 minute. Reduce heat, and stir in mustard, processed American cheese, salt and pepper. Continue stirring until cheese is melted.

Place 1/2 the beans in a medium baking dish. Layer with 1/2 the processed cheese mixture and remaining beans. Top with remaining processed cheese mixture.

Melt remaining butter in a small saucepan, and mix in bread crumbs. Top the bean and processed cheese layers with the bread crumb mixture.

Bake in the preheated oven 30 minutes, until lightly brown.

Mexican Pizza I

Ingredients

1 (16 ounce) can refried beans
1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 tablespoon vegetable oil
4 (6 inch) corn tortillas
8 ounces shredded Cheddar cheese
8 tablespoons sour cream
2 roma (plum) tomatoes, chopped
2 green onion, chopped
1 (4 ounce) can diced green chiles, drained
1/2 avocado, diced
1 tablespoon black olives, sliced

Directions

Heat the refried beans.

In a large skillet, brown the ground beef. Stir in the seasoning packet.

Preheat oven to 350 degrees F (175 degrees C).

Place a small amount of vegetable oil in a large skillet. Let the oil heat, then place one corn tortilla in the skillet. After 15 seconds, flip the tortilla over and let it fry another 15 seconds. Repeat this process with the remaining tortillas, letting them drain on paper towels once they have been heated. When the tortillas have drained, arrange them on a cookie sheet.

Spread a thin layer of beans on the tortillas, followed by a layer of beef, and cheese.

Bake the tortillas in the preheated oven for 20 to 30 minutes. Slice the tortillas into wedges and arrange them on plates or a serving platter and garnish them with the sour cream, tomatoes, green onions, chiles, avocado, and olives.

Southwest Pork and Bean Salad

Ingredients

1 cup cubed cooked pork
1/2 medium red bell pepper,
chopped
3/4 cup frozen corn, thawed
1/2 cup canned kidney beans,
rinsed and drained
1/4 cup chopped green onions
2 tablespoons balsamic vinegar
1 tablespoon water
1 tablespoon olive oil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce
Lettuce Leaves

Directions

In a small bowl, combine the first five ingredients. In another bowl, whisk the vinegar, water, oil, garlic, salt, pepper and hot pepper sauce. Pour over pork mixture and toss to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce-lined plates if desired.

Authentic Louisiana Red Beans and Rice

Ingredients

- 1 pound dry kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound andouille sausage, sliced
- 4 cups water
- 2 cups long grain white rice

Directions

Rinse beans, and then soak in a large pot of water overnight.

In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.

Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Bring to a boil, and then reduce heat to medium-low. Simmer for 2 1/2 hours.

Stir sausage into beans, and continue to simmer for 30 minutes.

Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve beans over steamed white rice.

Yoyo's BBQ Beans

Ingredients

1 pound ground beef
1 sweet onion, chopped
2 cloves garlic, minced
salt and ground black pepper to taste
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 tablespoons dried parsley
1 (28 ounce) can baked beans with pork
1 1/2 tablespoons prepared yellow mustard
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 1/2 cups honey garlic barbecue sauce

Directions

Cook and stir the ground beef in a large skillet over medium-high heat until evenly browned; drain. Combine the onion and garlic in the skillet with the beef, and cook until the onion becomes transparent, 3 to 4 minutes. Stir the salt, pepper, garlic powder, onion powder, and parsley into the beef mixture; cook 1 to 2 minutes.

Stir the canned beans into the beef mixture. Add the mustard, brown sugar, Worcestershire sauce, and barbecue sauce and stir until blended. Taste and season with additional salt and pepper, if desired. Lower heat to medium-low and simmer mixture for 30 minutes to thoroughly combine flavors.

Jamie's Minestrone

Ingredients

3 tablespoons olive oil
3 cloves garlic, chopped
2 onions, chopped
2 cups chopped celery
5 carrots, sliced
2 cups chicken broth
2 cups water
4 cups tomato sauce
1/2 cup red wine (optional)
1 cup canned kidney beans, drained
1 (15 ounce) can green beans
2 cups baby spinach, rinsed
3 zucchinis, quartered and sliced
1 tablespoon chopped fresh oregano
2 tablespoons chopped fresh basil
salt and pepper to taste
1/2 cup seashell pasta
2 tablespoons grated Parmesan cheese for topping
1 tablespoon olive oil

Directions

In a large stock pot, over medium-low heat, heat olive oil and saute garlic for 2 to 3 minutes. Add onion and saute for 4 to 5 minutes. Add celery and carrots, saute for 1 to 2 minutes.

Add chicken broth, water and tomato sauce, bring to boil, stirring frequently. If desired add red wine at this point. Reduce heat to low and add kidney beans, green beans, spinach leaves, zucchini, oregano, basil, salt and pepper. Simmer for 30 to 40 minutes, the longer the better.

Fill a medium saucepan with water and bring to a boil. Add macaroni and cook until tender. Drain water and set aside.

Once pasta is cooked and soup is heated through place 2 tablespoons cooked pasta into individual serving bowls. Ladle soup on top of pasta and sprinkle Parmesan cheese on top. Spray with olive oil and serve.

Garbanzo Stir-Fry

Ingredients

2 tablespoons olive oil
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh basil
1 clove garlic, crushed
ground black pepper to taste
1 (15 ounce) can garbanzo beans, drained and rinsed
1 large zucchini, halved and sliced
1/2 cup sliced mushrooms
1 tablespoon chopped fresh cilantro
1 tomato, chopped

Directions

Heat oil in a large skillet over medium heat. Stir in oregano, basil, garlic, and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook, covered, for 10 minutes, stirring occasionally.

Stir in mushrooms and cilantro, and cook until tender, stirring occasionally. Place the chopped tomato on top of the mixture. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy. Serve immediately.

Italian Lamb Stew

Ingredients

2 tablespoons olive oil
1 1/2 pounds boneless lamb
shoulder, cut into 1-inch cubes
salt and ground black pepper to
taste
5 cloves garlic, sliced thin
1/2 cup red wine
1/2 cup chicken broth
4 cups peeled, chopped tomatoes
1 teaspoon dried oregano
1 bay leaf
4 potatoes, peeled and cut into 1-
inch pieces
2 cups fresh green beans,
trimmed
1 red bell pepper, seeded and cut
into 1-inch pieces
2 small zucchini, sliced
3 tablespoons chopped fresh
parsley

Directions

Heat the olive oil in a Dutch oven or large, heavy-bottomed pot. Season the lamb with salt and pepper; cook in the hot oil until browned, 2 to 3 minutes. Add the garlic; cook and stir 1 minute. Pour the red wine and chicken broth into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pot with a wooden spoon. Reduce the heat to medium-low; add the tomatoes, oregano, and bay leaf to the pot. Simmer gently until the lamb is tender, about 45 minutes.

Raise heat to medium-high. Add the potatoes, green beans, red pepper, and zucchini to the pot. Cook until the vegetables are tender, another 15 to 20 minutes. Sprinkle the parsley over the soup. Remove the bay leaf and season with salt and pepper before serving.

Bratwurst Stew

Ingredients

2 (14.5 ounce) cans chicken broth
4 medium carrots, cut into 3/4 inch chunks
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, chopped
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon garlic powder
3 cups chopped cabbage
2 (15.5 ounce) cans great northern beans, rinsed and drained
5 fully cooked bratwurst links, cut into 3/4 inch slices

Directions

In a large saucepan, combine the broth, carrots, celery, onion and seasonings. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add the cabbage; cover and cook for 10 minutes. Stir in beans and bratwurst; heat through.

Microwave Classic Chili

Ingredients

1 pound ground beef
1 medium onion, finely chopped
2 (14.5 ounce) cans stewed tomatoes
2 teaspoons chili powder
1 1/2 teaspoons prepared mustard
1 (16 ounce) can kidney beans, rinsed and drained
salt and pepper to taste

Directions

Crumble the beef into a 2-qt. microwave-safe bowl. Add onion; mix well. Cover and microwave on high for 5 minutes or until meat is no longer pink; drain. Stir in the tomatoes, chili powder and mustard; mix well. Cover and microwave on high for 10 minutes. Add beans and mix well. Cover and microwave on high for 3 minutes longer. Add salt and pepper.

Arugula Salad with Cannellini Beans

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes
3 tablespoons white wine
1 teaspoon dried sage
1 teaspoon dried thyme
1 (15 ounce) can cannellini beans,
drained and rinsed
2 tablespoons chopped fresh basil
salt and pepper to taste
3 cups arugula
1/4 cup shaved Parmesan cheese
(optional)

Directions

Heat the olive oil in a large skillet over medium heat; cook the garlic in the hot oil about 1 minute. Add the tomatoes, wine, sage, and thyme; increase the heat to medium-high and simmer 2 to 3 minutes. Stir in the cannellini beans and basil. Season with salt and pepper. Continue cooking until beans are heated through, 3 to 4 minutes.

Arrange the arugula on a serving platter. Spoon the bean mixture over the arugula. Top with the shaved Parmesan cheese if desired.

Venison and Beans

Ingredients

1 1/2 pounds ground venison
1 medium onion, chopped
1 (16 ounce) can pork and beans, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 cup ketchup
1/3 cup packed brown sugar
6 bacon strips, cooked and crumbled
2 tablespoons white vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon ground mustard

Directions

In a large skillet, cook venison and onion over medium heat until meat is no longer pink; drain. Stir in remaining ingredients. Transfer to a 2-qt. baking dish. Cover and bake at 350 degrees F for 35-40 minutes or until heated through.

Cheesy Green Bean Dish

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
3 tablespoons all-purpose flour
1 cup milk
1 cup shredded mozzarella cheese
1/2 cup cottage cheese
1 teaspoon white sugar
1 teaspoon salt
2 (9 ounce) packages frozen green beans, thawed
2 cups seasoned bread crumbs
1 egg, beaten

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a medium saucepan over medium heat, saute onion until translucent. Stir in flour, milk, mozzarella cheese, cottage cheese, sugar and salt; cook, stirring, until thickened.

Place green beans in a 9x13 inch baking dish; pour cheese sauce over green beans.

In a small bowl combine bread crumbs and egg. Spread over green beans.

Bake in preheated oven for 40 minutes.

Spicy Vegan Potato Curry

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Real Hummus

Ingredients

1 clove garlic
1 (19 ounce) can garbanzo beans,
half the liquid reserved
4 tablespoons lemon juice
2 tablespoons tahini
1 clove garlic, chopped
1 teaspoon salt
black pepper to taste
2 tablespoons olive oil

Directions

In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed.

Transfer the mixture to a medium serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.

Bean Burgers

Ingredients

1 pound dried great Northern beans, soaked overnight
2 large onions, chopped
2 tablespoons vegetable oil
1 teaspoon garlic powder
1 tablespoon vegetarian Worcestershire sauce
1/2 teaspoon liquid smoke flavoring
1/2 teaspoon pepper sauce (such as Frank's Red Hot®)
2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 (16 ounce) package herb seasoned stuffing mix
6 eggs
3/4 cup whole wheat flour, or as needed
3/4 cup cornmeal
1/2 cup vegetable oil for frying

Directions

Place the soaked beans in a large pot, and add enough water to cover. Bring to a boil, and cook for about 1 1/2 hours, until tender. Pour into a colander and let stand for a while so they drain very well.

Heat 1 tablespoon of oil in a large skillet over medium heat. Add onions, and fry until nicely browned, stirring constantly. Remove from heat and set aside. Meanwhile, mix together the eggs and seasoned stuffing mix, and let stand 10 minutes to soften.

Use a food processor to puree the beans in batches, and transfer to a mixing bowl. Puree the onions, and then the stuffing mixture, and stir them into the beans. Season with garlic powder, Worcestershire sauce, hot pepper sauce, salt and pepper. Mix until well blended. Stir in whole wheat flour a little at a time until the mixture is stiff enough to form patties.

Spread the cornmeal out on a small plate. Grab a handful of the bean mixture, and pack lightly into a ball. Press into the cornmeal to form a pattie. Gently turn the pattie over, and coat the other side. Repeat with remaining bean mixture.

Heat 1/2 cup of oil in a large heavy skillet over medium heat. Fry patties until browned on both sides. Remove to paper towels to drain. Serve in pitas, or on hamburger buns.

Mandy's Lamb Enchiladas

Ingredients

2 pounds ground lamb
1 onion, chopped
1 (14.5 ounce) can diced tomatoes, drained
1 (15.25 ounce) can red kidney beans, drained
1 (8 ounce) package sliced fresh mushrooms
1 (8 ounce) jar salsa
12 (8 inch) flour tortillas
2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute lamb and onion in a large skillet over medium high heat for 4 to 5 minutes; when lightly browned, stir in tomatoes, beans and mushrooms. Add 1/2 of the salsa and cook all together until heated through.

Spoon mixture onto tortillas, dividing evenly; roll up tortillas and place in a lightly greased 9x13 inch baking dish. Spread remaining salsa over the top and sprinkle with cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes, or until cheese is melted and bubbly.

Homemade Vegetable Soup

Ingredients

2 cups chopped baby carrots
2 baking potatoes, cut into cubes
1 small sweet onion, chopped
2 stalks celery, chopped
1 (14 ounce) can great Northern beans, rinsed and drained
1/2 small head cabbage, chopped
1 (14 ounce) can diced tomatoes
2 cups cut fresh green beans (1/2 inch pieces)
1 (32 ounce) carton chicken broth
2 (14 ounce) cans vegetable stock
2 cups water
1 1/2 teaspoons dried basil
1 pinch rubbed sage
1 pinch dried thyme leaves
salt to taste

Directions

Combine the baby carrots, potatoes, onion, celery, beans, cabbage, tomatoes, green beans, chicken broth, vegetable stock, water, basil, sage, thyme, and salt in a large pot; bring to a boil. Reduce heat to low; cover. Simmer until vegetables are tender, about 90 minutes.

Stovetop Bratwurst Dinner

Ingredients

1 1/2 cups milk
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 pound fully cooked bratwurst links, cut into 1/2-inch pieces
2 cups frozen cut green beans
4 ounces processed cheese food (eg. Velveeta), cubed
6 cups hot cooked noodles

Directions

In a large saucepan, combine the milk and soup until blended. Add bratwurst and beans. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until heated through. Stir in cheese until melted. Serve over noodles.

Green Beans and Potatoes

Ingredients

3 cups thinly sliced potatoes
2 cups frozen green beans
1/2 teaspoon dried thyme
1/4 teaspoon ground black pepper
1 teaspoon vegetarian Worcestershire sauce
1 cup vegetable broth, divided
1 teaspoon cornstarch
1/4 cup chopped fresh parsley

Directions

In a large skillet over medium-high heat combine potatoes, green beans, thyme, pepper, Worcestershire sauce and 3/4 cup of broth. Bring to a boil; reduce heat to medium-low, cover and simmer 15 to 20 minutes or until vegetables are tender.

In a small bowl blend remaining broth and cornstarch. Stir in parsley; add to potato mixture. Cook, stirring, until bubbly and thickened.

Jessica's Real Green Bean Casserole

Ingredients

1 egg
1 teaspoon white sugar
1/2 cup all-purpose flour
ground black pepper to taste
1 1/4 cups vegetable oil for deep-frying
1 small onion, sliced and separated into rings

2 (14.5 ounce) cans French cut green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/4 cup milk
1/2 cup shredded sharp Cheddar cheese
1 pinch paprika, for garnish (optional)
ground black pepper to taste

Directions

Whisk the egg with a fork in a small bowl. In a separate bowl, stir together the flour and pepper. Heat the oil in a heavy skillet or deep fryer to 375 degrees F (190 degrees C). Dip each onion ring into the egg and then coat with flour. Add them to the hot oil a few at a time. Fry until golden brown, turning once if needed, it should take about 3 minutes. Set them onto a paper towel-lined plate to drain and cool. Chop into 1/2 inch pieces.

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the green beans, cream of mushroom soup, and milk. Stir in about half of the onions. Transfer to a casserole dish.

Bake in the preheated oven until heated through and bubbly, about 25 minutes. Remove from the oven and sprinkle the cheese and remaining onions on top. Bake until browned on the top, about 10 more minutes. Remove from the oven and garnish with a sprinkle of paprika and black pepper.

Beef Burger Pie with Cheese Puff

Ingredients

2 tablespoons shortening
2 tablespoons chopped onion
1 pound ground beef
1 teaspoon salt
1/8 teaspoon ground black pepper
3 tablespoons all-purpose flour
1 (16 ounce) can diced tomatoes with juice
1/2 teaspoon Worcestershire sauce
1 (15 ounce) can carrots, drained
1 (15 ounce) can cut green beans, drained

1 cup sifted all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon mustard powder
1/2 teaspoon salt
2 tablespoons shortening
1/4 cup shredded sharp Cheddar cheese
1/2 cup milk

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons of shortening in a large skillet over medium-high heat. Add the onion and ground beef to the pan, and cook until onion is tender and beef is browned, stirring frequently and crumbling beef. Drain fat. Season with 1 teaspoon of salt and pepper, then sprinkle 3 tablespoons of flour over the top. Pour in the tomatoes and Worcestershire sauce, and stir to blend everything. Cook for a few minutes, until slightly thickened. Stir in the carrots and green beans, then transfer to a 2 quart casserole dish.

In a medium bowl, stir together 1 cup of flour, baking powder, mustard powder and 1/2 teaspoon of salt. Cut in 2 tablespoons of shortening until only small lumps remain, then stir in the cheese and milk to make a thick batter. Spoon over the top of the casserole, and spread evenly.

Bake for 25 to 30 minutes in the preheated oven, until the top of the puff is golden brown.

Red Bean Vegetable Soup

Ingredients

3 large sweet red peppers
3 celery ribs, chopped
2 medium onions, chopped
4 (16 ounce) cans red kidney beans, rinsed and drained
4 cups chicken broth
2 bay leaves
1/2 teaspoon salt
1/2 teaspoon Cajun seasoning
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce

Directions

In a 5-qt. slow cooker, combine the peppers, celery, onions and beans. Stir in the remaining ingredients. Cover and cook on low for 6 hours or until vegetables are tender. Discard bay leaves before serving.

Honey Bean Salad

Ingredients

2 (15 ounce) cans kidney beans
1 tablespoon honey
2 tablespoons apple cider vinegar
1/2 teaspoon ground black pepper
1 teaspoon dried basil
1 teaspoon dried sage
2 cloves garlic, minced
1/8 teaspoon hot pepper sauce (such as Tabasco®), or to taste
2 tablespoons olive oil, or to taste

Directions

Pour the beans into a mixing bowl, and stir with honey, vinegar, black pepper, basil, sage, garlic, hot pepper sauce, and olive oil. Stir until evenly coated, serve, and enjoy!

Creme Brulee IV

Ingredients

3 cups heavy cream
2 vanilla beans
8 egg yolks
1/2 cup white sugar
1 tablespoon white sugar

Directions

In a medium heavy-bottomed pan, heat cream with vanilla beans until bubbles begin to form at edges. Remove from heat and let stand 30 minutes.

Beat egg yolks with sugar until pale and thick. Remove vanilla beans from cream and pour into egg yolk mixture. Cook, without boiling, over low heat until mixture thickens and coats the back of a metal spoon. Remove from heat and divide evenly among 6 large ramekins or custard cups. Cover and refrigerate 3 hours, until set.

Prior to serving, sprinkle remaining sugar evenly over custards and brown with a kitchen torch or under the oven broiler. Refrigerate until serving.

Venison Tequila Chili

Ingredients

2 tablespoons vegetable oil
3 pounds ground venison
2 stalks celery, diced
3 cups chopped white onion
1/2 teaspoon dried red pepper flakes
1 tablespoon garlic powder
1/4 cup chili powder
2 (28 ounce) cans diced tomatoes
1 (16 ounce) can tomato sauce
1/2 cup gold tequila
1/2 cup orange juice
2 (15 ounce) cans chili beans in sauce

Directions

Heat the oil in a large pot over medium-high heat. Add the ground venison and cook, stirring to crumble, until no longer pink. Mix in the celery and onion; cook and stir until tender. Season with red pepper flakes, garlic powder and chili powder. Cook and stir for a minute to intensify the flavors.

Pour in the tomatoes, tomato sauce, tequila and orange juice; simmer over low heat, uncovered, for 2 hours. After 2 hours, mix the beans into the chili and simmer for another 30 minutes.

Cuban Beans and Rice

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 green bell pepper, chopped
2 cloves garlic, minced
1 teaspoon salt
4 tablespoons tomato paste
1 (15.25 ounce) can kidney beans,
drained with liquid reserved
1 cup uncooked white rice

Directions

Heat oil in a large saucepan over medium heat. Saute onion, bell pepper and garlic. When onion is translucent add salt and tomato paste. Reduce heat to low and cook 2 minutes. Stir in the beans and rice.

Pour the liquid from the beans into a large measuring cup and add enough water to reach a volume of 2 1/2 cups; pour into beans. Cover and cook on low for 45 to 50 minutes, or until liquid is absorbed and rice is cooked.

Barbecued Baked Beans

Ingredients

1/2 cup finely chopped onion
2 garlic cloves, minced
2 teaspoons canola oil
4 (15 ounce) cans pork and beans
3/4 cup barbecue sauce
1/4 cup packed brown sugar
2 tablespoons lemon juice
2 tablespoons balsamic or cider vinegar
2 tablespoons chili powder
2 tablespoons finely chopped jalapeno pepper*
1/2 teaspoon cayenne pepper
1/8 teaspoon liquid smoke

Directions

In a Dutch oven, saute onion and garlic in oil until tender. Stir in the remaining ingredients. Bake, uncovered, at 325 degrees F for 1-1/2 to 2 hours or until thickened and bubbly.

Black Bean and Rice Enchiladas

Ingredients

- 1 green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes and green chilies
- 1/4 cup picante sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes
- 2 cups cooked brown rice
- 8 (6 inch) flour tortillas, warmed
- 1 cup salsa
- 1 cup reduced fat shredded Cheddar cheese
- 3 tablespoons chopped fresh cilantro leaves

Directions

In a large nonstick skillet, saute the green pepper, onion and garlic in oil until tender. Add the beans, tomatoes, picante sauce, chili powder, cumin and red pepper flakes; bring to a boil. Reduce heat; simmer, uncovered, until heated through and mixture thickens. Add rice; cook 5 minutes longer or until heated through.

Spoon a rounded 1/2 cup down the center of each tortilla. Fold sides over filling and roll up. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon salsa over each tortilla. Cover and bake at 350 degrees F for 25 minutes. Uncover; sprinkle with cheese and cilantro. Bake 2-3 minutes longer or until cheese is melted.

Pasta Fagioli

Ingredients

2 stalks celery, chopped
1 onion, chopped
3 cloves garlic, minced
2 teaspoons dried parsley
1 teaspoon Italian seasoning
1/4 teaspoon crushed red pepper flakes
salt to taste
1 (14.5 ounce) can chicken broth
2 medium tomatoes, peeled and chopped
1 (8 ounce) can tomato sauce
1/2 cup uncooked spinach pasta
1 (15 ounce) can cannellini beans, with liquid

Directions

In a large saucepan over medium heat, cook celery, onion, garlic, parsley, Italian seasoning, red pepper and salt until onion is translucent. Stir in chicken broth, tomatoes and tomato sauce, and simmer on low for 15 to 20 minutes.

Add pasta and cook 10 minutes, until pasta is tender.

Add undrained beans and mix well. Heat through. Serve with grated Parmesan cheese sprinkled on top.

Connie's Quick Stew

Ingredients

1 1/2 pounds lean ground beef
salt and pepper to taste
3 (10.75 ounce) cans condensed
tomato soup
1 pound baby carrots, chopped
3 potatoes, diced
16 ounces frozen green beans
(optional)

Directions

In a 6 quart stock pot, over medium heat, brown ground beef and season with salt and pepper.

Add tomato soup, water (fill pot 2/3 full), carrots and potatoes. If desired add green beans and then bring soup to a boil and simmer for 15 to 20 minutes, or until vegetables are tender.

Southwestern Quinoa Salad

Ingredients

- 1 cup quinoa
- 1 tablespoon butter
- 2 cups chicken broth
- 1/2 cup diced green bell pepper
- 1/2 cup diced red onion
- 1 cup corn
- 1 (15 ounce) can black beans, drained
- 1/4 cup chopped cilantro
- 1 large tomato, diced
- 1/2 cup fresh lime juice, or to taste
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon adobo seasoning
- 1/2 cup feta cheese
- salt and black pepper to taste

Directions

Rinse the quinoa thoroughly under cold water, and drain. Melt butter in a large saucepan over medium heat, and cook and stir the quinoa until the water has evaporated and the quinoa is lightly toasted, about 3 minutes. Pour in the chicken broth, bring to a boil, reduce heat to low, and simmer until the quinoa has absorbed all the broth, about 10 minutes. Cool quinoa in refrigerator at least 10 minutes.

Mix together green pepper, red onion, corn, black beans, cilantro, tomato, lime juice, red wine vinegar, olive oil, adobo seasoning, and feta cheese in a large salad bowl. Lightly stir in the quinoa, and season with salt, pepper, and additional lime juice to taste, if desired. Chill the salad at least 30 minutes before serving; serve cold.

One Pot Pinto Beans

Ingredients

6 1/4 cups water
1 cup condensed chicken broth
2 pounds dried pinto beans
5 cloves garlic, chopped
1/2 red onion, chopped
5 tablespoons salt, or to taste
2 tablespoons ground black pepper, or to taste
1 tablespoon red pepper flakes, or to taste
1 (8 ounce) package shredded mozzarella cheese (optional)
1 (16 ounce) container pico de gallo (optional)

Directions

Combine water, condensed chicken broth, beans, garlic, onion, salt, pepper, and crushed red pepper flakes into a large saucepan. Bring to a simmer; cover. Cook, stirring occasionally, until beans are soft, about 3 1/2 hours. You may need to add additional water to keep the beans from drying out.

Mash cooked beans with a potato masher to desired consistency. Stir in mozzarella and pico de gallo before serving.

Ingredients

1 (8 ounce) package seashell pasta
 1 onion, chopped
 1 pound ground beef
 1 (16 ounce) can chili without beans
 1 (10.75 ounce) can condensed cream of mushroom soup
 1 cup evaporated milk
 1 (4 ounce) can sliced mushrooms
 1 (4 ounce) can sliced black olives, drained
 1/2 cup chopped pimento peppers (optional)
 1 pound shredded Cheddar cheese, divided

Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente.

In a large skillet over medium heat, cook ground beef and onion until beef is no longer pink. Drain grease, and stir in the chili, cream of mushroom soup, evaporated milk, mushrooms and black olives. Mix in 3/4 of the Cheddar cheese and the cooked shell pasta. Transfer the mixture to a 9x13 inch baking dish, and sprinkle remaining cheese over the top.

Bake for 1 hour in the preheated oven, or until the top is browned and bubbly.

Frijoles III

Ingredients

1 pound dried pinto beans,
washed
1 white onion, chopped
1/2 bunch fresh cilantro, chopped
1 fresh jalapeno pepper, chopped
3 cloves garlic, minced
2 tablespoons lard
water to cover
salt to taste

Directions

Place beans in a large pot with onion, cilantro, jalapeno pepper, garlic, and lard; add enough water to cover with 4 to 5 inches of water. Bring to a boil, reduce heat, and cook for 2 to 3 hours. Depending on the beans, it may take up to 5 hours. Add more water if necessary.

When beans are soft, season to taste with salt.

Quick and Spicy Chili

Ingredients

2 pounds lean ground beef
2 (15 ounce) cans kidney beans, drained and rinsed
1 (11 ounce) can whole kernel corn, drained
1 (15 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 cups water
2 jalapeno peppers
1 habanero pepper (optional)
1/2 red onion
2 large cloves garlic
3 tablespoons masa harina flour
1 tablespoon ground cayenne pepper
4 tablespoons chili powder
1 1/2 teaspoons salt
1 teaspoon ground black pepper
2 teaspoons white sugar (optional)

Directions

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease.

In a large pot, mix the beans, corn, tomato sauce, tomato paste, and water. Bring to a boil, and reduce heat to low. In a food processor, finely chop the jalapenos, habanero, onion, and garlic. Mix into the pot. Mix in the cooked beef. Stir in masa flour. Season with cayenne pepper, chili powder, salt, black pepper, and sugar. Cook 45 minutes to 1 hour, stirring occasionally.

Enchilada Casserole

Ingredients

1 (15 ounce) can black beans, rinsed and drained
2 cloves garlic, minced
1 onion, chopped
1 (4 ounce) can diced green chile peppers
1 jalapeno pepper, seeded and minced
1 (8 ounce) package tempeh, crumbled
6 (6 inch) corn tortillas
1 (19 ounce) can enchilada sauce
1 (6 ounce) can sliced black olives
8 ounces shredded Cheddar cheese

Directions

Preheat oven to 350 degrees (175 degrees C). Lightly oil a 9x13 inch baking dish.

In a medium bowl, combine the beans, garlic, onion, chile peppers, jalapeno pepper, and tempeh. Pour enchilada sauce into a shallow bowl.

Dip three tortillas in the enchilada sauce, and place them in the prepared baking dish. Be sure to cover the bottom of the dish as completely as possible. Place 1/2 of the bean mixture on top of the tortillas, and repeat. Drizzle the remaining sauce over the casserole, and sprinkle with olives and shredded cheese.

Cover, and bake for 30 minutes. Uncover, and continue baking for an additional 15 minutes, or until the casserole is bubbling and the cheese is melted.

Red Beans and Rice Mix

Ingredients

1 bay leaf
1 tablespoon dried sweet red pepper flakes
1 tablespoon dried minced onion
2 teaspoons seasoned salt
1 teaspoon ground cumin
1 teaspoon sugar
1/2 teaspoon celery seed
1/2 teaspoon dried minced garlic
1/4 teaspoon cayenne pepper
1/4 teaspoon crushed red pepper flakes
2 cups dry kidney beans
1 cup uncooked long grain rice
ADDITIONAL INGREDIENTS:
4 1/2 cups water, divided
1 1/2 pounds smoked ham hocks
1 pound smoked sausage, sliced
1/2 teaspoon salt
Minced fresh parsley

Directions

Combine the first 10 ingredients; place in an airtight container. Place beans and rice in separate containers. Yield: 1 batch. To prepare red beans and rice: Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain. Return beans to pan; add seasoning mix, 2-1/2 cups water and ham hocks. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours. Remove ham hocks; cut meat into bite-size pieces and return to pan. Add the sausage. Cover and simmer for 30-40 minutes or until beans are tender and sausage is heated through. Remove bay leaf. Meanwhile, combine rice, salt and remaining water in a saucepan. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until liquid is absorbed. Remove from the heat; let stand for 5 minutes. Spoon into bowls; top with bean mixture. Garnish with parsley if desired.

Chaat - Dahi Batata Puri

Ingredients

1/2 cup garbanzo beans
2 cups plain yogurt
1 teaspoon grated fresh ginger
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander seed
1/4 teaspoon rock salt
1/4 teaspoon ground black pepper
salt to taste
1 large potato - peeled, boiled and mashed
32 thin wheat crackers
1/4 cup green chutney
1/4 cup sweet and sour chutney
1/2 cup red onion, minced
1/2 cup chopped fresh cilantro
1/2 cup crushed potato chips

Directions

Boil the garbanzo beans in water for about 30 minutes or until tender when pierced with a fork; drain well.

Beat the yogurt together with the following: fresh grated ginger, chili powder, cumin powder, coriander powder, rock salt or black salt, black pepper and salt.

Season the mashed potato with salt.

Break each puri gently with a fork to create a tiny opening on the top. Arrange the puris in 4 plates, 8 in each plate. Or, if using wheat crackers arrange them on a platter or plates. Place the potatoes on top of each cracker. Place about 1 tablespoon of potato in each puri or on each cracker. Place a few garbanzo beans on top of the potato. Spoon the spiced yogurt on top. Spoon green chutney and sweet and sour chutney on top of it. Garnish with the chopped onion, cilantro, and sev on top. Serving tip: I like to set up a number of small bowls with each of the above condiments, so that each person can add whatever they want to, according to their taste and preferences.

Pork Chops and Beans

Ingredients

4 (1/2-inch thick) pork loin chops
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon vegetable oil
2 medium onions, chopped
2 garlic cloves, minced
1/4 cup chili sauce
1 1/2 teaspoons brown sugar
1 teaspoon prepared mustard
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can lima beans,
drained and rinsed

Directions

Sprinkle pork chops with salt if desired and pepper. In a skillet, brown chops in oil; transfer chops to a slow cooker. Reserve 1 tablespoon drippings in the skillet; saute onions and garlic until tender. Stir in chili sauce, brown sugar and mustard. Pour over chops. Cover and cook on low for 7-8 hours. Stir in beans. Cover and cook 1 to 1-1/2 hours longer or until meat juices run clear and beans are heated through.

Santa Fe Chicken

Ingredients

1 1/2 cups instant white rice,
uncooked
1 (19 ounce) can black beans,
rinsed
1 yellow pepper, chopped
1 (10 ounce) can condensed
cream of chicken soup
1 (10 ounce) can water
1/4 cup chopped cilantro
4 small boneless skinless chicken
breasts
1/2 cup salsa
1 cup KRAFT Tex Mex Shredded
Cheese

Directions

Heat oven to 400 degrees F.

Combine rice, beans and peppers in 13x9-inch baking dish. Mix soup, water and cilantro; pour over rice mixture.

Top with chicken and salsa.

Bake 35 minutes or until chicken is done (170 degree F). Top with cheese; bake 10 minutes or until melted.

Mexican Steak Torta

Ingredients

1 pound sirloin steak
1 tablespoon garlic salt
1 teaspoon ground black pepper
1 teaspoon ground cumin
ground cayenne pepper to taste

4 kaiser rolls, split
1/4 cup mayonnaise
1/2 cup refried beans
1 large avocado, thinly sliced
1 large tomato, sliced
2 cups shredded lettuce
crumbled cotija cheese (optional)

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Season steak with garlic salt, black pepper, cumin, and cayenne pepper.

Grill steak on the preheated grill until medium-rare, about 5 minutes per side. Remove from heat to a cutting board and cover with foil.

Set a large skillet over medium-high heat. Spread both halves of each roll with mayonnaise. Brown the rolls, mayonnaise-side down until golden, about 3 minutes. Warm the refried bean in a bowl in the microwave, about 1 minute on High, and slice the sirloin steak into thin strips.

Spread a thin layer of beans on the bottom half of each roll, layer with steak, avocado, tomato, and lettuce. Top with cheese, if desired, and close the sandwich with the top of the roll.

Ingredients

3 1/2 ounces green mung beans
1 cup water
1/2 cup white sugar
2 cups glutinous rice flour
2 tablespoons white sugar
1/8 teaspoon salt
1/4 cup water
1 quart cooking oil

Directions

Combine the mung beans and 1 cup water in a pot and bring to a boil; boil over medium heat until the beans are very tender, about 30 minutes. Mash the beans thoroughly. Stir 1/2 cup sugar into the mashed beans; set aside.

Mix the glutinous rice flour, 2 tablespoons sugar, salt, and 1/4 cup water together in a large bowl; knead together just enough to form a ball. Divide the ball into small pieces and roll into balls. Flatten each ball of dough, and spoon 1 tablespoon of the mashed bean mixture into the middle of the dough. Wrap the dough around the bean mixture and pinch the edges together to seal. Repeat until all the dough and paste is used.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry the balls in batches in the hot oil until golden brown, 5 to 10 minutes per batch. Serve hot.

Chili Soup

Ingredients

3 pounds ground beef
1 1/2 cups chopped onion
2 potatoes, cubed
4 (15 ounce) cans kidney beans
4 (10.75 ounce) cans condensed tomato soup
8 cups tomato juice
3 teaspoons chili powder
8 cups water
salt to taste

Directions

In a large pot over medium heat, combine the ground beef and onions. Saute for 5 minutes, or until meat is browned. Drain excess fat and add the potatoes, beans, tomato soup, tomato juice, chili powder, water and salt to taste. Bring just to a boil and reduce heat to low. Simmer for 1 hour and serve.

Killer Chili

Ingredients

1 (1 pound) package bacon
3 pounds ground beef
4 cloves garlic, minced
2 cups red wine
3 (28 ounce) cans diced tomatoes
2 (14 ounce) cans tomato sauce
2 teaspoons vegetable oil
3 green bell peppers, chopped
4 stalks celery, chopped
2 onions, chopped
2 (19 ounce) cans kidney beans, rinsed and drained
2 (19 ounce) cans white beans, rinsed and drained
1 (19 ounce) can black beans, rinsed and drained
6 tablespoons chili powder
1/4 cup brown sugar
1/4 cup ground cumin
3 tablespoons paprika
2 tablespoons Italian seasoning
2 tablespoons distilled white vinegar
2 tablespoons dried basil
2 tablespoons dried minced onion
3 tablespoons dried parsley
2 tablespoons crushed red pepper flakes
4 teaspoons dried oregano
12 dashes hot pepper sauce (such as Tabasco®)
salt and ground black pepper to taste (optional)

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble and set aside.

Heat a large stock pot over medium-high heat and cook and stir the ground beef until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the bacon and minced garlic. Reduce heat to medium-low and stir in the red wine, diced tomatoes, and tomato sauce.

Heat the vegetable oil in a skillet over medium heat. Stir in the green bell peppers, celery, and chopped onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir onion mixture into the stock pot. Increase the heat to medium-high and bring to a near boil. Mix in the kidney beans, white beans, and black beans. Season with chili powder, brown sugar, cumin, paprika, Italian seasoning, vinegar, basil, dried minced onion, parsley, red pepper flakes, oregano, hot pepper sauce, salt, and pepper. Reduce heat to medium-low and simmer for 1 hour 30 minutes, stirring often.

Pork and Bean Bread

Ingredients

- 1 (15 ounce) can pork and beans
- 4 eggs
- 3 cups all-purpose flour
- 2 cups white sugar
- 1 cup vegetable oil
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup chopped walnuts

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 9x5x3 inch loaf pans.

Puree undrained pork and beans in a blender or food processor.

In a large bowl, combine eggs, flour, sugar, salt, oil, cinnamon, vanilla, baking soda and baking powder. Mix well. Gently fold in nuts and pureed pork and beans. Divide batter into pans evenly.

Bake for 60 minutes, or until bread tests done.

Alligator Chili

Ingredients

- 1 tablespoon olive oil
- 1 green bell pepper, diced
- 1 sweet onion, diced
- 2 pounds ground alligator meat
- 1 (28 ounce) can crushed tomatoes
- 1 (32 ounce) bottle tomato-vegetable juice cocktail (such as V8®)
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 tablespoon chipotle chile in adobo sauce, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- 1 teaspoon celery salt
- 1/2 teaspoon ground ginger
- salt and pepper to taste
- 1 dash hot sauce, or to taste

Directions

Heat the olive oil in a large skillet over medium heat. Stir in the green bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high heat and stir in the ground alligator. Cook and stir until the meat is crumbly, and evenly browned. Drain and discard any excess grease. Stir in the crushed tomatoes, tomato-vegetable juice cocktail, black beans, kidney beans, and chipotle chile. Season with chili powder, cumin, cinnamon, smoked paprika, celery salt, ground ginger, salt, and pepper. Reduce heat to low; cover and simmer for 2 to 3 hours, stirring in water if the chili becomes too thick. Serve with hot sauce.

Chicken Soup With Pasta and White Beans

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans white beans,
drained
1 cup small pasta, such as ditalini
1 (14.5 ounce) can diced tomatoes
2 teaspoons minced fresh
rosemary
1/2 cup chopped fresh parsley
1/2 teaspoon salt and pepper to
taste
1/2 cup grated Parmesan cheese

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans white beans, drained; 1 cup small pasta, such as ditalini; 1 14.5-ounce can diced tomatoes; 2 tsps. minced fresh rosemary.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.

Baked Chili

Ingredients

- 6 bacon strips, diced
- 1 1/2 pounds ground beef
- 1 large onion, thinly sliced
- 1/2 cup chopped green pepper
- 2 (16 ounce) cans kidney beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (6 ounce) can tomato paste
- 4 1/2 teaspoons chili powder
- 1 1/2 teaspoons salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/8 teaspoon rubbed sage

Directions

In a large saucepan, cook bacon; remove with a slotted spoon and drain on paper towels. Cook beef, onion and green pepper in drippings over medium heat until meat is no longer pink; drain. Remove from the heat; add the remaining ingredients. Stir in bacon; mix well. Transfer to an oven proof Dutch oven or greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 45 minutes. Uncover and bake 15 minutes longer or until thick and bubbly.

Double Crust Bean Pie

Ingredients

1 tablespoon vegetable oil
1 onion, finely chopped
1 small green bell pepper,
chopped
1 (15 ounce) can black beans,
drained
1/3 cup salsa
1/4 cup chopped red bell pepper
3/4 teaspoon chili powder
1/4 teaspoon cayenne pepper
1/4 teaspoon ground black
pepper
2 (9 inch) unbaked 9 inch pie
crusts
1 1/2 cups shredded Cheddar
cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat oil in a medium saucepan over medium heat. Saute onion and green pepper until tender. Stir in beans, salsa, red bell pepper, chili powder, cayenne and black pepper. Reduce heat to low and simmer for 15 minutes.

Spoon half of the mixture into one of the pie crusts and cover with half of the cheese. Repeat with remaining beans and cheese. Top with remaining crust.

Bake in preheated oven for 1 hour.

Baked Beans from Scratch

Ingredients

- 1 cup dried navy beans
- 4 cups water
- 1/4 cup ketchup
- 1/4 cup maple syrup
- 2 tablespoons brown sugar
- 2 tablespoons molasses
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon chili powder
- 1 small onion, chopped

Directions

Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Place the beans in a large saucepan with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 1 hour.

Preheat an oven to 375 degrees F (190 degrees C). Stir the ketchup, maple syrup, brown sugar, molasses, Worcestershire sauce, salt, pepper, and chili powder together in a small bowl; set aside.

Once the beans have simmered for 1 hour, drain, and reserve the cooking liquid. Pour the beans into a 1 1/2 quart casserole dish and stir in the chopped onion and the molasses sauce. Stir in enough of the reserved cooking liquid so the sauce covers the beans by 1/4 inch.

Cover, and bake in the preheated oven for 10 minutes, then reduce the heat to 200 degrees F (95 degrees C), and cook 6 hours longer. Stir the beans after they have cooked for 3 hours. Once the beans are tender and the sauce has reduced and is sticky, remove from the oven, stir, recover, and allow to stand 15 minutes before serving.

Slow Cooker Cassoulet

Ingredients

2 pounds skinless, boneless chicken breast halves, cut into chunks
1 onion, quartered and thinly sliced
2 large cloves garlic, minced
1/4 cup chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon black pepper
2 (15 ounce) cans cannellini beans, drained and rinsed
1 pound turkey kielbasa, cut into 1/2-inch slices
1/3 cup dry white wine

Directions

Place the chicken into the bottom of a slow cooker. Stir together the onion, garlic, parsley, salt, pepper, cannellini beans, and turkey kielbasa in a large bowl. Pour the mixture over the chicken in the slow cooker, and pour the wine over all the ingredients. Cover, set the cooker to Low, and cook until the chicken is very tender and the cassoulet is thickened, 5 to 6 hours.

Mom's Shepherd's Pie

Ingredients

9 potatoes - peeled and cubed
1 1/2 pounds ground beef
1 (6 ounce) can tomato sauce
2 tablespoons chopped fresh parsley
1 dash Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 (15 ounce) cans green beans, drained
2 tablespoons all-purpose flour
2 tablespoons milk

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the potatoes and water to cover in a large pot over high heat. Boil for 15 minutes. Meanwhile, brown the ground beef in a large skillet over medium high heat; drain excess fat.

To the ground beef, add the tomato sauce, parsley, Worcestershire sauce to taste, salt, ground black pepper and green beans. In a separate small bowl, mix the flour with the 3 tablespoons water and stir into the beef mixture.

Stir all together well. Drain the potatoes, mash and spread over the beef mixture. Place 2 to 3 vent holes through the mashed potatoes.

Bake at 350 degrees F (175 degrees C) for 25 minutes. Brush the milk over the potatoes for the last 5 minutes of baking.

Bean Quesadillas

Ingredients

1 tablespoon vegetable oil
1 onion, finely diced
2 cloves garlic, minced
1 (15 ounce) can black beans, rinsed and drained
1 green bell pepper, chopped
2 tomatoes, chopped
1/2 (10 ounce) package frozen corn
12 (12 inch) flour tortillas
1 cup shredded Cheddar cheese
1/4 cup vegetable oil

Directions

Heat 1 tablespoon oil in a skillet over medium heat, and saute the onion and garlic until soft. Mix in beans, bell pepper, tomatoes, and corn; cook until heated through.

Spread 6 tortillas with equal amounts of the bean and vegetable mixture. Sprinkle with equal amounts of the Cheddar cheese, and top with the remaining tortillas to form quesadillas.

Heat 1/4 cup oil in a large skillet over medium-high heat. Place quesadillas in the skillet and cook, turning once, until cheese is melted and both sides are lightly browned.

Turkey Bean Bake

Ingredients

1 pound ground turkey
1 large onion, chopped
2 garlic cloves, minced
1 (16 ounce) can baked beans
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1/2 cup ketchup
2 tablespoons brown sugar
2 tablespoons molasses
1 tablespoon red wine vinegar or
cider vinegar
1 teaspoon prepared mustard
1/4 teaspoon pepper

Directions

In a large skillet, cook the turkey, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Transfer to a greased 1-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Beans, Beans, and Beans

Ingredients

3/4 pound bacon
1 pound ground beef
2 large onions, chopped
1 (18 ounce) bottle honey
barbecue sauce
4 (15 ounce) cans pork and beans
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can lima beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1/2 cup packed brown sugar
3 tablespoons cider vinegar
1 tablespoon liquid smoke
flavoring (optional)
1 teaspoon salt
1/2 teaspoon ground black
pepper

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Let cool, and crumble.

Place the ground beef and onions into a large skillet over medium heat, and cook and stir until the meat is no longer pink, breaking the meat apart as it cooks, about 10 minutes. Drain excess grease. Transfer the beef and onion mixture into a large Dutch oven. Stir in the crumbled bacon, honey barbecue sauce, pork and beans, kidney beans, lima beans, black beans, brown sugar, cider vinegar, liquid smoke, salt, and pepper.

Cover, and bake in the preheated oven until bubbling, about 1 hour.

Pumpkin Hummus

Ingredients

1 3/4 cups dry garbanzo beans
1 (15 ounce) can pumpkin puree
5 fluid ounces lemon juice
1/3 cup extra-virgin olive oil
1/2 cup tahini paste
3 cloves garlic, minced
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground allspice
salt to taste

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Place the soaked garbanzo beans into a large saucepan and cover with several inches of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the garbanzo beans are tender, 1 1/2 to 2 hours. Once cooked, refrigerate the beans and liquid until cold.

Drain the garbanzo beans, reserving the cooking liquid. Place the beans and 1/2 cup of the reserved cooking liquid into a blender, and puree until a smooth paste forms. Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Use additional cooking liquid as needed to achieve a smooth consistency. Season to taste with salt.

Slow Cooker Calico Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
1 meaty beef roast bone
2 (14.5 ounce) cans peeled and diced tomatoes
1 1/2 cups red wine
3 tablespoons dried minced onion flakes
1 tablespoon dried parsley
1 teaspoon paprika
1 tablespoon celery seed
2 bay leaves
1 teaspoon seasoned salt
1 tablespoon garlic powder
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1 pinch crushed red pepper flakes
water to cover

Directions

Soak the beans in water overnight, rinse well and drain.

In a slow cooker, combine the soaked beans, meat bones, tomatoes, red wine, parsley, paprika, celery seed, bay leaves, seasoned salt, garlic powder, sugar, ground black pepper and crushed red pepper flakes. Add water to cover.

Cook on low setting for 3 to 4 hours, or until beans are tender. Remove the bones and strip and shred any meat from the bones. Discard the bones and return the meat to the slow cooker. Allow to heat through.

Bacon Bean Sandwiches

Ingredients

5 slices bread, lightly toasted
1 (16 ounce) can pork and beans
10 bacon strips, cooked and drained
4 slices onion, separated into rings
5 slices processed American cheese

Directions

Place toast on an ungreased baking sheet. Spread each slice with 3 tablespoons beans. Top each with two bacon strips, a few onion rings and a cheese slice. Bake at 350 degrees F for 15-20 minutes or until cheese is melted and lightly browned.

Bebop Baked Beans

Ingredients

3 bacon strips, diced
1/2 cup chopped green pepper
2 (15 ounce) cans pork and beans
1/3 cup hickory smoke flavored
barbeque sauce
1/3 cup packed brown sugar
2 teaspoons prepared mustard

Directions

In a skillet, cook bacon over medium heat until crisp; remove to paper towels. Drain, reserving 1 tablespoon drippings. Saute green pepper in drippings until tender. Drain one can of beans. In a bowl, combine both cans of beans, barbecue sauce, brown sugar, mustard and green pepper.

Transfer to a greased 1-qt. baking dish. Bake, uncovered, at 350 degrees F for 35-40 minutes or until bubbly and heated through. Sprinkle with bacon.

Cookie Dough Hummus

Ingredients

- 1 cup hot water
- 1 tablespoon raisins
- 1 pinch ground cinnamon
- 1/4 cup unsweetened applesauce
- 1 1/2 tablespoons peanut butter
- 1 teaspoon vanilla extract
- 1 teaspoon maple syrup
- 1/2 teaspoon canola oil
- 1 teaspoon ground cinnamon
- 1 tablespoon ground flax seed
- 1 (15 ounce) can garbanzo beans, drained
- 1 tablespoon instant oatmeal
- 1 tablespoon shredded coconut

Directions

Pour the hot water over the raisins and cinnamon. Let stand for 10 minutes, then drain, and set aside.

Place the applesauce, peanut butter, vanilla extract, maple syrup, canola oil, and ground flax seed in the bowl of a food processor; process until smooth. With the motor running, slowly add the garbanzo beans, drained raisins, instant oatmeal, and coconut. Process until the mixture is smooth or to your desired consistency.

Green Bean Sesame Salad

Ingredients

1 pound fresh green beans
2 tablespoons olive or vegetable oil
1 tablespoon lemon juice
2 tablespoons sesame seeds, toasted
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1/8 teaspoon pepper

Directions

In a saucepan, cover beans with water; cook until crisp-tender. Drain and rinse in cold water; place in a serving bowl. Sprinkle with remaining ingredients; toss to coat. Serve at room temperature.

Hot Bean Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1 cup sour cream
2 (16 ounce) cans refried beans
1/2 (1 ounce) package taco seasoning mix
5 drops hot pepper sauce
2 tablespoons dried parsley
1/4 cup chopped green onions
1 (8 ounce) package shredded Cheddar cheese
1 (8 ounce) package shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, blend the cream cheese and sour cream. Mix in the refried beans, taco seasoning, hot pepper sauce, parsley, green onions, 1/2 the Cheddar cheese and 1/2 the Monterey Jack cheese. Transfer the mixture to an 8x12 inch baking dish. Top with remaining Cheddar and Monterey Jack cheeses.

Bake in the preheated oven 20 to 30 minutes, until cheese is slightly browned.

Bean 'N' Beef Quesadillas

Ingredients

- 1 1/2 cups chunky salsa
- 1/4 cup minced fresh cilantro
- 3 tablespoons lime juice
- 1 cup canned black beans, rinsed and drained
- 1/2 cup frozen corn, thawed
- 2 cups chopped cooked roast beef
- 2 cups shredded Monterey Jack cheese
- 8 (10 inch) flour tortillas
- 1 tablespoon vegetable oil

Directions

In a small bowl, combine the salsa, cilantro and lime juice. In another bowl, combine the beans, corn and 1/2 cup salsa mixture. Set remaining salsa mixture aside.

Place beef, cheese and bean mixture on half of each tortilla; fold over. In a large skillet over medium heat, cook quesadillas in 1 tablespoon oil for 1-2 minutes on each side or until cheese is melted, using additional oil as needed. Cut into wedges. Serve with reserved salsa mixture.

Green Beans with Cheese and Bacon

Ingredients

3 cups trimmed green beans,
snapped in half
3 slices bacon, diced
6 green onions, chopped
1/2 cup shredded sharp Cheddar
cheese
1/4 cup sour cream
1/4 cup mayonnaise
1 pinch salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 2 1/2-quart baking dish with a lid.

Place the green beans in a large pan with water to cover; bring to a boil and cook only until the beans are hot and bright green, about 1 minute. Drain. Transfer to a large bowl.

Cook the bacon in a large, deep skillet over medium-high heat, stirring occasionally, until evenly browned and crisp, about 10 minutes. Pour off all but 1 tablespoon of the drippings. Return to the heat and add the green onions; cook until the onions have softened, about 2 minutes.

Add the bacon mixture, Cheddar cheese, sour cream, mayonnaise, salt, and pepper to the green beans; stir. Spread the mixture into the prepared baking dish; cover with the lid.

Bake in the preheated oven until the casserole is bubbling and the beans are tender, about 20 minutes.

Turkey Bone Soup

Ingredients

1 turkey carcass, cooked
4 (14 ounce) cans low-sodium chicken broth
1 onion, quartered
1 stalk celery, cut into 2 inch pieces
4 cloves garlic, crushed
2 cups chopped cooked turkey breast
1 (16 ounce) package frozen mixed vegetables
1 cup uncooked white rice
1 (15 ounce) can kidney beans, rinsed and drained
salt and pepper to taste
1 tablespoon dried oregano
1 tablespoon dried basil
1 teaspoon paprika

Directions

Place the turkey carcass in a large stockpot with a lid. Pour the chicken broth over the turkey to mostly cover. Drop in the onion, celery, and garlic. Bring to a boil over medium heat, cover, and simmer for 2 hours, turning the carcass occasionally.

Remove the carcass from the stock and set aside to cool. Remove the onion, celery and garlic from the stock and drop them into a blender along with about 1/2 cup of the stock, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the vegetable mixture moving before leaving it on to puree. Pour the pureed onion, celery, and garlic back into the stock.

Remove as much cooked turkey meat from the carcass as possible and add the meat to the stock. Stir in the chopped turkey breast, frozen mixed vegetables, rice, canned kidney beans, salt, pepper, oregano, basil and paprika. Bring the soup to a boil, cover, and simmer until the rice is tender, 20 to 30 minutes.

Veggie and Cilantro Hummus Sandwiches

Ingredients

1 cup canned garbanzo beans (chickpeas), drained, rinsed
1/8 cup tahini
1 clove garlic, minced
1 teaspoon salt
1/2 teaspoon garlic powder
1 pinch paprika
1 1/2 teaspoons olive oil
1 tablespoon water
2 tablespoons fresh lemon juice
1/3 cup chopped fresh cilantro

1/4 cup water
4 teaspoons red wine vinegar
2 teaspoons extra-virgin olive oil
2 tablespoons white sugar
1 pinch salt
1/2 teaspoon sesame oil
1/2 cucumber, thinly sliced
1 large tomato, sliced
1 small red onion, thinly sliced

4 slices bread
1/4 cup crumbled feta cheese
2/3 cup shredded lettuce

Directions

To prepare the cilantro hummus, place the garbanzo beans, tahini, garlic, 1 teaspoon salt, garlic powder, and paprika into a blender. Add 1 1/2 teaspoons of olive oil, 1 tablespoon of water, lemon juice, and the cilantro. Puree until smooth, and set aside.

Whisk together 1/4 cup of water, vinegar, 2 teaspoons extra-virgin olive oil, sugar, 1 pinch of salt, and sesame oil in a bowl until the sugar has dissolved. Add the cucumber, tomato, and red onion. Toss to coat the vegetables in the dressing.

Spread two slices of bread with the cilantro hummus, and sprinkle with crumbled feta cheese. Top with shredded lettuce and the vegetable mixture. Pour on additional dressing to taste, and top with the remaining slice of bread.

Navy Bean Soup I

Ingredients

1 (16 ounce) package dried navy beans
6 cups water
1 (14.5 ounce) can diced tomatoes
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
1/2 pound chopped ham
1 cube chicken bouillon
2 tablespoons Worcestershire sauce
1 tablespoon dried parsley
2 teaspoons garlic powder
1 bay leaf
1 teaspoon salt
1/2 teaspoon ground black pepper
3 cups water

Directions

Combine beans, water, tomatoes, onion, celery, garlic, ham, bouillon, Worcestershire sauce, parsley, garlic, and bay leaf in a stock pot; bring to a boil. Lower heat, cover, and simmer for two hours.

Add additional water. Season with salt and pepper. Simmer for an additional two hours. Discard bay leaf.

Chili Cheese Dog Pot Pie

Ingredients

2 cups biscuit baking mix
2/3 cup water
3 cups chili with beans
1/2 pound hot dogs, sliced
2 cups shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, mix together the baking mix and water to form a smooth dough. Set aside.

Spread half of the chili into the bottom of a 1 1/2 quart casserole dish. Make a layer of the hot dogs over the chili. Cover the hot dog layer with cheese, then top with the rest of the chili. On a lightly floured surface, roll out the biscuit dough to 1/4 inch thickness. Lay the dough over the contents of the dish, and poke a few slits to vent steam.

Bake for 15 to 25 minutes in the preheated oven, or until the top crust is golden.

Three Pan Potato Enchiladas

Ingredients

1 pound skinless, boneless chicken breast meat - cut into strips
2 potatoes, peeled and diced
1 (1 ounce) package taco seasoning mix
1 cup shredded Cheddar cheese
1 (5.5 ounce) package red beans & rice mix
10 (8 inch) flour tortillas

Directions

In a large skillet, prepare rice and beans according to package directions.

Meanwhile, in another large skillet, saute chicken until cooked through (meat is no longer pink), about 15 to 20 minutes over medium heat. Drain saute oil/grease from skillet. Add the potatoes and cook until just tender. Add seasoning according to package directions. Cook all together, stirring often, until potatoes are done.

Preheat oven to 350 degrees F (175 degrees C).

Take a tortilla. Place some of the chicken/potato mixture and some of the beans and rice (about 1/2 to 3/4 cup total filling) onto the tortilla, add a little cheese to taste, and roll up. Place rolled tortilla in a lightly greased 9x13 inch baking dish. Repeat with other tortillas until dish is full. Top with the rest of the cheese and bake in the preheated oven 15 to 20 minutes or until cheese is melted and bubbly.

Home-Style Chicken and Sausage

Ingredients

1 (4 ounce) Italian sausage link
2 medium potatoes, cut into 1/2 inch cubes
2 tablespoons olive or vegetable oil, divided
2 chicken thighs
1/2 cup sweet red pepper or green pepper chunks
1 small onion, quartered
2 tablespoons water
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon pepper
3/4 cup frozen cut green beans

Directions

In a skillet, cook sausage link over medium heat until no longer pink; cut into 1/2-in. pieces and set aside. Place potatoes in a 8-in. square baking dish; drizzle with 1 tablespoon oil. Bake, uncovered, at 425 degrees F for 15 minutes.

Meanwhile, in a skillet, brown the chicken in remaining oil. Add the chicken, reserved sausage, sweet pepper, onion, water, salt, oregano and pepper to the potatoes. Bake, uncovered, for 15 minutes. Add beans. Bake 10-15 minutes longer or until chicken juices run clear and vegetables are tender, stirring occasionally.

Mexican Steak and Beans

Ingredients

1 tablespoon all-purpose flour
1/2 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon ground cumin
1/8 teaspoon pepper
1/2 pound boneless beef round steak, cut into 1-inch cubes
1 tablespoon vegetable oil
3/4 cup thinly sliced celery
1 medium onion, chopped
1/2 cup water
1/4 cup chili sauce
1 medium carrot, cut into 1/2-inch slices
1 small green pepper, cut into 1 1/2 -inch strips
3/4 cup kidney beans, rinsed and drained
Hot cooked rice

Directions

In a resealable plastic bag, combine the first five ingredients. Add the steak; shake to coat. In a skillet, cook steak in oil until browned on all sides; drain. Add the celery, onion, water and chili sauce.

Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Add carrot; cover and simmer for 15 minutes. Stir in green pepper and beans. Cover and simmer 10 minutes longer or until meat and vegetables are tender. Serve over rice if desired.

Pasta Chick Pea Salad

Ingredients

1 (16 ounce) package rotelle pasta
2 tablespoons extra virgin olive oil
1/2 cup chopped oil-cured olives
2 tablespoons minced fresh oregano
2 tablespoons chopped fresh parsley
1 bunch green onions, chopped
1 (15 ounce) can garbanzo beans, drained
1/4 cup red wine vinegar
1/2 cup grated Parmesan cheese
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil, add pasta and cook until al dente. Drain and rinse under cold water. Set aside to chill.

In a large skillet heat the olive oil over medium low heat. Add the olives, oregano, parsley, scallions and chick peas. Cook over low for about 20 minutes. Set aside to cool.

In a large bowl toss the pasta with the chick pea mixture. Add the vinegar, grated cheese and salt and pepper to taste. Let sit in refrigerator overnight. When ready to serve taste for seasoning and add more vinegar, olive oil and salt and pepper if desired.

Pork and Veggie Soup

Ingredients

2 pounds boneless pork loin, cubed
2 tablespoons vegetable oil
2 cups water
4 medium carrots, cut into 1 inch pieces
1 (14.5 ounce) can diced tomatoes, undrained
1 1/2 cups frozen corn
1 1/2 cups frozen cut green beans
1 large onion, chopped
1 (8 ounce) jar salsa
1 (4 ounce) can chopped green chilies
1 tablespoon minced fresh parsley
2 garlic cloves, minced
2 teaspoons beef bouillon granules
2 teaspoons ground cumin
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, brown pork in oil over medium heat; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours or until meat juices run clear and vegetables are tender.

Quinoa and Black Beans

Ingredients

Directions

Mexican Pintos With Cactus

Ingredients

2 cups dry pinto beans, rinsed
3 tablespoons salt, divided
3 slices bacon, chopped
2 large flat cactus leaves (nopales)
1 jalapeno pepper, seeded and
chopped
2 slices onion

Directions

Place the pinto beans into a slow cooker, and fill to the top with hot water. Add the bacon, 2 tablespoons of salt, jalapeno and onion. Cover, and cook on High for 3 to 4 hours, adding water as needed, until beans are tender.

Remove any thorns from the cactus leaves, and slice into small pieces. Place in a saucepan with 1 tablespoon of salt, and fill with enough water to cover. Bring to a boil, and cook for 15 minutes. Drain and rinse with cold water for 1 minute. Add to the beans when they are soft, and cook for 15 more minutes on High.

Slow Cooker Tuscan Beef Stew

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Regular or 25% Less Sodium)
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup Burgundy wine or other dry red wine or water
1 teaspoon dried Italian seasoning, crushed
1/2 teaspoon garlic powder
1 (14.5 ounce) can diced tomatoes with Italian herbs
3 large carrots, cut into 1-inch pieces
2 pounds beef for stew, cut into 1-inch pieces
2 (16 ounce) cans white kidney beans (cannellini), rinsed and drained

Directions

Stir the soup, broth, wine, Italian seasoning, garlic powder, tomatoes, carrots and beef in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Stir in the beans. Turn the heat to HIGH. Cook for 10 minutes or until the mixture is hot.

Bouja Soup

Ingredients

2 (6 pound) whole chickens
7 pounds beef stew meat, diced
into 1 inch pieces
2 stalks celery, chopped
1 medium head cabbage,
chopped
8 onions, chopped
4 (16 ounce) packages frozen
mixed vegetables
2 (14.5 ounce) cans rutabagas
2 (15 ounce) cans lima beans,
drained
2 cups cut yellow beans, drained
2 (14.5 ounce) cans crushed
tomatoes
salt and pepper to taste
1 tablespoon pickling spice

Directions

Boil chicken and beef in a large soup pot 15 to 20 minutes, until tender. Use enough water to cover. Remove meat and cut into bite-size pieces. Discard fat and skin.

Add celery, cabbage and onions to broth and boil for 10 to 15 minutes or until almost tender. Add frozen vegetable mix, rutabagas, lima beans, yellow beans, and tomatoes and continue to cook until soup has reached desired thickness.

Add meat and simmer until meat breaks apart, stirring occasionally with a wooden paddle. Salt and pepper to taste. **IMPORTANT:** Put dry pickling spice in a strong cloth bag and tie firmly with string so it will not come apart. Drop the bag into the simmering bouja, plunging it in and out for a short time until the soup tastes just right for you.

Thanksgiving-Style Turkey Meatloaf

Ingredients

2 pounds ground turkey
2 eggs, beaten slightly
1 onion, coarsely chopped
3/4 cup regular rolled oats
1/2 cup fresh green beans, chopped
1/2 cup fresh cranberries, chopped
1 teaspoon dried rosemary
1 teaspoon bay leaf, crumbled
salt and ground black pepper to taste
1/4 pound thinly sliced pancetta

2 tablespoons butter
2 tablespoons all-purpose flour
1 clove garlic, minced
1 teaspoon ground cinnamon
1 teaspoon freshly grated nutmeg
1 cup milk
1/2 cup chicken broth
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x9 inch square baking dish.

Mix the ground turkey with the eggs, onion, rolled oats, green beans, cranberries, rosemary, and bay leaf in a large bowl. Use your hands to thoroughly blend the ingredients. Season to taste with salt and pepper. Spread the ground turkey mixture over the bottom of the prepared dish. Top with a layer of pancetta.

Bake the meatloaf in preheated oven for 45 minutes to 1 hour. Check for doneness when juices run clear, and an internal thermometer inserted into the meatloaf reaches 160 degrees F (70 degrees C).

Meanwhile, to make the gravy, melt the butter in a pan over medium heat. Stir in the flour, and cook for 1 to 2 minutes until the mixture becomes paste-like and light brown. Stir in the garlic, cinnamon, and nutmeg. Gradually whisk in the milk and chicken broth, bringing the mixture to a boil. Lower the heat to medium, and continue cooking and whisking until desired thickness is reached. Season to taste with salt and pepper. Serve spooned over sliced meatloaf.

Beans and Franks Applesauce Bake

Ingredients

1 tablespoon vegetable oil
1/4 cup chopped onion
6 hot dogs, sliced
1 (28 ounce) can baked beans with pork
1 cup applesauce
1 tablespoon prepared mustard
2 tablespoons ketchup
1/4 teaspoon ground ginger
3/4 cup shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium-high heat. Add the onion; cook and stir until starting to brown, then mix in the hot dogs. Fry until browned, then transfer hot dogs and onions to a 2 quart casserole dish. Stir in the baked beans, applesauce, mustard, ketchup and ginger. Top with shredded cheese.

Bake uncovered for 30 minutes in the preheated oven, until heated through and cheese is melted and browned.

Three Bean Casserole

Ingredients

1 pound beef frankfurters, sliced
1 (15 ounce) can pork and beans
1 (15 ounce) can butter beans
1 (16 ounce) can chili beans,
drained
1 small onion, chopped
1/2 cup brown sugar
1/4 teaspoon dried oregano
2 tablespoons distilled white
vinegar

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the frankfurters, pork and beans, butter beans, chili beans, onion, sugar, oregano and vinegar. Mix all together and pour mixture into a lightly greased 9x13-inch baking dish.

Bake uncovered at 350 degrees F (175 degrees C) for 1 hour, or until cooked through and bubbly.

Navratan Korma

Ingredients

3 tablespoons vegetable oil, divided
1/3 cup mixed nuts (cashews, pistachios, almonds)
1 medium onion, grated
1/2 teaspoon garlic paste
1/2 teaspoon ginger paste
1 (8 ounce) can tomato sauce
1 teaspoon cayenne pepper
1/2 teaspoon ground turmeric
2 teaspoons ground coriander
1 teaspoon garam masala
1 cup water
1/4 cup raisins
1/2 cup chopped carrots
1/2 cup chopped green bell pepper
1/2 cup chopped fresh green beans
1/2 cup green peas
1 cup chopped potatoes
4 ounces paneer, cubed
1/4 cup milk
1/4 cup heavy cream
salt to taste

Directions

Heat 1 tablespoon oil in a large skillet over medium heat. Place mixed nuts in the skillet, cook and stir until golden brown, and set aside. Stir onion into the skillet, and cook until tender. Mix in garlic paste and ginger paste, and cook 1 minute. Stir in tomato sauce, cayenne pepper, turmeric, coriander, and garam masala. Pour in water, and mix in raisins, carrots, green bell pepper, beans, peas, and potatoes. Bring to a boil. Reduce heat to low, and simmer 20 minutes, until potatoes are tender.

Heat remaining oil in a separate skillet over medium-high heat, and cook the paneer on both sides, until golden brown. Drain on paper towels. Place in a bowl with enough hot water to cover for about 2 minutes to soften, then stir into the skillet with the vegetables.

Stir milk and cream into the skillet with the vegetables and paneer. Bring to a boil, and continue cooking 2 to 3 minutes. Season with salt to taste.

Green Bean and Canadian Bacon Casserole

Ingredients

1 1/2 pounds fresh green beans, trimmed
1 large onion, chopped
1 cup water
1 pound sliced Canadian bacon, cut into strips
1/4 teaspoon garlic salt
ground black pepper to taste
2 (10.75 ounce) cans condensed cream of celery soup
1 1/4 cups milk
1/2 cup dry bread crumbs

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large pot, combine the green beans, onion and water. Bring to a boil, and cook until tender, about 5 minutes. Drain, and transfer to a 2 quart casserole dish. While the beans cook, fry the Canadian bacon in a skillet over medium-high heat until crisp. Stir in with the beans along with the cream of celery soup and milk. Sprinkle bread crumbs over the top.

Bake for 30 minutes in the preheated oven, until heated through and sauce is bubbly. This recipe also works well to make ahead and refrigerate or freeze until needed. If baking cold, bake for 1 hour.

Hearty Sausage Soup

Ingredients

1 1/2 pounds bulk mild Italian sausage
1 onion, chopped
1 green bell pepper, chopped
1 (10.75 ounce) can tomato soup
1 cup water
2 (16 ounce) cans pork and beans
1/2 cup barbeque sauce
1 (16 ounce) garbanzo beans, drained
3/4 cup instant white rice

Directions

Cook and stir the sausage, onion, and bell pepper in a large skillet over medium-high heat until the sausage is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.

Stir the tomato soup, water, pork and beans, barbeque sauce, and garbanzo beans into the sausage mixture; reduce heat to low and simmer another 15 minutes. Add the instant rice and continue cooking until the rice is tender, about 5 minutes.

Spicy Mexican Torte

Ingredients

1 pound chorizo sausage, casings removed and crumbled
1 cup chopped onion
2 cloves garlic, finely chopped
1 (4 ounce) can chopped green chile peppers, drained
8 (10 inch) flour tortillas
2 cups shredded Pepper Jack cheese, divided
1 (16 ounce) can refried beans, divided
1 (7 ounce) jar roasted red peppers, drained

Directions

In a large skillet or frying pan, cook chorizo, onion and garlic over medium heat. Cook, stirring occasionally, until sausage is done. Drain off grease, stir in chilies and set aside.

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 10 inch pie plate.

Place 2 tortillas in pie plate. Spread half of the sausage mixture over tortillas. Sprinkle with half of the cheese. Place 2 tortillas on top of cheese. Spread with beans. Place 2 tortillas on beans and place peppers on tortillas. Place 2 tortillas on top of peppers. Spread with remaining sausage mixture. Sprinkle with remaining cheese.

Cover and bake in preheated oven for 40 minutes. Uncover and bake 15 minutes more, or until cheese is melted and center is hot. Cool 10 minutes before cutting.

Patty's Mom's Black Bean Soup

Ingredients

2 cups dry black beans
8 cups water
1 tablespoon margarine
3 stalks celery, chopped
3 onions, chopped
2 bay leaves
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 smoked ham bone (with some meat on it)
2/3 cup dry sherry

Directions

Soak the beans overnight in a pan of water.

Drain off the soaking water. Simmer beans in 8 cups of water until soft.

While the beans are cooking, saute the chopped onion and celery in margarine until golden. Add the vegetables to the soup pot along with bay leaves, parsley, salt, pepper, and ham bone. Cook over medium heat for 3 hours, adding water if needed.

After the beans are cooked and soft, remove the ham. Set aside. Cool soup, and puree in batches. Return the soup to the pot, and add dry sherry.

Cut the meat off the bone, and add the meat to the soup. Cook over low heat until warmed through, and adjust seasonings.

Tuscan Style Bean Soup

Ingredients

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, chopped
3 cups low fat, low sodium chicken broth
1 cup canned whole tomatoes, chopped
1 1/2 cups kidney beans, cooked
2 teaspoons chopped fresh thyme
1/2 cup chopped spinach
1 cup seashell pasta
ground black pepper to taste

Directions

In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Add the red bell pepper and saute for 3 more minutes. Add the broth, tomatoes and beans. Bring to a boil, reduce heat to low and simmer for 20 minutes. Add the thyme, spinach and pasta. Simmer for 5 more minutes and pepper to taste.

Taco Salad Wrapper

Ingredients

4 Mission® Jalapeno Cheddar Wraps, warmed
1 pound ground beef, chuck, raw
1 package taco seasoning
8 tablespoons refried beans, prepared, hot
4 cups iceberg lettuce, shredded, prepared
1/2 cup pico de gallo, prepared
4 tablespoons guacamole, prepared
1/2 cup grated Mexican cheese blend, prepared

Directions

Cook 1 pound of raw ground beef and 1 package of taco seasoning per recipe instructions (follow instructions on the seasoning pack), drain and reserve hot for the recipe build.

To build 1 Taco Salad Wrap: Spread 2 tablespoons hot refried beans over the entire wrap.

Place of the heated taco seasoned ground beef over the beans, down the center of the wrap (forming a V, like at the 10 and 2 O'clock positions).

Evenly place 1 cup lettuce over the beef.

Top the lettuce with 2 tablespoon pico de gallo, 1 tablespoon guacamole and 2 tablespoon Mexican cheese blend.

Fold lower edge of wrap over the ingredients then roll the wrap into a cone shape, rolling the wrap from left to right. This will create a cornucopia with a closed end.

Repeat steps 1 through 5 with remaining 3 wraps and ingredients. Serve.

Hamburger Salad

Ingredients

1 pound ground beef
1 pound bacon
1 cup chopped onion
1/2 cup ketchup
2 tablespoons white vinegar
3/4 cup brown sugar
1/2 cup white sugar
1 teaspoon mustard powder
1 (15 ounce) can baked beans
with pork
3 (15 ounce) cans pinto beans,
drained

Directions

Fry the bacon in a large skillet over medium heat until crisp, turning as needed. Remove to paper towels and drain off the grease from the skillet . Crumble the ground beef into the same skillet; cook and stir over medium heat until evenly browned. Add the onions and cook just until wilted.

Transfer the beef, onions and bacon to a slow cooker, crumbling the bacon as you put it in. Pour in the baked beans and pinto beans. Stir in the ketchup, vinegar, brown sugar, white sugar and mustard powder. Cover and heat on Low setting for 5 to 6 hours before serving.

Tuna and Black Bean Salad Wraps

Ingredients

1 (15 ounce) can black beans, drained
1 (11 ounce) can white albacore tuna
3/4 cup fresh tomatoes, peeled, seeded and chopped
1/3 cup finely chopped red onion
1 tablespoon minced serrano pepper
1/2 cup extra-virgin olive oil
2 tablespoons fresh lime juice
1/4 cup chopped parsley
1/4 cup chopped cilantro
Salt and pepper, to taste
6 large butter lettuce leaves

Directions

In a large bowl, combine beans, tuna, tomatoes, onion, peppers, oil and lime juice. Toss gently, being careful to keep tuna in bite-size pieces. Cover and refrigerate at least one hour. Add parsley and cilantro; season with salt and pepper. Spoon tuna salad into lettuce leaves. Fold up leaves and eat taco style.

Chicken Tortilla Soup IV

Ingredients

2 1/2 teaspoons vegetable oil
6 (6 inch) corn tortillas, cut into 1/2 inch strips
3 cups chicken broth
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon dried oregano
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can whole kernel corn, drained
2 skinless, boneless chicken breast halves, cut into bite size pieces
1/2 cup salsa
1/2 cup chopped fresh cilantro

Directions

Heat 2 teaspoons of the oil in a large pot over medium heat. Add half of the tortilla strips, stirring often, until crisp. Drain on paper towels. Repeat with remaining 1/2 teaspoon of oil and remaining tortilla strips and set aside.

Add the broth, cumin, chili powder and oregano to the pot. Raise heat to high and bring to a boil. Add the beans, corn, chicken and salsa. Reduce heat to low, stir and simmer for about 2 minutes, or until chicken is cooked through and no longer pink inside.

Add the cilantro and half of the reserved tortilla strips. Ladle into individual bowls and garnish each bowl with some of the remaining strips.

Vegetable Bean Barley Soup

Ingredients

1 medium onion, chopped
1 garlic clove, minced
1/2 teaspoon dried basil
1/2 teaspoon dill weed
2 tablespoons canola oil
2 (14.5 ounce) cans reduced sodium chicken broth
1 3/4 cups water
1 cup chopped carrots
1/2 cup medium pearl barley
1 (16 ounce) can pork and beans
2 small zucchini, sliced
1/2 teaspoon salt
1/4 teaspoon pepper
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon cider vinegar

Directions

In a large saucepan or Dutch oven, saute the onion, garlic, basil and dill in oil until onion is tender. Add the broth, water, carrots and barley. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Add the pork and beans, zucchini, salt and pepper. Cover and simmer 10-15 minutes longer or until vegetables and barley are tender. Just before serving, stir in tomatoes and vinegar; heat through.

Vegetable Beef Minestrone

Ingredients

2 slices bacon, chopped
1/2 pound lean ground beef
2 carrots, chopped
2 cloves garlic, minced
1 large onion, chopped
1 stalk celery, chopped
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried rosemary,
crushed
1/4 teaspoon crushed red pepper
flakes
1 (14.5 ounce) can stewed
tomatoes
1 (10.5 ounce) can beef broth
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 ounces spaghetti, broken into
pieces

Directions

In a large saucepan, cook bacon and ground beef until well done, breaking up the beef as it cooks. Drain off the grease and add carrots, garlic, onion and celery. Season with the bay leaf, basil, rosemary and red pepper flakes. Cook for about 5 minutes or until the onions are translucent. Stir in tomatoes and beef stock.

Simmer for about 20 minutes then put in the chickpeas and broken spaghetti. Cook covered, for about 10 minutes or until spaghetti is al dente. Remove the bay leaf before serving.

Red Bean Salad with Feta and Peppers

Ingredients

- 1 (15 ounce) can kidney beans
- 1 red bell pepper, chopped
- 2 cups chopped cabbage
- 2 green onions
- 1 cup crumbled feta cheese
- 1/3 cup chopped fresh parsley
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

Directions

Rinse kidney beans under cold water. Drain well.

In a large salad bowl, combine beans, red pepper, cabbage, onions, feta, parsley, garlic, lemon juice, and olive oil. Cover and refrigerate for up to 3 days.

Vegetable Shepherd's Pie

Ingredients

8 large potatoes, peeled and quartered
2 carrots, sliced
1 (16 ounce) package frozen mixed vegetables, thawed
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried parsley
3 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon ground black pepper
6 tablespoons milk
1 onion, chopped
1 teaspoon vegetable oil
1 (19 ounce) can kidney beans, drained
1 (14.5 ounce) can diced tomatoes, drained
1 (8 ounce) can tomato sauce
1 teaspoon soy sauce
1/2 teaspoon white sugar
1 cup shredded Cheddar cheese
1/2 teaspoon paprika

Directions

Preheat oven to 375 degrees F (175 degrees C).

Cook potatoes, covered, in a small amount of boiling water until tender. Drain and mash.

While potatoes are cooking, steam or boil carrots and mixed vegetables until near tender. Drain and set aside.

In a small saucepan, cook garlic powder, basil and parsley in butter or margarine for about 20 seconds (or microwave for 10 seconds). Stir into mashed potatoes along with salt and pepper. Gradually beat in enough milk to make potatoes light and fluffy, add a little more milk if necessary. Set aside.

In a medium saucepan, cook onion in oil until tender but not brown. Stir in kidney beans, tomatoes, tomato sauce, soy sauce, sugar and vegetable/carrot mixture. Heat through until bubbly.

Transfer vegetable mixture to a 8x8x2 inch baking dish. Drop mashed potatoes in mounds over the top. Sprinkle with cheese and paprika. Bake, uncovered at 375 degrees F (175 degrees C) for 30 minutes.

Stuffed Green Peppers

Ingredients

1 cup uncooked white rice
1 (15 ounce) can black beans,
drained and rinsed
1 tablespoon chili powder
4 green bell peppers
16 slices Swiss cheese
1 (15 ounce) can tomato sauce

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a saucepan bring 2 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Combine cooked rice with black beans and chili powder. Cut the tops off of the peppers and remove the ribs and seeds. Spoon about 2 tablespoons of the rice and bean mixture into the bottoms of the peppers. Lay a slice of cheese on top and repeat 3 more times, ending with cheese on top.

Bake in preheated oven until peppers soften, about 45 minutes.

Meanwhile, heat tomato sauce in a small saucepan over low to medium heat. Slice peppers in half, top with tomato sauce and serve.

Chipotle Tilapia Tacos with Mango-Cilantro Salsa

Ingredients

3 tablespoons chipotle chile powder
1 teaspoon garlic powder
1 tablespoon salt
1 tablespoon cracked black pepper
1 pound tilapia fillets, cut in half lengthwise
1/4 cup canola oil

1 mango - peeled, seeded and diced
1 jalapeno pepper, seeded and minced
1 small red onion, finely chopped
1 clove garlic, minced
1 bunch cilantro, chopped
1 tablespoon lime juice

1 tablespoon pureed chipotle peppers in adobo sauce
1 clove garlic, minced
1/4 cup mayonnaise

2 (15 ounce) cans black beans, rinsed and drained
2 cloves garlic, minced
1 pinch salt

3 cups hot cooked Spanish rice
8 (6 inch) whole wheat tortillas
1 (8.5 ounce) package coleslaw mix

Directions

Stir together the chipotle chile powder, garlic powder, salt, and cracked black pepper in a shallow bowl. Brush the tilapia fillets with the canola oil, and press into the spice mixture to coat, and set aside. Make the salsa by stirring together the mango, jalapeno, red onion, 1 clove garlic, cilantro, and lime juice in a separate bowl, and set aside. Make the aioli by stirring together the chipotle puree, 1 clove garlic, and mayonnaise in a small bowl, and set aside.

Bring the black beans and 2 cloves of garlic to a simmer in a saucepan with a pinch of salt. Cover, and cook over low heat for 20 minutes. Meanwhile, heat a large skillet over medium-high heat, and cook the tilapia until opaque in the center, and crispy on both sides, about 7 minutes. Heat the tortillas in a skillet over medium heat, and keep warm.

To serve, place the tortillas on a plate, spoon on some Spanish rice and black beans. Top with some of the coleslaw mix, hot tilapia, and a spoonful of the mango-cilantro salsa. Top with a dollop of chipotle aioli to serve.

California Bean Dip

Ingredients

2 (11 ounce) cans white corn,
drained
2 (15 ounce) cans black beans,
rinsed and drained
1/2 cup Italian-style salad
dressing
1 cup Ranch-style salad dressing
1 small onion, chopped
1 teaspoon hot pepper sauce
2 teaspoons chopped fresh
cilantro
1 teaspoon chili powder
1/2 teaspoon ground black
pepper

Directions

In a medium bowl, thoroughly mix white corn, black beans, Italian-style salad dressing, ranch-style salad dressing, onion, hot pepper sauce, cilantro, chili powder and ground black pepper. Chill in the refrigerator 8 hours, or overnight, before serving.

Slow Cooker Sweet Chicken Chili

Ingredients

6 skinless, boneless chicken breast halves
1 (15 ounce) can dark red kidney beans, undrained
1 (15 ounce) can pinto beans, undrained
1 (15 ounce) can black beans, undrained
2 onions, cut into chunks
1 green bell pepper, coarsely chopped
1 (6 ounce) can tomato paste
1/3 cup brown sugar
2 tablespoons seasoned rice vinegar
1 tablespoon Asian chili black bean sauce
1/2 teaspoon sea salt
1/2 cup shredded Cheddar cheese

Directions

Place the chicken breasts into a slow cooker, and pour in the kidney beans, pinto beans, black beans, onions, green bell pepper, tomato paste, brown sugar, rice vinegar, chili black bean sauce, and sea salt. Stir to combine all ingredients, and set the cooker to High. Cook for 1 hour; stir again, and set the cooker to Low. Cook for 4 more hours.

Remove the chicken breasts, shred with 2 forks, and stir the shredded chicken back into the chili. Sprinkle the top of the chili with Cheddar cheese, and serve.

Minestrone Soup

Ingredients

4 cups vegetable stock
2 (14.5 ounce) cans stewed tomatoes
1 large potato, cubed
1 onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 large head cabbage, finely chopped
2 tablespoons Italian seasoning
1 (15 ounce) can kidney beans
3 cups fresh corn kernels
1 large zucchini, sliced
1 cup uncooked orzo pasta
salt and pepper to taste

Directions

In a large soup pot combine the vegetable stock, the undrained tomatoes, potato, onion, celery, carrot, cabbage and Italian seasoning. Bring to a boil and reduce heat. Simmer for about 15 minutes.

Stir in the beans, corn, zucchini and pasta; simmer for 10 to 15 more minutes until the vegetables are tender. Season with salt and pepper.

Louisiana Crawfish Boil

Ingredients

2 heads garlic, unpeeled
5 bay leaves
2 (3 ounce) packages dry crab boil
1 tablespoon liquid shrimp and
crab boil seasoning
salt and pepper to taste
3 large oranges, halved
3 large lemons, halved
2 large whole artichokes
15 red potatoes, washed
30 pieces baby corn
2 large onions, sliced
2 (16 ounce) packages
mushrooms, cleaned
1/2 pound fresh green beans,
trimmed
2 (16 ounce) packages smoked
sausage, cut into 1/2 inch slices
4 pounds live crawfish, rinsed

Directions

Fit a large (5 gallon) pot with a strainer insert, and fill half full with water. Add the garlic, bay leaves, dry and liquid crab boil seasonings, salt, pepper, oranges, lemons, artichokes, and potatoes. Bring to a boil over high heat, then reduce to a simmer, and cook for 20 minutes. Stir in the corn, onions, mushrooms, and green beans; cook 15 minutes more. Stir in the sausage; cook 5 minutes more. Add the crawfish, return mixture to boil, then simmer until the crawfish shells turn bright red and the tails pull out easily, about 5 minutes. Test for doneness by peeling a crawfish. Be sure not to overcook, or crawfish will become tough.

Remove strainer basket from the pot and drain. Serve crawfish hot, Louisiana-style, spread over a picnic table covered with newspapers.

Japanese Green Beans with Beef

Ingredients

1 pound ground beef
1 pound green beans, trimmed
and cut into 1 inch pieces
1 cup water
1/4 cup SLENDA® No Calorie
Sweetener, Granulated
1/4 cup soy sauce

Directions

In a large skillet over medium heat, cook the ground beef until evenly brown; drain excess fat.

Stir in green beans and about 1 cup water. Cover, and cook until beans are tender, 15 to 20 minutes.

Season with SLENDA® Granulated Sweetener and soy sauce, and cook uncovered for 5 minutes.

Garlic Green Beans

Ingredients

1 pound fresh green beans,
trimmed
1 clove garlic, minced
1/2 teaspoon salt
1/8 teaspoon white pepper
2 teaspoons olive oil

Directions

Place beans and enough water to cover in a saucepan; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. Toss beans with garlic, salt and pepper. Drizzle with oil. Serve immediately.

Bean and Kale Ragu

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 pound kale, stems removed and leaves coarsely chopped
1 (14 ounce) can diced tomatoes with green chile peppers
2 cloves garlic, minced
1 1/2 cups water
2 bay leaves
1/4 teaspoon ground cumin
1 teaspoon onion powder
2 (15 ounce) cans canned cannellini beans, drained and rinsed
1 tablespoon chopped fresh oregano
1 teaspoon chopped fresh basil
salt and ground black pepper to taste

Directions

Heat the olive oil in a large deep skillet over medium-high heat. Add the onions and kale. Cook and stir until the onions become transparent and the kale wilts and reduces in volume, 5 to 7 minutes.

Reduce the heat to medium. Stir the tomatoes and green chiles, garlic, water, bay leaves, cumin, and onion powder into the kale mixture. Simmer the vegetable mixture until the kale is soft, about 1 hour. Stir in the cannellini beans and continue simmering until beans are heated through, about 10 minutes. Stir in the oregano and basil. Add salt and pepper to taste.

Vegetable Masala

Ingredients

2 potatoes, peeled and cubed
1 carrot, chopped
10 French-style green beans, chopped
1 quart cold water
1/2 cup frozen green peas, thawed
1 teaspoon salt
1/2 teaspoon ground turmeric
1 tablespoon vegetable oil
1 teaspoon mustard seed
1 teaspoon ground cumin
1 onion, finely chopped
2 tomatoes - blanched, peeled and chopped
1 teaspoon garam masala
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1 sprig cilantro leaves, for garnish

Directions

Place potatoes, carrots and green beans in the cold water. Allow to soak while you prepare the rest of the vegetables; drain.

In a microwave safe dish place the potatoes, carrots, green beans, peas, salt and turmeric. Cook for 8 minutes.

Heat oil in a large skillet over medium heat. Cook mustard seeds and cumin; when seeds start to sputter and pop, add the onion and saute until transparent. Stir in the tomatoes, garam masala, ginger, garlic and chili powder; saute 3 minutes. Add the cooked vegetables to the tomato mixture and saute 1 minute. Garnish with cilantro leaves.

Swiss Chard with Pinto Beans and Goat Cheese

Ingredients

1 1/2 tablespoons vegetable oil
1 1/2 tablespoons butter
2 cloves garlic, minced
1 pinch red pepper flakes
1 bunch Swiss chard - rinsed,
stems removed and cut into 1/2
inch slices
1 (15.5 ounce) can pinto beans,
rinsed and drained
1 small tomato, chopped
salt and pepper to taste
1 tablespoon fresh lime juice
3 tablespoons goat cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease an 8 or 9 inch square baking dish.

Heat the oil and butter in a large skillet over medium heat. Add garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Add Swiss chard, cover and cook for 4 minutes. Uncover and mix in the pinto beans, tomato, lime juice, salt and pepper. Cover and continue cooking until the chard is wilted, about 4 more minutes.

Transfer the chard to the baking dish and dot with goat cheese, pushing it down into the dish.

Bake for 15 minutes in the preheated oven, or until the goat cheese is warmed.

Avocado Asian Black Bean Salad

Ingredients

1/3 cup rice wine vinegar
1/4 cup soy sauce, low sodium
1/4 cup lemon juice
1 tablespoon sesame oil
1 teaspoon hot chile oil
2 Chilean Hass avocados
2 (16 ounce) cans black beans,
drained and rinsed
4 green onions, sliced
1 sweet red pepper, seeded and
diced
1/2 cup cilantro or Italian parsley,
chopped

Directions

In large bowl, stir together vinegar, soy sauce, lemon juice, sesame and chile oil. Cut avocado in half, remove pit and peel. Cut into chunks. Add to vinegar/soy sauce mixture in bowl and gently toss to coat. Stir in beans, green onions, red pepper and cilantro. Cover and chill until serving time.

Black Bean and Rice Salad

Ingredients

2 tomatoes, chopped
1 large red bell pepper, chopped
2 jalapeno peppers, minced
3/4 cup lemon juice
1 1/4 teaspoons dried cilantro
1/4 teaspoon dried basil
1/8 teaspoon red pepper flakes
1 (15 ounce) can whole kernel corn; drain and reserve liquid
1 (15 ounce) can black beans; drain and reserve liquid
1 tablespoon olive oil
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 1/2 cups instant brown rice
salt and pepper to taste

Directions

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside.

In a medium saucepan, heat olive oil at a medium-low heat. Add onions and saute until they are translucent. Add garlic and saute for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly.

Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

Black Bean and Corn Quesadillas

Ingredients

2 teaspoons olive oil
3 tablespoons finely chopped onion
1 (15.5 ounce) can black beans, drained and rinsed
1 (10 ounce) can whole kernel corn, drained
1 tablespoon brown sugar
1/4 cup salsa
1/4 teaspoon red pepper flakes
2 tablespoons butter, divided
8 (8 inch) flour tortillas
1 1/2 cups shredded Monterey Jack cheese, divided

Directions

Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes.

Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Repeat with remaining tortillas and filling.

Confetti Beans and Rice with Chicken

Ingredients

1 cup Minute® Brown Rice, uncooked
2 teaspoons Dijon mustard
1/2 cup light Caesar salad dressing
1 (15 ounce) can black beans, drained and rinsed
12 ounces cooked chicken, diced
1 (11 ounce) can Mexican-style corn, drained
4 green onions, thinly sliced
2 large tomatoes, halved and hollowed out

Directions

Prepare rice according to package directions.

Combine Dijon mustard and Caesar salad dressing in large bowl.

Toss in rice, beans, chicken, corn and green onions. Fill tomatoes with mixture. Chill or serve at room temperature.

Ingredients

2 tablespoons vegetable oil
2 onions, chopped
3 cloves garlic, minced
1 pound ground beef
3/4 pound beef sirloin, cubed
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (12 fluid ounce) can or bottle dark beer
1 cup strong brewed coffee
2 (6 ounce) cans tomato paste
1 (14 ounce) can beef broth
1/2 cup packed brown sugar
3 1/2 tablespoons chili powder
1 tablespoon cumin seeds
1 tablespoon unsweetened cocoa powder
1 teaspoon dried oregano
1 teaspoon ground cayenne pepper
1 teaspoon ground coriander
1 teaspoon salt
4 (15 ounce) cans kidney beans
4 fresh hot chile peppers, seeded and chopped

Directions

Heat oil in a large saucepan over medium heat. Cook onions, garlic, ground beef and cubed sirloin in oil for 10 minutes, or until the meat is well browned and the onions are tender.

Mix in the diced tomatoes with juice, dark beer, coffee, tomato paste and beef broth. Season with brown sugar, chili powder, cumin, cocoa powder, oregano, cayenne pepper, coriander and salt. Stir in 2 cans of the beans and hot chile peppers. Reduce heat to low, and simmer for 1 1/2 hours.

Stir in the 2 remaining cans of beans, and simmer for another 30 minutes.

Western-Style Baked Beans

Ingredients

1 pound ground beef
2 (28 ounce) cans baked beans with pork
1 pound bacon, cooked and crumbled
1/2 pound cooked ham, chopped
2 tablespoons minced onion
1 tablespoon chili powder
1/4 cup ketchup
1/4 cup packed brown sugar
1 tablespoon molasses
1/4 cup water (optional)

Directions

Crumble the ground beef in a large skillet over medium-high heat. Cook and stir until no longer pink, 5 to 10 minutes. Drain off grease and transfer the beef to a 4 quart or larger slow cooker. Stir in the baked beans, bacon, ham, onion, chili powder, ketchup, brown sugar and molasses. If it seems thick, stir in the water. Cover and cook on High for 3 hours or cook for 6 to 8 hours on Low.

Ingredients

1 1/2 pounds ground beef
1 tablespoon vegetable oil
1/2 teaspoon salt
1 (10.5 ounce) can condensed French onion soup
1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoon ground black pepper
1 (6 ounce) can tomato paste
1 (8 ounce) can tomato sauce
2 (15 ounce) cans kidney beans
2 teaspoons unsweetened cocoa
1 cup cola-flavored carbonated beverage

Directions

In a deep skillet or large saucepan, cook beef with oil and salt over medium heat until brown.

Meanwhile, puree French onion soup in a blender until smooth.

Drain meat. Stir pureed soup into meat, reduce heat and simmer 5 minutes.

Stir in chili powder, cumin, pepper, tomato paste, tomato sauce, and beans until well combined. Stir in cocoa and cola. Heat through and serve.

Kidney Beans and Corn

Ingredients

2 tablespoons olive oil
4 cloves garlic, minced
1/2 red onion, chopped
1 green bell pepper, seeded and chopped
1 tablespoon cumin
1 teaspoon ground dry mustard
ground cayenne pepper to taste
salt to taste
ground black pepper to taste
1 (16 ounce) can kidney beans, with liquid
1 (15.25 ounce) can whole kernel corn, with liquid

Directions

Heat the olive oil in a skillet over medium-high heat, and cook garlic and onion until onion is tender. Stir in the green bell pepper, and cook until tender but firm. Season with cumin, mustard, cayenne pepper, salt, and black pepper.

Stir the kidney beans with liquid and corn with liquid into the skillet. Bring to a boil, reduce heat to medium, and continue cooking 20 minutes, stirring occasionally. Serve immediately.

Green Beans with Caramelized Onions

Ingredients

1 tablespoon olive oil
1 tablespoon white sugar
1 (16 ounce) package frozen pearl onions
1 (16 ounce) package frozen cut green beans, thawed
1 tablespoon fresh dill weed
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Heat the oil and sugar in a large skillet over medium-high heat. Add the onions; cook and stir until tender and golden brown, about 10 minutes.

Mix the green beans with the onions, and cook for about 3 minutes. Remove from heat and season with dill, salt and pepper.

Boilermaker Tailgate Chili

Ingredients

2 pounds ground beef chuck
1 pound bulk Italian sausage
3 (15 ounce) cans chili beans, drained
1 (15 ounce) can chili beans in spicy sauce
2 (28 ounce) cans diced tomatoes with juice
1 (6 ounce) can tomato paste
1 large yellow onion, chopped
3 stalks celery, chopped
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 green chile peppers, seeded and chopped
1 tablespoon bacon bits
4 cubes beef bouillon
1/2 cup beer
1/4 cup chili powder
1 tablespoon Worcestershire sauce
1 tablespoon minced garlic
1 tablespoon dried oregano
2 teaspoons ground cumin
2 teaspoons hot pepper sauce (e.g. Tabasco[®])
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
1 teaspoon paprika
1 teaspoon white sugar
1 (10.5 ounce) bag corn chips such as Fritos[®]
1 (8 ounce) package shredded Cheddar cheese

Directions

Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.

Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green and red bell peppers, chile peppers, bacon bits, bouillon, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.

After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.

To serve, ladle into bowls, and top with corn chips and shredded Cheddar cheese.

Roasted Beet, Crab and Vegetable Soup

Ingredients

4 beets, scrubbed, stems trimmed to 1 inch
2 tablespoons olive oil
salt and freshly ground pepper, to taste
2 tablespoons fresh lemon juice, or to taste

2 tablespoons olive oil
1 onion, chopped
2 tablespoons garlic, minced
1/2 cup chopped celery
1 (8 ounce) can sliced mushrooms
2 (13.75 ounce) cans chicken broth
1/2 (9 ounce) package frozen baby lima beans
1/2 (14 ounce) package frozen mixed vegetables
2 (14.4 ounce) cans diced tomatoes
1/2 (15 ounce) can peas
1/2 pound imitation crab meat, flaked
2 teaspoons dried thyme
1 dash Louisiana-style hot sauce, or to taste
salt and freshly ground pepper, to taste
2 teaspoons fresh lemon juice, or to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place beets into a 9x13 inch baking dish. Drizzle with 2 tablespoons olive oil and lemon juice. Season with salt and pepper to taste.

Cook beets in preheated oven, turning occasionally, until fork tender, about 45 minutes. Remove from oven, cool, peel, and cut into 1/2 inch pieces.

Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in the onion, garlic, celery, and mushrooms; cook and stir until the onion becomes transparent, about 5 minutes. Pour in the chicken broth, and heat 5 minutes. Add the lima beans and mixed vegetables; bring soup to a boil over high heat. Reduce heat to medium-low, and stir in the tomatoes, peas, beets, and crab meat. Season with thyme, hot sauce, salt, and pepper, to taste. Simmer 10 minutes more, and turn off the heat. Just before serving, stir in 2 teaspoons lemon juice.

Apple Citrus Pie

Ingredients

1 double crust ready-to-use pie crust (such as Pillsbury®)
3 cups water
1 cup honey
5 seedless oranges, thinly sliced
1/2 cup packed brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon ground ginger
4 Macintosh apples - peeled, cored, and thinly sliced
3 tablespoons melted butter, divided
2 tablespoons confectioners' sugar

Directions

Line a 9 inch pie pan with one of the pie crusts, and chill at least 20 minutes before baking to prevent shrinkage. Preheat oven to 400 degrees F (205 degrees C). Line pastry with a double layer of aluminum foil and a layer of pie weights or dried beans. Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights and bake until the crust has set, about 5 minutes more. Let cool.

Bring the water and honey to a boil in a saucepan over high heat. Stir in the orange slices, then reduce heat to medium-low. Cover and simmer 30 minutes, then drain, reserving the orange slices. Combine the brown sugar, cinnamon, and ginger in a mixing bowl. Toss the apples with the sugar mixture; set aside.

Spread 1/3 of the orange slices into the bottom of the pie crust, then top with 1/3 of the sweetened apples. Form 4 more layers with the apples and oranges, then place the second pie crust on top of the pie. Crimp the edges, then cut 3 slits into the top of the pie. Brush the crust with half of the melted butter.

Bake in the preheated oven until the top crust is flaky and golden, about 1 hour. Remove the pie from the oven, and brush with the remaining butter; sprinkle with confectioners' sugar.

White Chili II

Ingredients

2 tablespoons olive oil
2 onions, chopped
4 cloves garlic, minced
4 cooked, boneless chicken breast half, chopped
3 (14.5 ounce) cans chicken broth
2 (4 ounce) cans canned green chile peppers, chopped
2 teaspoons ground cumin
2 teaspoons dried oregano
1 1/2 teaspoons cayenne pepper
5 (14.5 ounce) cans great Northern beans, undrained
1 cup shredded Monterey Jack cheese

Directions

Heat the oil in a large pot over medium heat. Add the onions and garlic and saute for 10 minutes, or until onions are tender. Add the chicken, chicken broth, green chile peppers, cumin, oregano and cayenne pepper and bring to a boil.

Reduce heat to low and add the beans. Simmer for 20 to 30 minutes, or until heated thoroughly. Pour into individual bowls and top with the cheese.

Shepherd's Pie IV

Ingredients

2 pounds ground sirloin
4 large onions, peeled and diced
1 pound frozen green beans, thawed
1 head cauliflower, chopped
8 ounces shredded Cheddar cheese
2 (10.75 ounce) cans condensed cream of mushroom soup
12 potatoes, peeled and diced
4 ounces cream cheese, softened
1/4 cup butter, softened
1/2 cup milk
1/8 teaspoon garlic powder
1 tablespoon dried chives
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15x2 inch baking dish.

Place ground sirloin in a large skillet over medium heat and saute 1 minute. Add chopped onion and continue to cook until meat is no longer pink and onion is beginning to brown. Pour mixture into greased baking dish.

Top meat layer with green beans and cauliflower. Sprinkle cheese over vegetables, then spread evenly with cream of mushroom soup.

Place potatoes in a large pot. Cover them with water and bring to a boil. Boil 10 minutes, or until tender. Drain.

To potatoes add softened cream cheese and butter or margarine. Whip until all ingredients are combined. Pour in milk and continue to whip until potatoes are smooth and fluffy. Add garlic powder, salt, and pepper to taste. Spread potatoes over soup layer. Sprinkle lightly with chives.

Bake uncovered in preheated oven for 35 to 45 minutes, until potatoes are golden brown.

Greek Green Beans

Ingredients

3/4 cup olive oil
2 cups chopped onions
1 clove garlic, minced
2 pounds fresh green beans,
rinsed and trimmed
3 large tomatoes, diced
2 teaspoons sugar
salt to taste

Directions

Heat the olive oil in a large skillet over medium heat. Cook and stir the onions and garlic in the skillet until tender.

Mix the green beans, tomatoes, sugar, and salt into the skillet. Reduce heat to low, and continue cooking 45 minutes, or until beans are soft.

Indian Chickpeas

Ingredients

2 tablespoons vegetable oil
4 cloves garlic, minced
1/2 cup onion, chopped
1 tablespoon minced fresh ginger root
1/8 teaspoon garam masala
2 teaspoons channa masala spice mix
1 large tomato, chopped
1 1/2 cups water
2 (15.5 ounce) cans garbanzo beans, drained and rinsed
salt to taste

Directions

Heat oil in a saucepan over medium-high heat. Stir in the garlic, onion, and ginger, and cook until browned. Stir in the garam masala, channa masala spice, tomato, water, and garbanzos; season to taste with salt. Bring to a simmer, then reduce heat to low, cover and simmer until garbanzos are very soft, about 20 minutes.

Bean, Bacon and Pepper Soup

Ingredients

5 slices bacon
3 onions, chopped
2 carrots, chopped
1 red bell pepper, chopped
2 stalks celery, chopped
4 cloves garlic, minced
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 bay leaf
1 teaspoon dried thyme
1 tablespoon Worcestershire sauce
4 cups chicken broth
2 (15 ounce) cans cannellini beans, with liquid
1/2 cup chopped parsley

Directions

In a large pot over medium high heat, saute the bacon until crisp. Drain the fat, leaving about 2 tablespoons in the pot. Crumble the bacon, reserving for later for garnish. Add the onions, carrots, red bell pepper, celery and garlic to the pot and saute in the bacon fat for 10 minutes.

Stir in the sugar, ground black pepper, cayenne pepper, garlic powder, onion powder, bay leaf, thyme and Worcestershire sauce. Now pour in just a small amount of chicken stock to deglaze the pan. (Note: This removes all of the caramelized particles from the bottom of the pan.)

Add the beans and the rest of the stock and continue to cook over medium high heat for 10 to 15 minutes, or until all vegetables are tender.

In a food processor or blender, puree 3 cups of soup at a time, adjusting seasoning if necessary. Return all pureed soup to the pot, stir in the parsley and crumbled bacon and simmer for 10 more minutes.

Noodles Mexicana

Ingredients

1 pound ground beef
1 onion, chopped
2 cloves garlic, minced
1 (11 ounce) can whole kernel corn, with liquid
1 (2.25 ounce) can sliced black olives, with liquid
1 (14.5 ounce) can tomatoes with juice, chopped
1 (15 ounce) can chili beans, drained
1/2 cup chopped green onions
1 (1.25 ounce) package taco seasoning mix
1/2 teaspoon salt
1 (16 ounce) package uncooked egg noodles
1/2 cup sour cream, for topping

Directions

In a large skillet over medium heat, cook the ground beef, onion, and garlic until beef is evenly brown. Drain.

Mix the corn, olives, tomatoes, chili beans, and green onions into the skillet. Season with taco seasoning and salt. Cover, and cook 15 minutes.

Mix the egg noodles into the skillet. Cover, and continue cooking 12 minutes, or until egg noodles are tender. Top each serving with a dollop of sour cream.

Fairuzah's Chili

Ingredients

1 1/2 pounds ground beef
1 1/2 pounds ground turkey
3/4 large white onion, diced
3 (15 ounce) cans kidney beans, drained
3 (15 ounce) cans baked beans with pork
1 (14.5 ounce) can stewed tomatoes
1 (12 ounce) can sliced mushrooms, drained
3 tablespoons chili powder
6 cloves garlic, minced
1 1/2 teaspoons garlic powder
1 teaspoon ground cinnamon
salt and pepper to taste

Directions

In a large pot, combine the ground beef, ground turkey, and onion. Cook, stirring, over medium heat until meat is cooked through, about 10 minutes.

Stir in the kidney beans, baked beans, tomatoes, and mushrooms. Season with chili powder, garlic, garlic powder, cinnamon, salt, and pepper. Reduce heat to low, and simmer for at least 1 hour, stirring occasionally. The longer the better. After the first half-hour has passed, taste, and adjust seasonings to suit your preference.

Green Beans in Tomato Sauce

Ingredients

1 pound fresh green beans, trimmed
2 tablespoons olive oil
1 onion, chopped
1 clove garlic, chopped
1 tablespoon chopped fresh parsley
1 (14.5 ounce) can diced tomatoes including juice
1 tablespoon white wine vinegar
1 teaspoon ground cumin
1 pinch white sugar, or to taste
salt and ground black pepper to taste
1 tablespoon olive oil
1 clove garlic, chopped

Directions

Bring a pot of lightly-salted water to a boil; stir in the green beans and return to a boil. Reduce the heat to medium, and cook the green beans until just tender, about 8 minutes. Drain.

Heat 2 tablespoons of olive oil in a large skillet over medium heat; cook and stir the onion, 1 clove of garlic, and parsley in the hot oil until the onion is translucent, about 5 minutes. Stir in the tomatoes, wine vinegar, and cumin; bring the mixture to a boil, reduce heat to medium-low, and simmer for 30 minutes to thicken the sauce. Transfer the sauce to a bowl.

In a clean skillet, heat 1 tablespoon of olive oil over medium-low heat; cook and stir 1 clove of chopped garlic in the hot oil until fragrant beginning to brown, 2 to 3 minutes. Return the cooked green beans to the skillet; cook and stir to reheat the beans and coat them with oil. Pour the sauce over the beans and stir to coat. Serve hot.

Summer Salad with Cumin-Crusted Salmon

Ingredients

Salad:

2 ounces pine nuts
5 cups mixed greens
1 (15 ounce) can black beans,
drained and rinsed
1 cup scallions, sliced
1 large orange, cut in 1-inch
chunks
1/2 cup feta cheese, crumbled
1 cup cilantro, chopped

Dressing:

2 tablespoons orange juice
concentrate
4 tablespoons olive oil
1/2 teaspoon cumin
1 1/2 tablespoons balsamic
vinegar
2 garlic cloves, crushed
1/4 teaspoon salt

Cumin-Crusted Salmon:

1 1/2 tablespoons cumin
2 teaspoons paprika
1/4 teaspoon salt
1/4 teaspoon freshly ground black
pepper
1 pound salmon fillet, skin
removed

Directions

Heat a non-stick skillet, add pine nuts and stir until toasty, about 5 minutes. In a large bowl, place all salad ingredients (reserve half of the cilantro and half of the pine nuts for garnish).

In a separate bowl, stir dressing ingredients together.

In a bowl, combine cumin, paprika, salt and pepper. Cut salmon in 8 strips and coat with spices. Grill (or sear in a non-stick skillet brushed with canola oil) until crusty.

Toss salad and dressing; divide on plates. Top with salmon and reserved cilantro and pine nuts.

Basil Bean Salad

Ingredients

1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans,
rinsed and drained
1 (14.5 ounce) can wax beans,
drained
1 (14.5 ounce) can cut green
beans, drained
1 medium green pepper, thinly
sliced
1 medium onion, thinly sliced
1/2 cup white wine vinegar
1/2 cup vegetable oil
6 tablespoons sugar
1 tablespoon minced fresh basil
3/4 teaspoon ground mustard
3/4 teaspoon salt

Directions

In a large bowl, combine beans, green pepper and onion. In a small bowl, combine vinegar, oil, sugar, basil, mustard and salt. Pour over bean mixture; toss to coat. Chill for several hours or overnight.

Portobello Mushroom Chili

Ingredients

2 tablespoons extra virgin olive oil
2 medium onions, diced
2 cloves garlic, chopped
1 tablespoon chili powder
1/4 teaspoon ground cayenne pepper
1 1/2 pounds portobello mushrooms, cut into 1/2 inch pieces
1 (28 ounce) can Italian-style diced tomatoes
1 (19 ounce) can red kidney beans
salt to taste
1/2 teaspoon ground black pepper

Directions

Heat the oil in a large pot over medium heat, and cook the onions until tender. Stir in the garlic, chili powder, and cayenne pepper. Mix the mushrooms into the skillet, and continue cooking, stirring frequently, 10 minutes, or until tender.

Pour the tomatoes and beans into the skillet. Season with salt and pepper. Reduce heat to low, cover, and simmer 40 minutes.

Fiesta Beef Soup

Ingredients

1/2 pound lean ground beef or turkey
1/2 onion, finely chopped
1 clove garlic, minced
1 teaspoon ground cumin
1 (15 ounce) can black or pinto beans, undrained
1 (14.5 ounce) can DEL MONTE® Petite Cut Diced Tomatoes with Jalapenos, undrained
3 cups COLLEGE INN® Beef Broth
1 (8 3/4 ounce) can DEL MONTE® Whole Kernel Golden Sweet Corn, undrained
1/4 cup chopped cilantro (optional)

Directions

Brown meat with onion, garlic and cumin in 4-quart saucepan; drain. Season to taste with salt and pepper.

Stir in remaining ingredients. Cook over medium heat, 10 minutes. Serve with hot sauce and garnish with broken tortilla chips and shredded Cheddar cheese, if desired.

Massachusetts Straub Chili

Ingredients

3 tablespoons vegetable oil
2 large onions, chopped
1 green bell pepper, chopped
4 cloves garlic, minced
1/2 pound lean ground beef
1/2 pound beef stew meat, diced
into 1 inch pieces
1 (28 ounce) can crushed
tomatoes
1 (14 ounce) can beef broth
1/2 pound dry kidney beans
2 1/2 tablespoons chili powder
1 teaspoon Italian seasoning
1 teaspoon salt
2 tablespoons brown sugar

Directions

Heat oil in a large stockpot over medium heat. Saute onions and bell pepper until tender. Add garlic, ground beef and stew meat and cook until the meat is no longer pink, about 10 minutes.

Add the tomatoes, beef broth and kidney beans to the stockpot, cover and bring to a boil. Let the mixture boil for 4 to 5 minutes then stir in the chili powder, Italian seasoning, salt and brown sugar. Simmer uncovered for about 2 hours, or until the chili thickens and beans are tender.

Six Can Chicken Tortilla Soup

Ingredients

1 (15 ounce) can whole kernel corn, drained
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can chunk chicken
1 (15 ounce) can black beans
1 (10 ounce) can diced tomatoes with green chile peppers, drained

Directions

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

Beef Fajita Salad

Ingredients

1 (8 ounce) bottle Italian-style salad dressing
1 teaspoon ground cumin
1 dash hot pepper sauce
1/2 pound flank steak, cut into strips
1/2 cup fresh corn kernels
1/2 cup kidney beans, cooked
1/2 cup thinly sliced red onion
1/2 cup shredded Cheddar cheese
1 tomato, chopped
8 cups mixed salad greens
2 cups crushed tortilla chips

Directions

Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.

To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese. Add extra dressing if necessary and top with the crushed tortilla chips.

Amazing Hawaiian Chicken Chili

Ingredients

2 pounds skinless, boneless chicken breast halves
1 cup barbeque sauce
2 tablespoons butter, divided
1 large onion, diced
2 cloves garlic, minced
1 large roasted red pepper, chopped
1 (6 ounce) can tomato paste
3 tablespoons chili powder
1 tablespoon ancho chile powder
1 tablespoon ground cumin
1 teaspoon ground ginger
1 tablespoon vanilla extract
1/2 teaspoon white sugar
1 (20 ounce) can pineapple chunks
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can black beans, drained
1 (28 ounce) can chopped tomatoes, drained
1 (24 ounce) jar chipotle salsa
salt and pepper to taste

Directions

Place the chicken breasts and barbecue sauce in a gallon-sized zip top bag and allow to marinate for 30 minutes in the refrigerator.

Melt 1 tablespoon of butter in a large skillet placed over high heat, and add the chicken. Cook the chicken until it is browned and almost cooked through, about 5 minutes per side. Remove chicken from skillet, chop into 1 inch pieces, and place in the crock of a slow cooker.

Heat the remaining 1 tablespoon of butter in the skillet over medium-high heat, add the diced onion, garlic, and roasted red pepper, and cook and stir until the onion is softened, about 5 minutes. Stir in the tomato paste, chili powder, ancho chile powder, ground cumin, ground ginger, vanilla, and sugar. Cook, stirring, until blended, about 2 minutes. Transfer the mixture to the slow cooker.

Drain the canned pineapple and reserve the fruit. Stir the pineapple juice, kidney beans, black beans, tomatoes, and chipotle salsa into the ingredients in the slow cooker and set the heat to High. Allow the chili to cook on High until it begins to bubble, about 20 minutes. Turn the slow cooker to Low and cook for 1 additional hour.

Stir the reserved pineapple into the chili and continue to cook until the pineapple is warm, about 15 minutes. Salt and pepper the chili to taste and serve piping hot.

Vegetable Medley Salad

Ingredients

1 medium head cauliflower,
broken into florets and blanched
1 medium onion, sliced into rings
1 (16 ounce) can green beans,
drained
1 (16 ounce) can wax beans,
drained
1 (16 ounce) can lima beans,
drained
1 (16 ounce) can kidney beans,
rinsed and drained
4 sweet pickles, sliced
3 carrots, sliced and blanched
1 1/2 cups vinegar
3/4 cup water
1/2 cup sweet pickle juice
2 cups sugar
1 teaspoon salt
1/2 teaspoon ground turmeric
1/4 teaspoon dry mustard

Directions

In a large bowl, combine cauliflower, onion, all of the beans, pickles and carrots. In a medium saucepan, bring remaining ingredients to a boil. Boil for 2 minutes, stirring occasionally. Pour over vegetables; stir gently. Cover and chill overnight. Stir again; drain before serving.

Chicken, Cheese, and Biscuits

Ingredients

1 tablespoon margarine
3 tablespoons all-purpose flour, divided
1/2 teaspoon ground mustard
1/4 teaspoon rubbed sage
1 1/2 cups milk
2 cubes chicken bouillon
1 pinch ground white pepper
2 ounces shredded Cheddar cheese
1 cup cooked, diced chicken breast
1 cup fresh mushrooms, sliced
1 cup chopped fresh green beans
1 (10 ounce) can refrigerated biscuit dough

Directions

In a saucepan, heat margarine until hot and bubbly. Add flour, mustard, and sage; stir quickly to combine. Stirring constantly, add milk. Cook and stir until smooth.

Add bouillon and pepper, and mix well. Reduce heat to low. Cook, stirring occasionally, until mixture is thick, 5 to 10 minutes.

Stir in the cheese, and cook until melted. Add the chicken, mushrooms, and green beans. Cook until heated through, 3 to 5 minutes.

Pour chicken mixture into a lightly greased 9x13 inch baking dish. Separate biscuits into 2 layers, making 10 circles. Arrange biscuits over chicken mixture.

Bake, uncovered, at 400 degrees F (205 degrees C) until biscuits are golden, about 10 to 12 minutes.

Swordfish Calabrian Style

Ingredients

3 tablespoons olive oil, divided
1 tablespoon fresh lemon juice
salt and pepper to taste
1 1/4 pounds fresh swordfish, cut into chunks
1 small onion, chopped
1 teaspoon all-purpose flour
1 1/2 cups dry white wine
1 (19 ounce) can fava beans, drained
1 bunch fresh parsley, chopped

Directions

In a medium bowl, mix together 2 tablespoons of the olive oil, lemon juice, salt and pepper. Add the fish and stir enough to get it coated. Let it marinate for about 15 minutes. Remove fish from the marinade, and pat dry.

Heat the remaining olive oil in a large skillet over medium-high heat. Fry the onion until golden, then add the fish. Brown the chunks of fish on all sides, then remove from the pan, and set aside.

Stir the flour into the skillet; cook and stir until lightly browned. Gradually stir in the white wine. Return the fish to the pan, and add the fava beans. Sprinkle with fresh parsley, cover, and simmer for 2 to 3 minutes, or until the fish flakes easily with a fork. Serve hot.

Cannellini Bean with Flat Leaf Kale

Ingredients

1 cup canned cannellini beans
1 clove garlic, crushed
2 ounces kielbasa sausage, sliced thin
1/2 small onion, slivered
3 leaves kale, rinsed and sliced
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh thyme
1 tablespoon grated Parmesan cheese

Directions

In a saucepan, place the cannellini beans, garlic, sausage, onion and kale with just enough water to cover. Season with 2 teaspoons of parsley, thyme and salt and pepper if desired. Bring to a boil and cook until vegetables are tender. Serve immediately garnished with Parmesan cheese and remaining fresh parsley.

Layered Italian Casserole

Ingredients

1 (14.5 ounce) can CONTADINA®
Diced Tomatoes with Italian Herbs
6 ounces CONTADINA® Tomato
Paste with Roasted Garlic
2 tablespoons CONTADINA®
Italian Style Bread Crumbs
6 ounces rotini dried
12 ounces sweet Italian sausage,
casings removed, or ground beef
1 (14.5 ounce) can green beans,
cut and drained
1/2 teaspoon rosemary, dried and
crushed
15 ounces ricotta cheese
1 cup mozzarella cheese,
shredded
1 egg, beaten
1 tablespoon butter, melted

Directions

Cook pasta according to package directions; drain. Meanwhile, cook sausage in skillet until browned; drain off fat. Stir in tomato paste, undrained tomatoes, beans, rosemary and cooked pasta; heat through.

Spread half the mixture in 2-quart casserole. Combine ricotta, 1/2 cup mozzarella and egg; spoon over sausage mixture. Spread remaining sausage mixture on top.

Bake, covered, at 350 degrees F, 30 minutes. Combine bread crumbs and butter. Uncover and sprinkle with remaining mozzarella; top with bread crumbs. Bake 5 minutes more to melt cheese. Let stand 5 minutes.

Mom's Portuguese Beef Stew

Ingredients

2 tablespoons extra-virgin olive oil
1 pound beef stew meat, cut into cubes
1 tablespoon all-purpose flour
8 cloves garlic, minced
2 bay leaves
1 pinch ground black pepper
1 pinch salt
1 onion, chopped
1 green bell pepper, chopped
1 carrot, chopped
1 pinch paprika
1/2 fresh tomato, chopped
1 cup white wine
1 cup water
2 sprigs fresh parsley
3 red potatoes, peeled and cubed
1 sweet potato, peeled and cubed
1 (14.5 ounce) can green beans, drained

Directions

Heat the oil in a stockpot over medium-high heat. Dust the beef with the flour. Place the beef, garlic, bay leaves, and pepper in the stockpot; cook until the beef is brown; season with salt and cook until beef is tender, about 5 minutes. Add the onion, green pepper, carrot, and paprika; cook until the onion softens, about 5 minutes. Stir in the tomato, wine, water, and parsley. Cover, reduce heat to medium-low and simmer 30 minutes.

Mix in the red potatoes, sweet potatoes, and green beans; continue to cook until potatoes are easily pierced through with a fork, about 45 minutes.

Easy Vegetable Soup

Ingredients

1 teaspoon vegetable oil
1/4 cup chopped onion
1 clove garlic, minced
1/4 teaspoon dried parsley flakes
1/4 teaspoon dried thyme leaves, crushed
3 1/2 (14 ounce) cans SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
2 medium carrots, sliced
1 medium potato , cut into 1-inch pieces
1 cup fresh or frozen cut green beans

Directions

Heat the oil in a 3-quart saucepan over medium-high heat. Add the onion, garlic, parsley and thyme and cook until the onion is tender-crisp.

Add the carrots, potato and beans to the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender.

Shrimp Scampi Over Rice

Ingredients

2 tablespoons I Can't Believe It's Not Butter!B® Spread
1 pound uncooked large shrimp, peeled and deveined, tails left on
2 cloves garlic, chopped
2 teaspoons lemon juice
1 (5.4 ounce) package KnorrB® Rice Sidesв„Ÿ - Herb & Butter, prepared according to package directions
1/2 pound cooked green beans

Directions

Season shrimp, if desired, with salt and pepper. Melt 1 tablespoon spread in 12-inch nonstick skillet over medium-high heat and cook shrimp, stirring occasionally, 3 minutes or until shrimp turn pink.

Stir in garlic and cook 30 seconds. Remove skillet from heat and stir in lemon juice and remaining 1 tablespoon spread until spread is melted.

Serve over hot KnorrB® Rice Sidesв„Ÿ - Herb & Butter with green beans.

Fiery Five Pepper Hummus

Ingredients

1 (15.5 ounce) can garbanzo beans, drained, liquid reserved
2 jalapeno peppers, chopped
5 tablespoons chopped canned banana peppers
1 Cubanelle pepper
1 red bell pepper, seeded and chopped
2 serrano peppers, chopped
1 tablespoon olive oil
1/3 cup red pepper flakes, or to taste
1 tablespoon ground cumin
1 tablespoon sesame seeds
2 tablespoons cayenne pepper
4 cloves garlic, minced

Directions

Combine half the garbanzo beans with half the jalapeno, banana, Cubanelle, bell, and serrano peppers in a blender or bowl of a food processor. Add the olive oil, red pepper flakes to taste, cumin, sesame seeds, cayenne pepper, and garlic. Blend or pulse until well mixed. Stir in the remaining garbanzo beans and peppers. Pour in 1 tablespoon reserved garbanzo bean liquid, or amount required, to thin mixture to desired consistency, and blend until smooth.

Italian Chicken and Chickpeas

Ingredients

2 tablespoons olive oil
4 skinless, boneless chicken breast halves
2 tablespoons dried rosemary
1 tablespoon olive oil
3 cloves garlic, minced
1 (15 ounce) can tomato sauce
1 teaspoon Italian seasoning
1/2 teaspoon cayenne pepper
1 1/2 teaspoons white sugar
1 bay leaf
1/4 teaspoon crushed red pepper flakes
1 (15 ounce) can garbanzo beans, drained and rinsed

Directions

Heat 2 tablespoons olive oil in a large skillet over medium heat. Season the chicken with the rosemary on both sides; cook the chicken in the hot oil until browned evenly, 3 to 4 minutes per side. Remove the chicken from the pan and set aside.

Pour 1 tablespoon olive oil into the skillet. Cook and stir the garlic in the hot oil until fragrant, about 1 minute. Add the tomato sauce, Italian seasoning, cayenne pepper, sugar, bay leaf, and red pepper flakes to the skillet; stir. Return the chicken to the skillet; cover and reduce heat to medium-low. Simmer until the chicken is no longer pink in the center and the juices run clear, 10 to 12 minutes.

Stir the garbanzo beans into the skillet; continue cooking until the beans are heated, 2 to 3 minutes more.

7-Layer Meatless Tortilla Pie

Ingredients

2 (15 ounce) cans pinto beans,
drained
1 cup Pace® Picante Sauce
1/4 teaspoon garlic powder
2 tablespoons chopped fresh
cilantro
1 (15 ounce) can black beans,
drained
1 small tomato, chopped
7 (8 inch) flour tortillas
2 cups shredded Cheddar cheese

Directions

Mash pinto beans. Stir in 3/4 cup picante sauce and garlic.

Mix remaining picante sauce, cilantro, black beans and tomato.

Place 1 tortilla on baking sheet. Spread 3/4 cup pinto bean mixture over tortilla to within 1/2-inch of edge. Top with 1/4 cup cheese. Top with 1 tortilla and 2/3 cup black bean mixture. Top with 1/4 cup cheese. Repeat layers twice more. Top with remaining tortilla and spread with remaining pinto bean mixture. Cover with foil.

Bake at 400 degrees F for 40 minutes or until hot. Uncover. Top with remaining cheese. Cut into wedges. Serve with additional picante sauce and sprinkle with additional cilantro if desired.

Black Beans and Rice

Ingredients

1 medium onion, chopped
1 medium green pepper, chopped
1 medium sweet red pepper,
chopped
1 garlic clove, minced
1/2 teaspoon dried basil
1/4 teaspoon pepper
1 tablespoon tomato sauce
1 (15 ounce) can black beans,
rinsed and drained
1 cup cooked long-grain rice
1 tablespoon red wine vinegar
1/4 cup shredded Cheddar
cheese

Directions

In a nonstick skillet that has been coated with nonstick cooking spray, saute the onion, green and red peppers, garlic, basil and pepper until tender. Stir in tomato sauce. Add beans, rice and vinegar; heat through. Transfer to a serving dish; sprinkle with cheese.

Fiesta Frittata Casserole

Ingredients

8 eggs
2 cups sour cream
1 cup shredded Cheddar cheese
1 (4 ounce) can diced green chile peppers, drained
1 green onion, minced
1/4 cup chopped fresh parsley
1 cup frozen corn kernels
1 (15 ounce) can black beans, rinsed and drained
1/4 cup chopped red pepper
1/4 cup bacon bits
1 cup fresh salsa

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, whisk together the eggs, sour cream, Cheddar cheese, green chile peppers, green onion, and parsley. Mix in the corn, black beans, red pepper, and bacon bits. Transfer to the prepared baking dish.

Bake 30 minutes in the preheated oven, or until a knife inserted in the center of the casserole comes out clean. Serve with the fresh salsa.

Refried Beans Without the Refry

Ingredients

1 onion, peeled and halved
3 cups dry pinto beans, rinsed
1/2 fresh jalapeno pepper, seeded and chopped
2 tablespoons minced garlic
5 teaspoons salt
1 3/4 teaspoons fresh ground black pepper
1/8 teaspoon ground cumin, optional
9 cups water

Directions

Place the onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.

Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Cincinnati-Style Chili

Ingredients

8 ounces spaghetti
1 tablespoon olive oil
1 (12 ounce) package frozen
burger-style crumbles
1 onion, chopped
1 tablespoon minced garlic
1 cup tomato sauce
1 cup water
1 (14.5 ounce) can diced tomatoes
2 tablespoons red wine vinegar
2 tablespoons chili powder
1/2 teaspoon ground cinnamon
1/2 teaspoon paprika
1/2 teaspoon ground allspice
1 tablespoon light brown sugar
1 tablespoon unsweetened cocoa
powder
1 teaspoon hot pepper sauce
1 cup kidney beans, drained and
rinsed
1 cup shredded Cheddar cheese
(optional)

Directions

Heat olive oil in a large frying pan. Saute onion until tender. Mix in burger-style crumbles and garlic; cook until the crumbles have browned.

Stir in tomato sauce, water, chopped tomatoes, vinegar, chili powder, cinnamon, paprika, allspice, light brown sugar, cocoa, and hot sauce. Heat over medium-high heat until the mixture begins to boil. Reduce heat to low, cover, and simmer 15 to 20 minutes until sauce thickens.

While the sauce is thickening, bring a large pot of salted water to boil; place spaghetti in the water and bring it to a boil again. Cook until al dente. Drain well.

Stir beans into the chili and mix lightly.

Spoon cooked spaghetti into bowls and top with chili. Sprinkle with cheese if desired.

Holiday Bean Salad

Ingredients

1 (.7 ounce) package dry Italian-style salad dressing mix
14 ounces frozen green beans
1 (16 ounce) package frozen lima beans, thawed
2 green onions, thinly sliced
1/4 cup pimentos
1 head iceberg lettuce - rinsed, dried, and shredded

Directions

Prepare Italian salad dressing according to instructions.

In a salad bowl, combine 1/2 cup of the Italian salad dressing, green beans, lima beans, green onions and pimentos. Refrigerate over night. Serve chilled over shredded lettuce.

Cowboy Hash

Ingredients

1 pound lean ground beef
1 tablespoon vegetable oil
2 cups corn
3 1/2 cups ranch-style beans

Directions

Heat oil in a large skillet over medium high heat. Saute ground beef until browned; drain.

Stir in corn and beans and bring to a boil; reduce heat to low, cover and simmer for 10 minutes.

Beef, Bean and Barley Stew

Ingredients

1 pound cubed beef stew meat
1 small onion, chopped
1 pinch salt
1/4 teaspoon ground black pepper
3 cloves garlic, crushed
2 (14 ounce) cans beef broth
3 1/2 cups water
1 cup peeled and diced tomatoes with juice
1 potato, cubed
2 carrots, chopped
1/4 medium head cabbage, shredded
1/3 cup quick-cooking barley
1 (14.5 ounce) can great Northern beans, rinsed and drained
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon caraway seeds

Directions

Coat a large pot or Dutch oven with cooking spray. Place over medium heat and cook beef until brown. Stir in onion and cook until translucent. Drain fat. Stir in salt, pepper and garlic and cook 1 minute. Pour in beef broth, water and tomatoes. Stir in potato, carrots, cabbage, barley and beans. And season with oregano, basil, rosemary and caraway. Bring to a boil, then reduce heat and simmer 20 minutes.

Mexican Lasagna I

Ingredients

- 1 pound lean ground beef
- 1 (16 ounce) can refried beans
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 12 uncooked lasagna noodles
- 2 cups water
- 2 1/2 cups picante sauce
- 2 cups sour cream
- 2 (2 ounce) cans sliced black olives
- 1 1/2 cups shredded Monterey Jack cheese
- 1/2 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine beef, beans, oregano, cumin and garlic powder.

Place 4 uncooked noodles in bottom of a 9x13 inch pan. Spread half of beef mixture over noodles. Top with 4 noodles. Spread with remaining mixture, and top with remaining noodles.

In a medium bowl, mix water and picante sauce. Pour evenly over layers. Cover tightly with foil.

Bake 1 1/2 hours in the preheated oven, or until noodles are tender.

Blend sour cream and olives in a medium bowl. Spoon over lasagna, and top with Jack and Cheddar cheese. Bake uncovered until cheese melts, about 5 to 10 minutes.

Green Bean and Potato Casserole

Ingredients

2 (14 ounce) cans green beans,
drained
2 (15 ounce) cans diced potatoes,
drained
1 (10.75 ounce) can condensed
cream of chicken soup
1 pound shredded Colby cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small casserole dish.

Mix the green beans, potatoes, cream of chicken soup, and cheese in the prepared dish.

Cover, and bake 30 minutes in the preheated oven. Remove cover, and continue baking 15 minutes, or until bubbly and lightly browned.

Two-Tater Shepherd's Pie

Ingredients

1 1/2 pounds ground beef
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 teaspoon garlic salt
1/4 teaspoon pepper
6 cups frozen Tater Tots
2 cups frozen French-style green beans, thawed
3 cups Hot mashed potatoes
1 cup shredded Colby cheese

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in soup, garlic salt and pepper. Place Tater Tots in a greased 13-in. x 9-in. x 2-in. baking dish. Top with beef mixture and green beans. Spread mashed potatoes over the top; sprinkle with cheese. Bake, uncovered, at 350 degrees F for 40-45 minutes or until heated through.

Georgian Green Beans

Ingredients

2 pounds fresh green beans,
trimmed
3 tablespoons unsalted butter
1 large red onion, quartered and
thinly sliced
2 cloves garlic, peeled and
minced
1 1/2 teaspoons red wine vinegar
3 tablespoons chicken broth
salt and pepper to taste
3 tablespoons finely chopped
cilantro

Directions

Bring a large pot of lightly salted water to boil. Place green beans in the water, and cook about 3 minutes. Remove from heat, and drain in a colander. Place under cold water until no longer hot. Drain, and pat dry.

Melt 1 tablespoon butter in a medium skillet over medium heat. Stir in the onion and garlic, and saute until onion is tender. Melt remaining butter in the skillet, and mix in the green beans. Stir in the vinegar and broth. Season with salt and pepper. Mix in cilantro. Cover, reduce heat, and simmer 15 minutes, or until green beans are tender.

Trinidad-Style Curried Potatoes (Aloo) with Green

Ingredients

1/2 pound peeled and deveined medium shrimp
1 tablespoon white wine vinegar
1 tablespoon seafood seasoning (such as Old Bay®)
1 teaspoon ground cumin
2 tablespoons olive oil
1 small onion, minced
1 celery stalk, minced
1 small carrot, minced
1/2 red bell pepper, minced
1/4 scotch bonnet chile pepper, minced
2 cloves garlic, minced
1 tablespoon curry powder
1/2 cup water
2 potatoes, cubed
2 cups hot water
1 cup frozen French cut green beans, thawed
1 bunch fresh cilantro leaves, chopped
salt and pepper to taste

Directions

Toss the shrimp, white wine vinegar, seafood seasoning, and cumin together in a bowl.

Heat the oil in a pot over medium heat; cook the onions in the oil until they begin to brown, 5 to 7 minutes. Stir in the celery, carrot, red bell pepper, and scotch bonnet pepper; cook until tender, about 5 minutes. Add the garlic and cook another 3 minutes. Whisk the curry powder into 1/2 cup of water in a small bowl; pour into the pot while also adding the potatoes; mix to coat and allow to cook 2 to 3 minutes more. Pour in 2 cups hot water and bring mixture to a boil. Gently lie the green beans into the pot. Allow the mixture to simmer until the potatoes are tender, 15 to 20 minutes. Add the shrimp and cook another 5 minutes. Sprinkle the cilantro leaves over the mixture and season with salt and pepper just before serving.

Green Bean Supreme

Ingredients

2 cups chopped fresh green beans
1 onion, finely diced
2 tablespoons butter
1 teaspoon salt
2 teaspoons soy sauce
1/8 teaspoon hot pepper sauce
2 tablespoons Worcestershire sauce
1 (10.75 ounce) can condensed cream of mushroom soup
1 (5 ounce) can sliced water chestnuts, drained
12 ounces shredded sharp Cheddar cheese
1 (2.8 ounce) can French-fried onion rings

Directions

Steam beans over a pot of boiling water until tender but still firm. Rinse under cold water to cool.

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, melt butter and saute onions. Add salt, soy sauce, hot pepper sauce, Worcestershire sauce and mushroom soup; mix well.

In a small casserole dish, layer half the beans, chestnuts, cheese and soup mixture. Repeat layer.

Bake at 350 degrees F (175 degrees C) for about 30 minutes or until hot and bubbly. Top with onions and heat 10 minutes longer.

Greek Hero

Ingredients

2 tablespoons lemon juice
1 tablespoon olive or canola oil
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
2 garlic cloves, minced
1 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon pepper
SANDWICH:
1 (8 ounce) loaf French baguette
2 medium sweet red peppers, cut
into thin strips
1/2 medium cucumber, sliced
2 small tomatoes, sliced
1/4 cup thinly sliced red onion
1/4 cup chopped ripe olives
1/4 cup chopped pimento-stuffed
olives
1/2 cup crumbled feta cheese
4 lettuce leaves

Directions

For hummus, place the lemon juice, oil and beans in a food processor; cover and process until smooth. Add garlic, oregano, salt and pepper; mix well.

Slice bread in half horizontally. Carefully hollow out bottom half, leaving a 1/2-in shell. Spread hummus into shell. Layer with the red peppers, cucumber, tomatoes, onion, olives, cheese and lettuce. Replace bread top. Cut into four portions.

Potato and Bean Enchiladas

Ingredients

1 pound potatoes, peeled and diced
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1 tablespoon ketchup
1 pound fresh tomatillos, husks removed
1 large onion, chopped
1 bunch fresh cilantro, coarsely chopped, divided
2 (12 ounce) packages corn tortilla
1 (15.5 ounce) can pinto beans, drained
1 (12 ounce) package queso fresco
oil for frying

Directions

Preheat oven to 400 degrees F (205 degrees C). In a bowl, toss diced potatoes together with cumin, chili powder, salt, and ketchup, and place in an oiled baking dish. Bake in the preheated oven for 20 to 25 minutes, or until tender.

Meanwhile, boil tomatillos and chopped onion in water to cover for 10 minutes. Set aside to cool. Once cooled, puree with half of the cilantro until smooth.

Fry tortillas individually in a small amount of hot oil until soft.

Mix potatoes together with pinto beans, 1/2 cheese, and 1/2 cilantro. Fill tortillas with potato mixture, and roll up. Place seam side down in an oiled 9x13 inch baking dish. Spoon tomatillo sauce over enchiladas, and spread remaining cheese over sauce. Bake for 20 minutes, or until hot and bubbly.

Minestrone Soup II

Ingredients

4 slices bacon
1 cup chopped onion
4 cloves garlic, minced
1/3 pound ground beef
1 cup minced celery
1 cup cubed carrots
2 cups tomato puree
2 (14.5 ounce) cans stewed tomatoes
1 (14 ounce) can beef broth
1 (10.5 ounce) can condensed French onion soup
5 cups water
1/4 cup red wine
1 teaspoon dried oregano
1 teaspoon dried basil
salt and pepper to taste
1 cup chopped zucchini
2 cups spinach, rinsed and sliced
1 cup uncooked spinach pasta
1 (15 ounce) can garbanzo beans, drained
1/4 cup chopped parsley

Directions

In a large stock pot, cook bacon and drain off fat. Add onion, garlic, and beef. When onions are translucent, add celery, carrot, pureed tomatoes, whole tomatoes, broth, condensed soup, water, wine, oregano, basil, salt and pepper. Cook for 15 minutes.

Stir in zucchini, spinach, pasta, garbanzo beans and parsley. Cook for 15 minutes and serve with fresh Parmesan cheese.

German-Style Green Beans

Ingredients

1 1/2 pounds fresh green beans,
cut into 1 inch pieces
6 bacon strips, diced
1 large onion, chopped
salt and pepper to taste

Directions

Place beans in a saucepan and cover with water; bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender.

Meanwhile, in a skillet, cook bacon until crisp. Remove bacon and set aside. Saute onion in drippings until tender; remove with a slotted spoon. Drain beans; return to pan. Add onion, 1 tablespoon drippings, salt and pepper; heat through. Crumble the bacon; add to the beans and toss. Serve immediately.

Green Bean Casserole I

Ingredients

1 cup chopped onion
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
3/4 cup shredded sharp Cheddar cheese
1/2 cup sour cream
1 tablespoon white sugar
1/2 teaspoon salt
1 pound frozen cut green beans, thawed and drained
2 cups prepared stuffing

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place green beans in a 9x13 inch glass pan.

Saute onions with butter in a large frying pan over medium heat until translucent. Add flour and stir to coat flour.

Gradually add milk and bring to a boil. Add cheese, sour cream, sugar, and salt. Cook till thickened and cheese is melted. Pour mixture over green beans and top with a layer of stuffing.

Bake for 25 to 30 minutes.

Bachelors Flamin' Hot Mexican Bean Dip

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1 onion, chopped
1 (11 ounce) can chopped
jalapeno peppers
1 (15 ounce) can black beans with
green chilies, drained
1 (10 ounce) can diced tomatoes
with green chilies, drained
1 (15 ounce) jar nacho cheese dip

Directions

Heat the olive oil in a large saucepan over medium heat. Add onion and garlic; cook and stir until onion is translucent, about 5 minutes. Pour in the jalapenos, black beans, diced tomatoes with green chilies and cheese dip. Heat through, stirring to blend as needed. Serve hot.

Holiday Apple Side Salad

Ingredients

2 (16 ounce) cans dark red kidney beans, drained and rinsed
2 large Granny Smith apples - peeled, cored and diced
2 stalks celery, diced
1 bunch red globe grapes, halved and seeded
1 1/2 cups creamy salad dressing, e.g. Miracle Whip

Directions

In a large bowl mix together the kidney beans, celery, and grapes. Stir in the creamy salad dressing a little at a time. Adjust the amount of creamy salad dressing to suit your taste.

Gel's Green Beans and Beef

Ingredients

1/2 pound extra-lean ground beef
1 1/2 tablespoons ground ginger
2 tablespoons minced garlic
2 teaspoons onion powder
1 teaspoon ground black pepper
3 tablespoons soy sauce
2 tablespoons honey
1 pound fresh green beans,
trimmed and snapped
2 tablespoons all-purpose flour
3 tablespoons water

Directions

In a large skillet over medium heat, mix the ground beef, ginger, garlic, onion powder, and pepper. Cook and stir until the beef is evenly browned.

Mix soy sauce and honey into the beef mixture. Stir in the green beans. Cover, reduce heat, and simmer 7 to 10 minutes, until beans are tender.

In a small bowl, mix the flour and water. Stir into the beef and bean mixture, and continue cooking about 5 minutes, until thickened.

Hearty Sausage Soup II

Ingredients

2 tablespoons olive oil
1 (1 pound) package smoked sausage, chopped
2 onions, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
10 cups water
3 cups chopped cabbage
2 carrots, thinly sliced
1 (15.5 ounce) can diced tomatoes
1 (6 ounce) can tomato paste
4 beef bouillon cubes
1 teaspoon seasoned salt
1/2 teaspoon dried thyme leaves
1 dash cayenne pepper
2 small zucchini, chopped
1 (15 ounce) can kidney beans, rinsed and drained
1 (8 ounce) package thin egg noodles
grated Parmesan cheese

Directions

Heat the olive oil in a large stockpot over medium-high heat; cook the sausage, onions, bell pepper, and garlic in the hot oil until the onion is tender, 5 to 7 minutes. Add the water, cabbage, carrots, diced tomatoes, tomato paste, beef bouillon cubes, seasoned salt, thyme, and cayenne pepper to the stockpot and bring to a boil. Reduce heat to medium-low, place a cover on the stockpot, and cook the soup at a simmer for 45 minutes. Stir the zucchini and beans into the soup; cook another 10 minutes.

Bring a large pot with lightly salted water to a rolling boil. Cook the egg noodles in boiling water until cooked yet firm to the bite, about 5 minutes. Drain and stir into the soup. Ladle the soup into bowls, and top with Parmesan cheese to serve.

Filipino Pork Adobo

Ingredients

1 cup distilled white vinegar
1 cup soy sauce
1/2 cup ketchup
1 tablespoon minced garlic
3 bay leaves
1 teaspoon fresh-ground black pepper
2 1/2 pounds lean pork, cut into 1 inch cubes
1 pound small green beans, trimmed (optional)

Directions

Stir together the vinegar, soy sauce, ketchup, garlic, and bay leaves in a large saucepan. Add the cubed pork, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the pork is tender, about 2 1/2 hours. Stir occasionally. If using the green beans, add them during the last half hour of cooking.

Quick and Easy Chicken Chili

Ingredients

- 1 (15.5 ounce) can corn
- 1 (15.5 ounce) can white hominy
- 2 (15.5 ounce) cans pinto beans
- 2 (15.5 ounce) cans kidney beans
- 1 (12 ounce) jar salsa
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 cup water
- 1 pound shredded cooked chicken

Directions

Stir together the corn, hominy, pinto beans, and kidney beans in a large saucepan over medium heat; bring to a boil. Stir in the salsa, chili powder, cumin, and water; return to a boil. Cook another 15 minutes. Stir in the chicken to serve.

Jenni's Turkey and Dressing Pie

Ingredients

2 pounds ground turkey
2 cups peeled and sliced carrots
1 (15 ounce) can cut green beans, drained
1 (10 ounce) can whole kernel corn, drained
1 (12 ounce) jar turkey gravy
1 (6 ounce) package herb-seasoned dry bread stuffing mix
1 (10.75 ounce) can condensed cream of mushroom soup
3 cups shredded Cheddar cheese
1 cup dried, sweetened cranberries (optional)

Directions

Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a 2 quart casserole dish or 9 inch square inch baking dish.

Set a large skillet over medium heat and coat with cooking spray. Crumble the ground turkey into the skillet and add carrots. Cook and stir until turkey is no longer pink, 5 to 10 minutes. Add the corn, green beans and gravy; stir to blend. Set aside and keep warm.

Prepare the stuffing mix according to package directions. Stir cream of mushroom soup into the stuffing along with the Cheddar cheese and cranberries.

Spoon the turkey and vegetables into the prepared baking dish. Drop large spoonfuls of the stuffing on top until the vegetables are completely covered.

Bake for 15 to 20 minutes in the preheated oven, until the top is lightly browned. Set the oven to broil, and cook for 5 minutes to crisp the top. Enjoy!

Debdoozie's Blue Ribbon Chili

Ingredients

2 pounds ground beef
1/2 onion, chopped
1 teaspoon ground black pepper
1/2 teaspoon garlic salt
2 1/2 cups tomato sauce
1 (8 ounce) jar salsa
4 tablespoons chili seasoning mix
1 (15 ounce) can light red kidney beans
1 (15 ounce) can dark red kidney beans

Directions

In a large saucepan over medium heat, combine the ground beef and the onion and saute for 10 minutes, or until meat is browned and onion is tender. Drain grease, if desired.

Add the ground black pepper, garlic salt, tomato sauce, salsa, chili seasoning mix and kidney beans. Mix well, reduce heat to low and simmer for at least an hour.

Mayan Couscous

Ingredients

1 cup couscous
1/2 teaspoon ground cumin
1 teaspoon salt, or to taste
1 1/4 cups boiling water

1 clove unpeeled garlic
1 (15 ounce) can black beans,
rinsed and drained
1 cup canned whole kernel corn,
drained
1/2 cup finely chopped red onion
1/4 cup chopped fresh cilantro
1 jalapeno pepper, minced
3 tablespoons olive oil
3 tablespoons fresh lime juice, or
to taste

Directions

Combine the couscous, cumin, and salt in a large bowl. Stir in the boiling water and seal with plastic wrap. Set aside for 10 minutes.

While waiting for the couscous, cook the unpeeled garlic clove in a small skillet over medium-high heat until toasted and the skin has turned golden-brown. Peel the garlic and mince. Stir the garlic into the couscous along with the black beans, corn, onion, cilantro, jalapeno pepper, olive oil, and lime juice. Serve warm or allow to cool.

Belgian Salad

Ingredients

1/2 cup vegetable oil
1/2 cup white vinegar
1 cup white sugar
1 (15 ounce) can green beans,
drained
1 (15 ounce) can baby peas
1 (15 ounce) can white corn,
drained
1 (2 ounce) jar pimientos, drained
1 cup chopped celery
1 cup chopped onion
salt and freshly ground black
pepper to taste

Directions

In a saucepan over medium-high heat, bring oil, vinegar, and sugar to a boil. Reduce to a simmer, and stir until sugar is completely dissolved. Refrigerate 1 hour.

In a medium bowl, mix together the green beans, peas, corn, pimientos, celery, and onion. Pour in dressing, and toss to coat. Cover and refrigerate 8 hours, or overnight. Season with salt and pepper, and serve chilled.

Moody's Green Beans

Ingredients

1 pound pork sausage
1 (10.75 ounce) can condensed
cream of mushroom soup
2 (14.5 ounce) cans green beans,
drained

Directions

In a medium skillet, crumble sausage and fry over medium-high heat until browned. Drain grease. Preheat oven to 350 degrees F (175 degrees C).

In an 8x8 inch casserole dish, mix together sausage, mushroom soup, and green beans. Mix in 1 cup sour cream if desired. Cover dish with foil and bake for 30 minutes. If you like, sprinkle 1 cup shredded cheese over top and return to oven, uncovered, for 5 minutes or until cheese melts.

Savory N Saucy Baked Beans

Ingredients

1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped celery
1 (28 ounce) can Bush's
Vegetarian Baked Beans
1 (14.5 ounce) can diced
tomatoes, drained
1/2 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon garlic powder

Directions

In a large saucepan coated with nonstick cooking spray, cook the onion, green pepper and celery for 3 minutes or until tender. Stir in beans, tomatoes, pepper, salt and garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes.

Pork Chop Casserole II

Ingredients

1 1/2 cups uncooked rotini pasta
5 (1 1/2 inch thick) boneless pork chops, cut into bite size pieces
1 1/2 cups crispy rice cereal
1 teaspoon seasoned salt
1 teaspoon garlic powder
1 teaspoon onion powder
2 (10.75 ounce) cans condensed cream of mushroom soup
2 (15 ounce) cans green beans
1/2 cup mayonnaise
2 cups shredded Cheddar cheese, divided

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a medium pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Fill a large saucepan halfway with water and bring to a boil over high heat. Add the pork and boil for 7 to 10 minutes. While this is cooking, place the rice cereal squares, seasoned salt, garlic powder and onion powder in a resealable plastic bag and crush the cereal to crumbs; set aside.

Place the pork, mushroom soup, green beans, mayonnaise, pasta and 1 cup of the cheese into a 9x13 inch baking dish. Mix this well, then cover with the remaining cheese. Top off with the crushed cereal mixture, covering everything completely.

Bake, uncovered, at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until heated throughout.

Best Green Beans

Ingredients

1/2 pound sliced bacon, diced
4 fresh mushrooms, sliced
1 clove garlic, diced
2 (15.5 ounce) cans French cut green beans
1 1/2 teaspoons soy sauce

Directions

Place bacon into a large saucepan over medium heat. Cook until browned, stirring occasionally. Add the mushrooms and garlic, and reduce the heat to medium-low. Let cook for a few minutes to soften the mushrooms. Stir in the green beans and soy sauce, and heat through.

Southwestern Egg Rolls

Ingredients

2 tablespoons vegetable oil
1 skinless, boneless chicken breast half
2 tablespoons minced green onion
2 tablespoons minced red bell pepper
1/3 cup frozen corn kernels
1/4 cup black beans, rinsed and drained
2 tablespoons frozen chopped spinach, thawed and drained
2 tablespoons diced jalapeno peppers
1/2 tablespoon minced fresh parsley
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/3 teaspoon salt
1 pinch ground cayenne pepper
3/4 cup shredded Monterey Jack cheese
5 (6 inch) flour tortillas
1 quart oil for deep frying

Directions

Rub 1 tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear. Remove from heat and set aside.

Heat remaining 1 tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper. Cook and stir 5 minutes, until tender.

Dice chicken and mix into the pan with onion and red pepper. Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese so that it melts.

Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute, or until hot and pliable.

Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer. Freeze at least 4 hours.

In a large, deep skillet, heat oil for deep frying to 375 degrees F (190 degrees C). Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown. Drain on paper towels before serving.

Hominy Bean Salad

Ingredients

2 cups fresh green beans (2-inch pieces)
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can yellow hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 cup thinly sliced celery
1 cup thinly sliced red onion
1 medium sweet red pepper, julienned
1/2 cup white wine vinegar or cider vinegar
1/2 cup minced fresh cilantro or parsley
1/4 cup olive oil or canola oil
2 teaspoons sugar
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon coarsely ground pepper

Directions

Place green beans in a saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain and rinse in cold water. In a serving bowl, combine the green beans, kidney beans, hominy, black beans, celery, onion and red pepper.

In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over vegetables and stir gently to coat. Cover and refrigerate for at least 1 hour.

Chickpea and Eggplant Stew

Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups cubed salami
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 6 cloves garlic, crushed
- 1 large eggplant - peeled, seeded, and cubed
- 1 tablespoon tomato paste
- 1 bunch cilantro, chopped
- salt and pepper to taste
- dried oregano to taste
- 1 (15 ounce) can garbanzo beans (chickpeas)
- 1 (14.5 ounce) can diced tomatoes
- 2 bay leaves
- 4 green onions, chopped
- 6 cups water
- 1 tablespoon distilled white vinegar (optional)
- hot sauce (optional)

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the salami, and cook until evenly browned. Mix in onion, bell pepper, and garlic. Cook until tender. Mix in eggplant, tomato paste, and cilantro, and season with salt, pepper, and oregano. Continue cooking 15 minutes. Mash the eggplant as it softens, and add a little water if necessary to keep the ingredients from drying out.

Stir the garbanzo beans, tomatoes, bay leaves, and green onions into the skillet, and pour in the water. Bring to a boil for 5 minutes. Reduce heat to low, cover, and simmer 15 minutes. Stir in vinegar and hot sauce before serving.

White Chili with Chicken

Ingredients

1 medium onion, chopped
1 jalapeno pepper, seeded and chopped* (optional)
2 garlic cloves, minced
1 tablespoon vegetable oil
4 cups chicken broth
2 (15.5 ounce) cans great northern beans, rinsed and drained
2 tablespoons minced fresh parsley
1 tablespoon lime juice
1 teaspoon ground cumin
2 tablespoons cornstarch
1/4 cup cold water
2 cups cubed, cooked chicken

Directions

In a large saucepan, cook onion, jalapeno if desired and garlic in oil until tender. Stir in broth, beans, parsley, lime juice and cumin; bring to a boil. Reduce heat; cover and simmer for 10 minutes, stirring occasionally. Combine cornstarch and water until smooth; stir into chili. Add chicken. Bring to a boil; cook and stir for 2 minutes or until thickened.

Ham and Bean Stew

Ingredients

2 (16 ounce) cans baked beans
2 medium potatoes, peeled and cubed
2 cups cubed fully cooked ham
1 celery rib, chopped
1/2 cup water

Directions

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 7 hours or until the potatoes are tender.

Zesty Garbanzo Beans with Pistachio Nuts

Ingredients

2 (15.5 ounce) cans garbanzo beans, drained
1/4 cup corn oil
1 teaspoon sea salt
1 teaspoon ground cumin
1 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 cup shelled pistachio nuts
2 teaspoons chopped fresh thyme leaves

Directions

Preheat oven to 400 degrees F (205 degrees C).

In a bowl, toss the garbanzo beans together with the oil, sea salt, cumin, black pepper, and cayenne pepper. Transfer to a shallow casserole dish.

Bake in the preheated oven, stirring occasionally, until garbanzo beans are golden and crisp, approximately 20 minutes. Remove from the oven, stir in pistachios and thyme, and continue baking an additional 10 minutes, or until beans and pistachios are lightly crispy. Serve immediately.

Cornbread Salad

Ingredients

1 (7.5 ounce) package corn bread/muffin mix
1 (4 ounce) can chopped green chilies, undrained
1/8 teaspoon ground cumin
1/8 teaspoon dried oregano
1 pinch rubbed sage
1 cup mayonnaise
1 cup sour cream
1 (1 ounce) package dry Ranch-style dressing mix
10 slices bacon
2 (15.5 ounce) cans pinto beans, drained and rinsed
1 (10 ounce) can whole kernel corn, drained
3 medium tomatoes, chopped
1 cup chopped green pepper
1 cup chopped green onion
2 cups shredded Cheddar cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Prepare the cornbread mix according to package directions, stirring green chilies, cumin, oregano and sage into the finished batter. Spread into a greased 8 inch square pan.

Bake for 20 to 25 minutes in the preheated oven, or until the top springs back when lightly pressed. Set aside to cool completely.

In a small bowl, stir together the mayonnaise, sour cream, and Ranch dressing mix. Set aside. Wrap bacon in paper towels, and cook in the microwave until crisp, about 45 seconds per slice. Crumble, and set aside.

Crumble half of the cornbread into the bottom of a 9x13 inch baking dish. Pour half of the beans over the crumbled bread, half of the mayonnaise mixture, half of the corn, tomatoes, peppers, green onion, bacon and cheese. Repeat the layers ending with cheese on top. The dish will be very full. Cover and refrigerate for 2 hours before serving.

Italian Green Bean Chicken

Ingredients

2 tablespoons olive oil
3 cloves garlic, chopped
1 pound skinless, boneless
chicken breast halves - cubed
2 (14.5 ounce) cans diced
tomatoes
2 tablespoons minced fresh basil
1 pound fresh green beans -
rinsed, trimmed and steamed

Directions

Heat oil in a large skillet over medium high heat. Add garlic and saute until aromatic oils are released, then add chicken and cook through until no longer pink.

Stir in tomatoes and basil and bring to a boil; reduce heat to low and simmer for another 3 to 5 minutes. Finally, stir in steamed beans and serve.

Chicken Chimi in the Oven

Ingredients

4 tablespoons olive oil, divided
1/2 cup chopped onion
2 cloves garlic, minced
2 cups salsa
3 tablespoons water
1/4 cup chili powder
1/2 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1 pound cooked, shredded
chicken breast meat
1 cup refried beans
6 (10 inch) flour tortillas

Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a medium baking dish.

Heat 2 tablespoons oil in a large saucepan over medium heat. Saute onion and garlic in oil until tender. Stir in salsa and water. Season with chili powder, cumin, and cinnamon. Transfer the mixture to a blender or food processor, and blend until smooth. Return mixture to the saucepan, stir in the chicken, and cook until heated through.

Spoon an equal amount of refried beans down center of each tortilla, and top with equal amounts of the chicken mixture. Fold tortillas over the filling, and secure with toothpicks. Arrange seam-side down in the prepared baking dish, and brush with the remaining olive oil.

Bake 15 minutes in the preheated oven, turning every 5 minutes, until golden brown and crisp.

Chinese Sizzling Rice Soup

Ingredients

3 ounces baby shrimp
3 ounces skinless, boneless
chicken pieces cut into chunks
1 egg
4 tablespoons cornstarch
4 cups vegetable oil for frying
3 cups chicken broth
1 ounce mushrooms, chopped
2 tablespoons chopped water
chestnuts
1/8 cup diced bamboo shoots
1/3 cup fresh green beans, cut
into 1 inch pieces
1/2 teaspoon salt
1 tablespoon sherry
2/3 cup uncooked white rice

Directions

Mix together the shrimp, chicken, egg, and cornstarch.

Heat 3 cups of the oil in wok. When it is hot, add shrimp and chicken mixture. Cook for 1/2 minute and drain.

Place above mixture in pot with the broth, mushroom, water chestnuts, bamboo shoots, and green beans. Bring to a boil. Add salt and sherry. Return to a boil. Reduce heat and allow to simmer.

Meanwhile, heat the remaining 1 cup of oil until it is hot. Add rice and brown quickly. Drain and add to soup. Serve and enjoy!

Southwest Chicken Pie

Ingredients

2 unbaked pie crusts
1/4 (8 ounce) package shredded Cheddar cheese
1/2 pound skinless, boneless chicken breast halves, cut into bite size pieces
1/2 cup uncooked instant rice
1 (15 ounce) can black beans, drained
1 cup cooked corn
1 (2.25 ounce) can sliced black olives, drained
1 cup sour cream
3/4 cup prepared salsa
3/4 (8 ounce) package shredded Cheddar cheese
1 teaspoon garlic powder
1 teaspoon ground cumin
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place a pie crust into a pie dish, and bake in the preheated oven for 5 minutes. Sprinkle 1/4 of an 8-ounce package of Cheddar cheese onto the crust, and set aside.

In a bowl, combine the chicken, instant rice, black beans, corn, black olives, sour cream, salsa, 3/4 of 8-ounce package of Cheddar cheese, garlic powder, and cumin. Season to taste with salt and pepper, and pour the mixture into the partially-baked crust. Top the pie with the remaining crust, seal the edges of the pie, and cut slits into the top crust.

Bake for 25 minutes, and check to see if the crust is becoming too brown. If it is, wrap a strip of aluminum foil around the edge of the crust. Bake until the pie is golden brown and bubbling, 15 to 20 more minutes.

Allow the pie to sit for 10 minutes before serving.

Vegetable Trio

Ingredients

4 large carrots, julienned
1/2 pound fresh green beans, cut
into 2 inch pieces
1 1/2 cups sliced fresh
mushrooms
1 teaspoon salt
1/2 teaspoon dried thyme
2 tablespoons butter

Directions

In a large skillet, cook and stir the carrots, green beans, mushrooms, salt and thyme in butter over medium-heat for 15 minutes or until beans are crisp-tender.

Corn and Black Bean Salad

Ingredients

1/4 cup balsamic vinegar
2 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon white sugar
1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
3 tablespoons chopped fresh cilantro
1 (15 ounce) can black beans, rinsed and drained
1 (8.75 ounce) can sweet corn, drained

Directions

In a small bowl, mix together balsamic vinegar, oil, salt, sugar, black pepper, cumin, and chili powder.

In a medium bowl, stir together black beans and corn. Toss with vinegar and oil dressing, and garnish with cilantro. Cover, and refrigerate overnight.

Amy's Mexican Soup

Ingredients

4 (6 ounce) skinless, boneless chicken breast halves
1 (28 ounce) can whole peeled tomatoes, drained
1 (10 ounce) can diced tomatoes with green chile peppers
2 tablespoons olive oil
1 medium onion, chopped
1 tablespoon chopped fresh garlic
1 (32 fluid ounce) container chicken broth
1 (14.5 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can black beans, rinsed and drained
cayenne pepper to taste
chili powder to taste
Cheddar cheese, shredded
sour cream, for topping

Directions

Preheat the oven broiler.

Arrange chicken breasts in a large pan, and broil 15 minutes in the preheated oven. Remove chicken, allow to cool, then shred.

In a food processor or blender, puree the drained whole tomatoes and diced tomatoes.

Heat olive oil in a large skillet over medium heat. Stir in onion and garlic; cook until onion is soft and translucent. Stir in chicken broth and pureed tomatoes. Add shredded chicken, kidney beans, and black beans. Season with cayenne pepper and chili powder. Bring to a boil; then cover, leaving the lid slightly ajar, and simmer 2 hours. Ladle into bowls, and top with cheese and dollops of sour cream.

Taco Soup VI

Ingredients

1 1/4 pounds lean ground beef
46 ounces tomato-vegetable juice
cocktail
1 (29 ounce) can diced tomatoes
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can black beans,
rinsed and drained
1 (15.25 ounce) can whole kernel
corn
2 (1 ounce) packages taco
seasoning mix

Directions

In a large stock pot brown ground beef. Drain grease and add tomato vegetable juice, tomatoes, kidney beans, black beans, corn and taco seasoning. Heat through and serve.

Old-School Baltimore Crab Soup

Ingredients

3 carrots, sliced
1 ham bone
2/3 cup barley
2 tablespoons salt, or more to taste
2 tablespoons ground black pepper, or more to taste
4 cups water
1 small head cabbage, shredded
2 (14.5 ounce) cans diced tomatoes
3 potatoes, peeled and cubed
1 cup water
3 (15 ounce) cans white corn, drained
1 pound green beans, cut into 1 inch pieces
1 (10 ounce) package frozen lima beans
1 (6 ounce) package frozen peas
2 tablespoons seafood seasoning (such as Old Bay®), or more to taste
4 female blue crabs
4 slices bacon
1 cup water
2 (6 ounce) cans lump crabmeat, drained

Directions

Bring a large pot of lightly salted water to a boil. Add the carrots, and cook uncovered until tender, about 5 minutes. Drain well, and set aside.

Place the ham bone, barley, salt, and pepper in large stock pot with 4 cups of water. Simmer over medium heat for 30 to 45 minutes. Add cabbage and tomatoes; continue simmering for 15 more minutes. Stir in the potatoes and carrots. Simmer until the potatoes are tender and easily pierced with a fork, 20 to 30 minutes. Stir in 1 cup of water, corn, green beans, lima beans, and peas. Simmer for 20 minutes.

While the soup is simmering, clean the crabs by opening it and discarding the lungs and mouth. Remove the yellowish-brown tomalley and set aside. Break the crabs in half and add to the soup along with the seafood seasoning. Simmer for 20 minutes, stirring occasionally.

Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Cook and stir the reserved tomalley in the remaining bacon grease over low heat until the mixture becomes gravy-like. Stir the cooked tomalley into the soup with 1 more cup of water. Continue simmering for 45 minutes, then add the lump crabmeat. Season with additional salt, pepper, and seafood seasoning, if necessary. Simmer for 1 hour and 15 minutes, stirring occasionally. Reduce heat to low, until ready to serve.

Pork-n-Beans Cake

Ingredients

2 cups white sugar
1 cup vegetable oil
3 eggs
1 (15 ounce) can baked beans with pork
2 cups all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 cup raisins (optional)
1 teaspoon vanilla extract

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour five 16 ounce cans OR two 8 x 4 inch loaf pans.

In a large bowl, mix sugar, oil, eggs, and beans until smooth.

In a separate bowl combine flour, cinnamon, baking powder, and soda. Add to bean mixture, stirring just until combined. Stir in raisins and vanilla. Fill cans 2/3 full with batter, or divide batter into prepared loaf pans.

Place cans or pans on a baking sheet. Bake for 45 to 50 minutes, or until a tester inserted in the center of the cake comes out clean. Cool completely on wire racks before removing bread from cans or pans.

Yummy Taco Salad Dip

Ingredients

1 (16 ounce) can refried beans
2 avocados, peeled and pitted
1 teaspoon lemon juice
1 (16 ounce) container sour cream
1 (1.25 ounce) package taco seasoning mix
2 tomatoes, diced
1 (2.25 ounce) can sliced black olives, drained
1 bunch green onions, chopped
1 (16 ounce) package Cheddar cheese, shredded

Directions

In a 12x12 inch or larger dish, evenly spread the refried beans in a thin layer.

In a medium bowl, mix the avocado and lemon juice until almost smooth. A few avocado lumps are desirable. Spread the avocado mixture over the refried beans. In a medium bowl, blend the sour cream and taco seasoning; spread over the avocado mixture. Sprinkle the tomatoes in a layer over the sour cream mixture, followed by the olives and the green onions. Top the dip with a layer of cheese.

Nina's Texas Chili

Ingredients

2 teaspoons cooking oil
3 pounds beef top sirloin, thinly sliced
2 pounds sweet Italian sausage, casings removed
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 cloves garlic, minced
20 ounces diced tomatoes
3 (8 ounce) cans tomato sauce
2 teaspoons chicken bouillon granules
1/2 cup honey
1 (15 ounce) can kidney beans, rinsed and drained
2 tablespoons cayenne pepper
6 tablespoons chili powder
3 tablespoons dried oregano
1 teaspoon ground black pepper
2 teaspoons salt
1/3 cup white sugar
1 cup shredded Cheddar cheese
1/4 cup masa (corn flour)

Directions

Heat the oil in a large pot over medium heat; cook the steak, sausage, onion, green pepper, red, pepper, yellow pepper, and garlic in the pot until the onions and peppers are soft, about 5 minutes. Add the diced tomatoes, tomato sauce, chicken bouillon, honey, and kidney beans; bring to a boil. One at a time, stir in the cayenne pepper, chili powder, oregano, black pepper, salt, and sugar. Sprinkle the Cheddar cheese into the chili in small batches and stir to melt. Reduce heat to low and slow cook about 2 hours. Thicken by stirring the masa through the chili, and simmering for 10 minutes.

Sweet and Sour Tofu Veggies

Ingredients

3 cups water
1 1/2 cups long-grain brown rice
1 pound firm tofu
1/4 cup unsweetened pineapple juice
2 tablespoons fresh lemon juice
2 tablespoons ketchup
2 tablespoons real maple syrup
2 tablespoons tamari
1 tablespoon dark sesame oil
2 1/4 teaspoons arrowroot powder
2 1/2 teaspoons grated fresh ginger root
2 tablespoons vegetable oil
1 onion, thinly sliced
1 carrots, sliced diagonally
4 ounces fresh green beans, cut into 1-inch lengths
1 large chopped red bell pepper
8 ounces fresh mushrooms, sliced
1 zucchini, cut into 1/2-inch slices
1 cup pineapple chunks

Directions

In a medium saucepan bring 2 cups of the water to a boil over high heat. Add the rice, reduce the heat, and simmer until the rice is tender and water is absorbed, 30 to 40 minutes. Transfer to a serving platter and keep warm.

Remove excess water from the tofu, and then cut it into 1/2-inch cubes.

In a small bowl, whisk the pineapple juice, lemon juice, ketchup, maple syrup, tamari, sesame oil, arrowroot, and ginger together.

In a wok or large skillet, heat the vegetable oil over medium-high heat. Add the onion, carrot, green beans, bell pepper, mushrooms, and zucchini and stir-fry until tender, 3 to 5 minutes.

Add the pineapple juice mixture, tofu and pineapple. Cook, stirring often, until the sauce is thickened, about 2 minutes. Spoon the veggies and sauce over the brown rice and serve.

Spicy Sesame Noodle Salad

Ingredients

3 1/2 ounces uncooked linguine pasta
9 ounces fresh green beans, trimmed and cut on the diagonal

1/4 cup lime juice
3 tablespoons canola oil
3 tablespoons soy sauce
2 tablespoons brown sugar
1 tablespoon Asian (toasted) sesame oil
1 tablespoon minced garlic
1 tablespoon grated orange zest
2 small serrano chile peppers, chopped
2 cups carrots, cut into matchsticks
1 cup thinly sliced green onions
salt and black pepper to taste

Directions

Fill a saucepan with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, and rinse with cold water until the pasta is cool.

Bring a saucepan of lightly salted water to a boil, stir in the green beans, and cook, stirring occasionally, until the beans are bright green and slightly tender, 5 to 8 minutes. Drain the beans, and rinse with cold water to chill.

In a large salad bowl, combine lime juice, canola oil, soy sauce, brown sugar, sesame oil, garlic, orange zest, and serrano peppers, stirring until the sugar has dissolved. Allow the dressing to stand for 30 minutes. Lightly toss in the carrots, green onions, linguini and green beans, and season to taste with salt and pepper. Cover and chill before serving.

Healthy Snack Platter

Ingredients

6 Sargento® Reduced Sodium Colby-Jack Cheese Snacks
6 Sargento® Reduced Sodium String Cheese Snacks
5 cups fresh vegetables (baby carrots, bell pepper "scoops," broccoli florets, seedless cucumber slices)
1 (14.5 ounce) can garbanzo beans, drained, liquid reserved
1/4 cup liquid from can of garbanzo beans
4 cloves minced garlic
2 tablespoons fresh lemon juice
2 tablespoons olive oil or tahini (optional)
Smoked paprika

Directions

Cut each cheese snack crosswise in half. Arrange on platter with vegetables. Puree beans, liquid, garlic, lemon juice and olive oil or tahini to make humus. Sprinkle paprika on hummus and serve as dip.

Mexi-Cheesy Chip Dip

Ingredients

1 (8 ounce) package cream cheese, softened
8 ounces process cheese food, cubed
1 cup salsa
1 (15 ounce) can chili without beans

Directions

Mix cream cheese, processed cheese food, salsa, and chili in a large saucepan over a medium-low heat. Stir until the mixture has melted and become well blended.

Beefy Vegetable Soup

Ingredients

10 cups beef broth
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
1 1/2 cups diced carrots
1 1/2 cups diced potatoes
1 cup chopped celery
1/2 cup chopped onion
1 cup frozen corn kernels
1 cup chopped fresh green beans
1/4 tablespoon ground black pepper
1/2 teaspoon salt
1 1/2 cups seashell pasta
1 cup shredded Cheddar cheese

Directions

In a large saucepan, combine the broth, tomato sauce, chopped tomatoes with juice, carrots, potatoes, celery, onion, corn, green beans, pepper and salt. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 15 minutes.

Stir in pasta and cook for an additional 15 to 25 minutes or until pasta is tender. Adjust seasoning and serve hot with a sprinkle of Cheddar cheese on top.

Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
7 cups water
1 ham bone
2 cups diced ham
1/4 cup minced onion
1/2 teaspoon salt
1 pinch ground black pepper
1 bay leaf
1/2 cup sliced carrots
1/2 cup sliced celery

Directions

Place rinsed beans into a large stock pot. Add water and bring to a boil. Boil gently for 2 minutes; remove from heat, cover and let stand for 1 hour.

Add ham bone, cubed ham, onion, salt, pepper and bay leaves. Bring to a boil; reduce heat, cover and simmer for 1 hour and 15 minutes or until beans are soft. Occasionally skim surface of soup while it is cooking.

Add carrots and celery, cook until tender. Remove ham bone, scrape any meat from bone and place back into soup and serve.

Steff's Shepherd Pie

Ingredients

1 pound ground beef
1 (14.5 ounce) can green beans,
drained
1 (10.5 ounce) can cream of
mushroom soup
1/2 onion, diced
1 cup shredded Cheddar cheese
2 cups mashed potatoes

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Cook and stir ground beef in a skillet over medium-high heat until beef is browned, about 10 minutes. Drain fat. Mix in green beans, cream of mushroom soup, and onion.

Pour beef mixture into a 2 quart casserole dish and top with Cheddar cheese. Spread mashed potato on top.

Bake in the preheated oven until the pie is hot, and the mashed potatoes are golden brown, about 30 minutes.

Mexican Pasta

Ingredients

1/2 pound seashell pasta
2 tablespoons olive oil
2 onions, chopped
1 green bell pepper, chopped
1/2 cup sweet corn kernels
1 (15 ounce) can black beans, drained
1 (14.5 ounce) can peeled and diced tomatoes
1/4 cup salsa
1/4 cup sliced black olives
1 1/2 tablespoons taco seasoning mix
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While pasta is cooking, heat olive oil over medium heat in a large skillet. Cook onions and pepper in oil until lightly browned, 10 minutes. Stir in corn and heat through. Stir in black beans, tomatoes, salsa, olives, taco seasoning and salt and pepper and cook until thoroughly heated, 5 minutes.

Toss sauce with cooked pasta and serve.

Sage Fried White Beans

Ingredients

6 tablespoons olive oil
1 (15 ounce) can white beans,
drained and rinsed
1/2 teaspoon ground sage
1/4 teaspoon ground thyme
1/8 teaspoon cracked black
pepper
1/8 teaspoon salt

Directions

Heat the olive oil in a skillet over medium-high heat. Stir in beans, and toss to coat. Season with sage, thyme, pepper, and salt. Cook 5 minutes, or until beans are slightly crisp.

Spicy Kielbasa Soup

Ingredients

1/2 pound reduced-fat smoked turkey kielbasa, sliced
1 medium onion, chopped
1 medium green pepper, chopped
1 celery ribs with leaves, thinly sliced
4 garlic cloves, minced
2 (14.5 ounce) cans reduced sodium chicken broth
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes, cut up
1 small zucchini, sliced
1 medium carrot, shredded
1 tablespoon dried parsley flakes
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper

Directions

In a nonstick skillet, cook kielbasa over medium heat until lightly browned. Add the onion, green pepper, celery and garlic. Cook and stir for 5 minutes or until vegetable are tender. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8-9 hours.

Fast and Delicious Black Bean Soup

Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 large carrot, peeled and thinly sliced
- 3 cloves garlic, minced
- 2 (15 ounce) cans black beans
- 1 (14 ounce) can chicken broth
- 2 cups cubed cooked ham
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- ground black pepper to taste
- 1 cup shredded Cheddar cheese
- 1 cup sour cream

Directions

Heat the oil in a large pot over medium heat. Stir in the onion, bell pepper, carrot, and garlic, and cook 5 minutes, until tender. Mix in 1 can black beans and chicken broth.

In a blender, puree remaining can of beans until smooth. Mix into the pot. Bring soup to a boil. Reduce heat to low. Mix in ham, cumin, salt, and pepper. Simmer 20 minutes. Garnish with Cheddar cheese and sour cream to serve.

Ham and Bean Soup

Ingredients

2 medium carrots, sliced
2 celery ribs, chopped
1/2 cup chopped onion
2 tablespoons butter
4 (15.5 ounce) cans great northern beans, rinsed and drained
4 cups chicken broth
2 cups cubed fully cooked ham
1 teaspoon chili powder
1/2 teaspoon minced garlic
1/4 teaspoon pepper
1 bay leaf

Directions

In a large saucepan, saute the carrots, celery and onion in butter until tender. Stir in the remaining ingredients; cook for 15 minutes or until heated through. Discard bay leaf before serving.

Sesame Seed Green Beans

Ingredients

2/3 cup sesame seeds
1/3 cup vegetable oil
3 (10 ounce) packages frozen
green beans, thawed
1/3 cup soy sauce
black pepper to taste

Directions

Toast sesame seeds in a large dry skillet over medium heat until they turn golden brown. Spread out onto a plate and allow to cool.

Heat vegetable oil in a large skillet over medium-high heat. Add green beans and soy sauce. Cook, stirring constantly, until the beans are hot and tender, about 10 minutes. Season with black pepper to taste, and toss with toasted sesame seeds.

Calico Beans

Ingredients

1/2 cup bacon, chopped
1 pound lean ground beef
1 (15 ounce) can pork and beans
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can butter beans
1 (15 ounce) can lima beans,
drained
1/2 cup ketchup
1 cup packed brown sugar
1 cup chopped onion
3 tablespoons white wine vinegar
1 teaspoon mustard powder
1/2 cup chopped celery

Directions

Preheat oven to 350 degrees F (175 C).

Place bacon and ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a four quart casserole dish, mix together the bacon, ground beef, pork and beans, kidney beans, butter beans, lima beans, ketchup, onion, vinegar, dry mustard and celery.

Cover and bake for 1 hour.

Breakfast Tortilla

Ingredients

2 tablespoons refried beans
2 tablespoons salsa
3 eggs, beaten
1 tablespoon mayonnaise
4 (6 inch) flour tortillas
1 1/2 cups shredded lettuce

Directions

Stir the beans and salsa together in a small bowl until smooth. Heat a nonstick skillet over medium heat. Pour beaten eggs into pan and allow bottom to set, approximately 1 minute. Spread bean mixture onto one half of eggs and flip other half over to make a half-circle. Continue to cook until eggs are set.

Spread an equal amount of mayonnaise onto each tortilla. Cut eggs into 4 equal pieces and place one piece on each tortilla. Cover each with shredded lettuce. Roll up tortillas and serve.

Garlic, Spinach, and Chickpea Soup

Ingredients

2 tablespoons olive oil
4 cloves garlic, peeled and crushed
1 medium onion, coarsely chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 1/3 quarts vegetable stock
3 medium potatoes, peeled and chopped
1 (15 ounce) can garbanzo beans, drained
1 cup heavy cream
2 tablespoons tahini
2 tablespoons corn meal
1/2 pound spinach, rinsed and chopped
ground cayenne pepper to taste
salt to taste

Directions

Heat olive oil in a large pot over medium heat, and stir in garlic and onion. Cook until tender. Season with cumin and coriander.

Mix vegetable stock and potatoes into the pot, and bring to a boil. Reduce heat, and simmer about 10 minutes. Stir in the garbanzo beans, and continue to cook until potatoes are tender.

In a small bowl, blend the heavy cream, tahini, and corn meal. Mix into the soup.

Stir spinach into the soup. Season with cayenne pepper and salt. Continue to cook until spinach is heated through.

Rigatoni with Sausage and Beans

Ingredients

1 pound sweet Italian sausage links, cut into 1/2-inch pieces
1 (26 ounce) jar Ragu® Chunky Pasta Sauce
1 (19 ounce) can cannellini or white kidney beans, rinsed and drained
1/8 teaspoon dried rosemary leaves, crushed
1 (16 ounce) box rigatoni or ziti pasta, cooked and drained

Directions

Brown sausage in 12-inch skillet over medium-high heat; drain. Stir in pasta sauce, beans and rosemary.

Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 10 minutes or until sausage is done.

Serve over hot pasta.

Kitchen Sink Soup

Ingredients

10 cups chicken broth
2 potatoes, cubed
2 carrots, sliced
2 stalks celery, diced
5 fresh mushrooms, sliced
1 green bell pepper, chopped
1 fresh broccoli, chopped
4 cups cauliflower florets
1 parsnip, sliced
1 onion, chopped
1 cup green peas
1 cup cut green beans, drained
1 cup wax beans, drained
1/2 cup cooked chickpeas
1/2 cup cooked navy beans
salt and pepper to taste
1 teaspoon dried parsley

Directions

In a large stockpot, combine all the ingredients and cook over medium heat partially covered for about 30 minutes or until all the vegetables are tender. Serve hot with buttered biscuits.

Ingredients

2 pounds ground beef
2 onions, chopped
4 cloves garlic, minced
2 tablespoons chili powder
2 teaspoons salt
2 teaspoons dried oregano
4 (14.5 ounce) cans stewed tomatoes
1 (15 ounce) can tomato sauce
1 (15 ounce) can kidney beans with liquid

Directions

Combine ground beef, onion, and garlic in large stockpot. Cook and stir over medium heat until beef is brown. Drain.

Stir in chili powder, salt, oregano, tomatoes, and tomato sauce; break up tomatoes while stirring. Heat to boiling, reduce heat to simmer, and cover. Cook, stirring occasionally, for 1 hour.

Stir in beans. Simmer, uncovered, for 20 minutes; stir occasionally.

Vegetable Beef Soup

Ingredients

2 (14.5 ounce) cans beef broth
1 tablespoon Worcestershire sauce
1 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
3 medium potatoes, peeled and cubed
6 medium carrots, cut into 1/2-inch slices
3 cups cooked cubed beef
2 cups frozen cut green beans, thawed
2 cups sliced fresh mushrooms
1 cup frozen peas, thawed
1 (15 ounce) can tomato sauce
2 tablespoons minced fresh parsley

Directions

In a Dutch oven or soup kettle, combine the broth, Worcestershire sauce, mustard, salt and pepper. Stir in potatoes and carrots. Bring to a boil. Reduce heat; cover and simmer for 12 minutes or until carrots are crisp-tender.

Stir in the remaining ingredients. Return to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until the vegetables are tender.

Chili con Carne III

Ingredients

1 large onion, finely chopped
1 clove garlic, peeled and crushed
2 teaspoons tomato paste
2 tablespoons butter, cut into pieces
2 tablespoons all-purpose flour
1 teaspoon dried oregano, crushed
1/2 teaspoon ground cumin
1 1/2 teaspoons chili powder
1 (14.5 ounce) can whole peeled tomatoes with liquid, chopped
1 pound lean ground beef
1 (15.25 ounce) can kidney beans, drained and rinsed
salt to taste
ground black pepper to taste

Directions

In a large skillet over medium heat, combine onion, garlic, and tomato paste. Cover and cook for 5 minutes.

Stir in butter until melted. Stir in flour, oregano, cumin, chili powder, tomatoes and beef. Cook uncovered for 8 minutes, stirring occasionally.

Stir in the beans and cook for another 4 minutes, stirring occasionally. Salt and pepper to taste.

Grilled Tostadas with Roasted Corn

Ingredients

2 (8 inch) chili flour tortillas,
spinach flour tortillas or flour
tortillas
2 teaspoons olive oil or vegetable
oil, divided
3/4 cup fresh corn kernels or
frozen whole kernel corn, thawed
1/2 teaspoon cumin
1 cup Morningstar FarmsB® Meal
StartersB„ÿ Chik'n Strips
1/2 cup fat-free spicy refried
beans
1/2 cup torn lettuce
1/3 cup chopped, seeded tomato
Green salsa
Sour cream

Directions

Place tortillas on lightly greased grill rack. Grill over medium heat for 2 to 4 minutes or until tortillas begin to brown, turning once. (Or, place tortillas on baking sheet. Bake at 425 degrees F for 5 to 8 minutes or until crisp, turning once.)

Meanwhile, in large nonstick skillet heat 1 teaspoon of oil. Add corn and cumin. Cook, stirring occasionally, over medium-high heat for 5 to 6 minutes or until corn begins to brown. Stir in Chik'n Strips and remaining oil. Cook and stir for 1 to 2 minutes more or until heated through.

Spread beans on tortillas. Top with lettuce and tomato. Spoon warm corn mixture on top. Serve with salsa and sour cream.

Spinach and Apricot-Filled Almond Tarts

Ingredients

Nonstick spray
1 (15 ounce) package ready-made pie crust containing 2 pie crusts (Pillsbury®)
2 tablespoons olive oil
1 clove garlic, minced
10 ounces fresh baby spinach
1/3 cup diced dried apricots
1 tablespoon butter
1/4 teaspoon salt
3 tablespoons slivered California Almonds, roasted*
Special equipment
Dry beans or pie weights
6-inch tart pans with removable bottoms

Directions

Preheat oven to 400 degrees F. Spray 4 tart pans with nonstick spray. Cut pie crusts into fourths, and insert each piece into a tart pan, pressing so it fits and trimming loose ends. Fill with dry beans or pie weights, and bake on a baking sheet 15-20 minutes, or until edges are golden brown. Let cool on rack, and then remove beans or pie weights.

Heat olive oil in a large skillet or wok. Add garlic and simmer on low heat until it turns just a shade darker; turn heat to medium, add spinach and saute, working in 2 batches if pan isn't big enough. Gently stir in apricots and butter while spinach is still hot, then sprinkle in almonds.

Fill each tart shell with spinach mixture and serve immediately.

Meaty Thick Man Chili

Ingredients

5 pounds lean ground beef
2 (10 ounce) cans tomato sauce
1 (15 ounce) can kidney beans,
rinsed and drained
1 green bell pepper, seeded and
chopped
1 red bell pepper, seeded and
chopped
1 medium onion, chopped
2 cloves garlic, chopped
3/4 cup chili powder
1 cup water

Directions

Place the ground beef in a large pot over medium-high heat. Cook, stirring to crumble, until evenly browned. Drain off grease. Place the pot over medium heat, and add the onion, garlic, green pepper, red pepper and kidney beans. Cook and stir for a few minutes. Stir in the tomato sauce and water, and season with chili powder. Simmer over low heat for 40 minutes uncovered.

Becca's Taco Soup

Ingredients

1 pound ground beef
1 onion, chopped
4 cups tomato juice
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can kidney beans
1 (8 ounce) can tomato sauce
1/2 (1.25 ounce) package taco seasoning mix

Directions

In a large pot over medium high heat, combine the ground beef and the onions. Saute for about 5 minutes, or until onions are tender. Add the tomato juice, corn, beans, tomato sauce and taco seasoning. Stir well and heat throughout, but do not boil.

Gail's Seven Layer Salad

Ingredients

1 head lettuce
1/4 cup shredded red cabbage
3 carrots, grated
1 tomato, diced
1 avocado - peeled, pitted and diced
1 bunch green onions, chopped
1 cup pinto beans, rinsed and drained
1 (12 ounce) package tortilla chips, crushed
2 cups shredded Cheddar cheese
1 (16 ounce) bottle Ranch-style salad dressing

Directions

Chop lettuce and toss in a large bowl with grated cabbage and carrots. Spread mixture into the bottom of a 9x13 inch pan.

Evenly cover the lettuce with a layer of tomato, followed by a layer of avocado, a layer of green onion, a layer of beans and a layer of chips. Pour the dressing over all and sprinkle with the cheese. Cover and refrigerate for 30 to 45 minutes before serving.

Black Bean Casserole

Ingredients

1 pound black beans
1 1/2 cups red onion, chopped
2 cloves garlic, minced
3 stalks celery, chopped
2 carrots, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper
2 bay leaves
1/4 teaspoon dried oregano
1 tablespoon chopped fresh parsley
4 tablespoons butter

Directions

Rinse beans. Place in a large pot and cover with water. Bring to a boil. Remove from heat, cover, and let stand 1 hour. Rinse beans again and add fresh water to cover.

Add red onion, garlic, celery, carrots, salt, pepper, bay leaves, oregano, and parsley. Bring to a boil. Reduce heat and simmer covered, over low heat for 2 hours. Stir occasionally.

Preheat oven to 350 degrees F (175 degrees C).

Remove bay leaves and place bean mixture into a 3 quart casserole pan. Stir in butter. Mix thoroughly. Cover and bake for 1 hour (until beans are tender).

Italian Vegetable Soup

Ingredients

- 1 pound ground beef
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cloves garlic, minced
- 1 (14.5 ounce) can peeled and diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 (19 ounce) cans kidney beans, drained and rinsed
- 2 cups water
- 5 teaspoons beef bouillon granules
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 2 cups chopped cabbage
- 1 (15.25 ounce) can whole kernel corn
- 1 (15 ounce) can green beans
- 1 cup macaroni

Directions

Place ground beef in a large soup pot. Cook over medium heat until evenly browned. Drain excess fat. Stir in onion, celery, carrots, garlic, chopped tomatoes, tomato sauce, beans, water and bouillon. Season with parsley, oregano and basil. Simmer for 20 minutes.

Stir in cabbage, corn, green beans and pasta. Bring to a boil, then reduce heat. Simmer until vegetables are tender and pasta is al dente. Add more water if needed.

Addictive Sweet Potato Burritos

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
4 cloves garlic, minced
6 cups canned kidney beans, drained
2 cups water
3 tablespoons chili powder
2 teaspoons ground cumin
4 teaspoons prepared mustard
1 pinch cayenne pepper, or to taste
3 tablespoons soy sauce
4 cups cooked and mashed sweet potatoes
12 (10 inch) flour tortillas, warmed
8 ounces shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium skillet, and saute onion and garlic until soft. Stir in beans, and mash. Gradually stir in water, and heat until warm. Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce.

Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet.

Bake for 12 minutes in the preheated oven, and serve.

Seasoned Orzo and Black Beans

Ingredients

6 cups water
1 cup uncooked orzo pasta
1 (16 ounce) package frozen mixed vegetables
1 (15 ounce) can black beans, rinsed and drained
3 tablespoons butter
1/2 teaspoon dried tarragon
1/2 teaspoon dried thyme
salt to taste
ground black pepper to taste

Directions

In a 4 quart saucepan, combine water and pasta. Cook over medium high heat until mixture comes to a full boil, 4 to 6 minutes. Continue cooking, stirring occasionally, until pasta is tender, 8 to 10 minutes.

Stir in frozen vegetables, cover, and reduce heat to medium low. Cook until vegetables are tender crisp, 2 to 4 minutes. Do not overcook. Drain.

Stir in beans, butter or margarine, tarragon, and thyme. Continue cooking until heated through. Season to taste with salt and pepper.

Spinach Chick Pea Curry

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 (14.75 ounce) can creamed corn
1 tablespoon curry paste
salt to taste
ground black pepper to taste
1/2 teaspoon garlic powder, or to taste
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (12 ounce) package firm tofu, cubed
1 bunch fresh spinach, stems removed
1 teaspoon dried basil or to taste

Directions

In a large wok or skillet heat oil over medium heat; saute onions until translucent. Stir in creamed corn and curry paste. Cook, stirring regularly, for 5 minutes. As you stir, add salt, pepper and garlic.

Stir in garbanzo beans and gently fold in tofu. Add spinach and cover. When spinach is tender, remove from heat and stir in basil.

Veggies and Ham

Ingredients

3 cups frozen cut green beans, thawed
2 cups frozen corn, thawed
2 tablespoons butter or margarine
1 tablespoon all-purpose flour
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/2 cup sour cream
2 cups cubed cooked ham
1 cup shredded Cheddar cheese

Directions

In a large skillet, saute the green beans and corn in butter. Sprinkle with flour; mix well. In a bowl, combine the soup, sour cream and ham. Stir into vegetable mixture. Cook over medium heat until heated through. Remove from the heat. Sprinkle with the cheese; cover and let stand for 3 minutes or until cheese is melted.

White Bean 'N' Barley Soup

Ingredients

1 1/2 cups dried Great Northern beans
1 large onion, chopped
2 garlic cloves, minced
1 tablespoon olive or canola oil
4 cups vegetable or chicken broth
4 cups water
3 medium carrots, sliced
2 medium red bell peppers, diced
2 celery ribs, chopped
1/2 cup medium pearl barley
1/2 cup minced fresh parsley, divided
2 bay leaves
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper
1 (28 ounce) can diced tomatoes, undrained

Directions

Place beans in a Dutch oven or soup kettle; add enough water to cover beans by 2-in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain and rinse beans, discarding liquid. In a Dutch oven, saute onion and garlic in oil. Add the broth, water, beans, carrots, red peppers, celery, barley, 1/4 cup parsley, bay leaves, salt, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender. Add the tomatoes; heat through. Discard bay leaves. Sprinkle with remaining parsley.

Black Bean Pizza

Ingredients

1 (10 ounce) can refrigerated pizza crust
1 medium onion, chopped
1 garlic clove, minced
1 tablespoon vegetable oil
1/2 cup finely chopped zucchini
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can Italian diced tomatoes, undrained
1 1/2 cups shredded Mexican blend cheese, divided

Directions

Press dough into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 425 degrees F for 4-6 minutes or until crust just begins to brown.

Meanwhile, in a skillet, saute the onion and garlic in oil until tender. Add zucchini; cook and stir for 1 minute. Add the beans and tomatoes; bring to a boil. Boil, uncovered, for 2 minutes; drain. Sprinkle 2/3 cup of cheese over crust. Top with bean mixture and remaining cheese. Bake 8-10 minutes longer or until crust is browned and cheese is melted.

Dijon Four-Bean Salad

Ingredients

1 (10 ounce) package frozen baby lima beans
1 (10 ounce) package frozen cut green beans
2 (16 ounce) cans red kidney beans, rinsed and drained
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1/3 cup white wine vinegar or cider vinegar
1/4 cup sugar
3 tablespoons Dijon mustard
2 tablespoons canola oil
1/2 teaspoon salt

Directions

Cook lima and green beans according to package directions; drain. Place in a large serving bowl; cool. Add kidney beans. In a jar with a tight-fitting lid, combine the vinegar, sugar, mustard, oil and salt; shake well. Pour over beans and stir gently to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Southwestern Chicken and White Bean Soup

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast, cut into 1-inch pieces
1 3/4 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
1 cup Pace® Thick & Chunky Salsa
3 cloves garlic, minced
2 teaspoons ground cumin
1 (16 ounce) can small white beans, rinsed and drained
1 cup frozen whole kernel corn
1 large onion, chopped

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

Stir the chicken, broth, salsa, garlic, cumin, beans, corn and onion in a 3 1/2-quart slow cooker. Add the chicken.

Cover and cook on LOW for 8 to 9 hours* or until the chicken is cooked through.

Southwest Stew

Ingredients

2 pounds ground beef
1 onion, chopped
1 (14.5 ounce) can peeled and diced tomatoes
1 (15 ounce) can pinto beans, drained and rinsed
1 (15.25 ounce) can whole kernel corn, drained
4 potatoes, cubed
1 cup medium salsa
2 cups water
1 teaspoon ground cumin
salt to taste
ground black pepper to taste
1/2 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Directions

Cook ground beef and onion until done.

In a large pan add beef, onion, tomatoes, beans, corn, potatoes, picante sauce, water, cumin, salt and pepper to taste, and garlic powder. Simmer, covered, for 45 minutes. I like to use slow cooker and let it simmer all day. Serve; top with cheese.

Bean N Corn Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can cut green
beans, drained
1 (14.5 ounce) can wax beans,
drained
1 (11 ounce) can whole kernel
corn, drained
2 celery ribs, thinly sliced
1 medium green pepper, chopped
1/2 cup chopped sweet red
pepper
1/2 cup sliced ripe olives
1/2 cup sliced green onions
1 cup sugar
1 cup white vinegar
2 tablespoons vegetable oil
1/2 teaspoon ground mustard
1/4 teaspoon salt

Directions

In a large bowl, combine the first nine ingredients. In a jar with a tight-fitting lid, combine the sugar, vinegar, oil, mustard and salt; shake until sugar is dissolved. Pour over bean mixture and gently stir to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Nacho Chili

Ingredients

2 pounds lean ground beef
2 (14.5 ounce) cans stewed tomatoes
2 cups chopped celery
1 (16 ounce) jar salsa
1 (16 ounce) can kidney beans, rinsed and drained
1 (16 ounce) can refried beans
1 medium onion, chopped
1 cup water
1 (1.25 ounce) package taco seasoning
1/2 teaspoon pepper
1 (11 ounce) can condensed nacho cheese soup, undiluted

Directions

Crumble beef into a large bowl. Add the next nine ingredients and mix well. Transfer to a greased ovenproof Dutch oven or roasting pan. Cover and bake at 350 degrees F for 1 hour or until the meat is no longer pink, stirring once. Let stand for 5 minutes. Garnish individual servings with a dollop of cheese soup.

Kidney Beans and Rice

Ingredients

1 1/2 pounds ground beef
1/4 cup chopped onion
1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes
1 teaspoon salt
1 teaspoon chili powder
1 bay leaf
1/2 teaspoon garlic powder
1/2 teaspoon seasoned salt
1/4 teaspoon dried oregano
1/4 teaspoon pepper
2 cups cooked long-grain rice

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the beans, tomatoes and seasonings. Cover and simmer for 5 minutes. Add rice; cover and simmer for 30 minutes or until heated through. Discard bay leaf before serving.

Bean Potato Enchiladas

Ingredients

2 medium baking potatoes,
peeled and cubed
2 tablespoons olive oil
3 tablespoons milk
1 (15 ounce) can pinto beans,
rinsed and drained
1 medium onion, chopped
1 (1.25 ounce) package taco
seasoning mix
24 (6 inch) corn tortillas
8 ounces thinly sliced Monterey
Jack cheese
1 (10 ounce) can enchilada sauce
1/4 cup salsa
1/2 cup shredded Cheddar
cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish with vegetable oil spray.

Place potato cubes into a saucepan of lightly salted water. Bring to a boil, then cook for 15 minutes, or until tender. Drain potatoes, and return them to the pan. Pour in olive oil and milk; whip potatoes until smooth using a hand mixer. Once the potatoes are smooth, use a spoon to stir in the pinto beans, onion, and taco seasoning mix.

Place a small skillet over medium heat, and coat with oil or cooking spray. One at a time, heat tortillas until pliable. Place a heaping spoonful of the potato and bean mixture onto each tortilla, then place a slice of Monterey Jack cheese over the bean mixture. Roll up tortillas and place them seam side down in the prepared baking dish. Spoon enchilada sauce and salsa over the rolled tortillas.

Bake for 20 minutes, uncovered, in the preheated oven. Remove from the oven, and sprinkle Cheddar cheese over the top. Return to the oven for 10 minutes, or until cheese is melted and bubbly.

Layered Enchilada Bake

Ingredients

1 pound lean ground beef
1 onion, chopped
2 cups chunky salsa
1 (19 ounce) can black beans,
rinsed
1/4 cup KRAFT Zesty Italian
Dressing
2 tablespoons chili powder
6 medium flour tortillas
1/2 cup sour cream
1 cup KRAFT Tex Mex Shredded
Cheese

Directions

Heat oven to 400 degrees F.

Brown meat with onions in large skillet on medium-high heat; drain. Stir in next 4 ingredients.

Place 3 tortillas in single layer on bottom of 13x9-inch baking dish. Cover with layers of half each of the meat mixture, sour cream and cheese. Repeat layers; cover.

Bake 40 minutes or until casserole is heated through and cheese is melted, uncovering after 30 minutes. Let stand 5 minutes.

Rayna's Freezer Antipasto

Ingredients

1 cup marinated cocktail onions,
cut in half
20 ounces canned mushrooms,
drained and minced
1 red bell pepper, minced
1 green bell pepper, minced
1 cup stuffed green olives, minced
1 cup black olives, minced
1 cup dill pickles, minced
1 (14.5 ounce) can green beans,
drained
2 (6 ounce) cans tuna, drained and
flaked
2 1/2 cups ketchup
1/4 cup vinegar
1/4 cup olive oil

Directions

In a large saucepan over medium high heat, mix the pearl onions, canned mushrooms, red bell pepper, green bell pepper, green olives, black olives, dill pickles, green beans, tuna, ketchup, vinegar and olive oil. While stirring, bring to a boil. Reduce heat and simmer 20 minutes.

Remove from heat. Allow to cool completely before transferring to sterile freezer containers, leaving 1 inch of space in the containers. Store in the freezer.

Cajun Style Red Bean and Rice Soup

Ingredients

1 tablespoon olive oil
8 ounces bacon, cooked and cubed
1 1/2 cups chopped onion
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
4 bay leaves
6 ounces sliced andouille sausage
1 small smoked ham hock
2 cups dry kidney beans, soaked overnight
1 teaspoon Cajun seasoning
1 teaspoon Worcestershire sauce
8 cups chicken broth
1 teaspoon salt
1 1/2 cups cooked rice
6 tablespoons thinly sliced green onion

Directions

In a large pot over high heat, heat the oil. Add the bacon and saute for 2 minutes. Add the onions, bell pepper, garlic, bay leaves, sausage and ham hock and saute for 2 more minutes.

Add the beans and saute for 2 more minutes. Stir in the Cajun-style seasoning, Worcestershire sauce and stock. Bring to a boil, reduce heat to low and simmer for 1 hour, stirring occasionally.

Add the salt, cover the pot and simmer for an additional 15 minutes. Turn off the heat and allow the pot to sit, covered, for about 20 minutes. Discard the ham hock.

Ladle soup into individual bowls. Top each serving with 1/4 cup rice and 1 tablespoon green onion.

Apple Bacon Tomato Soup

Ingredients

5 slices bacon
1 tablespoon olive oil
1/2 white onion, chopped
2 teaspoons garlic, minced
2 cups beef stock
1 (15.5 ounce) can pinto beans
1 (14.5 ounce) can Italian-style
stewed tomatoes
2 stalks celery, chopped
1 bay leaf
1 medium apple, thinly sliced
1/2 cup red wine
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, coarsely chop, and set aside.

Heat olive oil in a large saucepan over medium heat, and saute white onion and garlic 3 to 5 minutes, or until tender. Stir in beef stock, pinto beans, tomatoes, celery, and bay leaf. Bring the mixture to a boil. Reduce heat, and simmer.

In a small saucepan over medium heat, cook and stir the apple in the red wine until soft.

Mix bacon, apple, and remaining red wine into the soup mixture. Season with salt and pepper. Continue to simmer, stirring occasionally until well blended.

Seven Layer Tortilla Pie

Ingredients

2 (15 ounce) cans pinto beans,
drained and rinsed
1 cup salsa, divided
2 cloves garlic, minced
2 tablespoons chopped fresh
cilantro
1 (15 ounce) can black beans,
rinsed and drained
1/2 cup chopped tomatoes
7 (8 inch) flour tortillas
2 cups shredded reduced-fat
Cheddar cheese
1 cup salsa
1/2 cup sour cream

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, mash pinto beans. Stir in 3/4 cup salsa and garlic.

In a separate bowl, mix together 1/4 cup salsa, cilantro, black beans and tomatoes.

Place 1 tortilla in a pie plate or tart dish. Spread 3/4 cup pinto bean mixture over tortilla to within 1/2 inch of edge. Top with 1/4 cup cheese, and cover with another tortilla. Spread with 2/3 cup black bean mixture, and top with 1/4 cup cheese. Repeat layering twice. Cover with remaining tortilla, and spread with remaining pinto bean mixture and cheese.

Cover with foil, and bake in preheated oven for about 40 minutes. Cut into wedges, and serve with salsa and sour cream.

Easy Roasted Red Pepper Hummus

Ingredients

2 cloves garlic, minced
1 (15 ounce) can garbanzo beans,
drained
1/3 cup tahini
1/3 cup lemon juice
1/2 cup roasted red peppers
1/4 teaspoon dried basil

Directions

In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and basil; process until the peppers are finely chopped. Season with salt and pepper. Transfer hummus to small bowl, cover and chill until you are ready to serve.

Peasant Soup

Ingredients

2 tablespoons olive oil
1/2 pound bacon, cut into small pieces
2 onions, chopped
1/4 cup chopped shallots
1 leek, sliced
2 stalks celery, chopped, with leaves
5 cloves garlic, sliced
2 cups dry mixed beans, soaked overnight
3 carrots, sliced
1 turnips, cubed
1/2 small head cabbage, finely shredded
4 quarts vegetable stock
salt and pepper to taste

Directions

Heat the oil in a large pot over medium high heat. Stir in the bacon and saute just to render the fat out of the bacon; do not cook till crisp. Then add the onions, shallots, leek, celery and garlic and saute for about 5 minutes, stirring frequently.

Then, add the beans, carrots, turnip and cabbage along with enough vegetable stock to cover (about 4 quarts). Let simmer for 2 hours, or until vegetables are to desired tenderness. Season to taste with salt and pepper.

Pochero

Ingredients

3 tablespoons olive oil
2 plantains, peeled and quartered
2 small potatoes, quartered
1 onion, chopped
2 cloves garlic, minced
4 pounds chicken legs, thighs, and wings
2 (4 ounce) links chorizo de bilbao (spicy Spanish semi-cured sausage), quartered
salt and pepper to taste
water to cover
2 tomatoes, diced
1 (15.5 ounce) can garbanzo beans, drained
1 small head cabbage, chopped

Directions

Heat the olive oil in a large pot over medium heat; fry the plantains and potatoes in the hot oil until crisp on the outside, 5 to 7 minutes. Remove from the pot and set aside, keeping the oil in the pot.

Cook and stir the onion and garlic in the hot oil until the onion is translucent, 5 to 7 minutes. Add the chicken and chorizo; season with salt and pepper. Cover the pot and cook for 5 minutes.

Pour enough water over the chicken to cover completely; bring to a simmer and cook for 10 minutes. Add the tomatoes, cover, and cook another 10 minutes. Stir the plantains, potatoes, garbanzo beans, and cabbage into the mixture. Cook covered until the cabbage is wilted and everything is hot, about 5 minutes more. Serve hot.

Margie's Cuban Sofrito (Sauce)

Ingredients

2 tablespoons vegetable oil
1 medium onion, chopped
1 green bell pepper, seeded and chopped
5 cloves garlic, chopped
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
1 teaspoon dried oregano, crushed
2 bay leaves
2 tomatoes, chopped (optional)
3/4 cup canned tomato sauce

Directions

Heat oil in a skillet over medium-high heat. Add onion and garlic, and cook until onion is translucent. Add the bell pepper, and saute until tender. Season with salt, pepper, cumin, oregano and bay leaves. Continue cooking until the mixture looks like a yummy green paste with oil around it. Stir in the tomatoes, if using, and cook stirring until all of the liquid is released. Gradually stir in the tomato sauce simmer until the sauce looks really red. Taste, and adjust seasonings if desired. Remove bay leaves.

Now the sauce is done. You can add it to meat, rice, beans fish or potatoes. Thin the sauce down if necessary with water, wine, beer, or whatever is handy.

Texas Caviar I

Ingredients

1/2 onion, chopped
1 green bell pepper, chopped
1 bunch green onions, chopped
2 jalapeno peppers, chopped
1 tablespoon minced garlic
1 pint cherry tomatoes, quartered
1 (8 ounce) bottle zesty Italian dressing
1 (15 ounce) can black beans, drained
1 (15 ounce) can black-eyed peas, drained
1/2 teaspoon ground coriander
1 bunch chopped fresh cilantro

Directions

In a large bowl, mix together onion, green bell pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas and coriander. Cover and chill in the refrigerator approximately 2 hours. Toss with desired amount of fresh cilantro to serve.

Hamburger Spinach Quiche

Ingredients

1 (9 inch) unbaked deep dish pie crust
1 pound ground beef
1/2 cup diced onion
2 large eggs
3/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground nutmeg
1 cup heavy cream
2 (10 ounce) boxes frozen chopped spinach, thawed and drained
1 cup shredded Cheddar cheese

Directions

Preheat an oven to 375 degrees F (190 degrees C). Chill the pie crust at least 20 minutes before baking to prevent shrinkage.

Prick the pie crust with a fork and line with a double layer of aluminum foil and a layer of pie weights or dried beans. Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights and bake until the crust has set, about 5 minutes more.

Cook and stir the ground beef and onion in a large skillet over medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Beat the eggs in a mixing bowl with the salt, pepper, and nutmeg until smooth. Whisk in the heavy cream, followed by the spinach and the beef mixture. Pour into the prepared pie crust and sprinkle with Cheddar cheese.

Bake in the preheated oven until a knife inserted into the center comes out clean, 35 to 45 minutes. Let stand 5 to 10 minutes before slicing.

Middle Eastern Rice with Black Beans and

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1 cup uncooked basmati rice
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon ground cayenne pepper
1 quart chicken stock
1 1/2 pounds ground turkey
2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
2 (15 ounce) cans black beans, drained and rinsed
1 bunch chopped fresh cilantro (optional)
1 bunch chopped fresh parsley (optional)
1/4 cup pine nuts (optional)
salt to taste
ground black pepper to taste

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Place the turkey in a skillet over medium heat, and cook until evenly brown.

Gently mix cooked turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into the cooked rice. Season with salt and pepper.

Cozy Cottage Beef Stew Soup

Ingredients

3/4 pound beef stew meat, cut into 1 inch cubes
2 onions, diced
3 cloves garlic, minced
1 large stalk celery, minced
2 carrots, finely chopped
1/4 pound green beans, cut into 1 inch pieces
8 ounces fresh mushrooms, coarsely chopped
3 potatoes, peeled and diced
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
2 (14.5 ounce) cans fat-free chicken broth
1/2 cup all-purpose flour
2 (10.5 ounce) cans beef consomme

Directions

In a slow cooker, combine beef, onions, garlic, celery, carrots, green beans, mushrooms, and potatoes. Pour in the tomatoes and tomato sauce. Season with bay leaf, pepper, thyme, and marjoram. Stir together chicken broth and flour. Pour chicken broth mixture and beef consomme into slow cooker, and stir.

Cover, and cook on Low 6 to 10 hours. Remove bay leaf before serving.

White Bean, Spinach, and Barley Stew

Ingredients

- 1 cup uncooked pearl barley
- 3 cups water
- 1 teaspoon olive oil
- 1 cup chopped yellow onion
- 2 cloves garlic, minced
- 1/2 teaspoon dried rosemary
- 3/4 cup small fresh mushrooms
- 1 cup chopped yellow bell pepper
- 2 tablespoons white wine
- 1 (15.5 ounce) can white beans, drained and rinsed
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained
- 2 cups fresh spinach
- 1 pinch red pepper flakes

Directions

Bring the barley and water to a boil in a pot. Cover, reduce heat to low, and simmer 30 minutes, or until tender.

Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary. Mix the mushrooms, yellow bell pepper, and wine into the pot, and cook 5 minutes. Stir in the cooked barley, beans, tomatoes, and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.

Nacho Pie

Ingredients

1 (30 ounce) can chili with beans
1 (10.75 ounce) can condensed nacho cheese soup
1/2 (10.75 ounce) can milk
1 (12 ounce) package tortilla chips
1/4 cup chopped onion

Directions

Heat chili in a medium saucepan over medium heat. Empty soup and milk into a small saucepan and heat through, stirring, until smooth and creamy.

Crush tortilla chips into bottom of individual serving bowls. When chili and soup are hot, scoop chili over chips and pour soup over chili. Sprinkle with chopped onion and serve.

Slow Cooker Northern White Bean Bacon

Ingredients

1 1/2 cups dried great Northern beans, rinsed
2 cups water
6 slices bacon
1 carrot, chopped
1 stalk celery, chopped
1 onion, chopped
1 potato - peeled and cubed
1 teaspoon Italian-style seasoning
1/8 teaspoon ground black pepper
3 (14.5 ounce) cans low-sodium chicken broth
1 cup milk

Directions

Place beans in a large bowl with the water, cover, and soak overnight.

In a large skillet over medium to medium high heat, fry the bacon until crispy. Drain the bacon fat and crumble the bacon; set aside.

In a slow cooker, combine the carrot, celery, onion, potato, Italian-style seasoning, ground black pepper, reserved beans and crumbled bacon. Pour the broth over all.

Cover and cook on low setting for 7 1/2 to 9 hours, or until beans are crisp to tender.

Transfer 2 cups at a time to a blender or food processor and puree until smooth. Return all to slow cooker, add the milk, cover and heat on high for about 10 to 15 minutes, or until heated through.

Easy Chili

Ingredients

1 onion, chopped
5 cloves crushed garlic
1 stalk celery, chopped
1 tablespoon olive oil
8 ounces textured vegetable protein
4 (16 ounce) cans chili beans
1 (14.5 ounce) can stewed tomatoes
4 cups water
2 tablespoons brown sugar
salt and pepper to taste
2 teaspoons chili powder

Directions

In a large saucepan saute onion, garlic, celery and olive oil until onions are soft.

Add to saucepan textured vegetable protein, chili beans, tomatoes, water, sugar, salt and pepper, and chili powder. Stir occasionally, let simmer for 30 minutes. The textured vegetable protein will expand when added to liquid.

Happy Soup

Ingredients

5 (14 ounce) cans chicken broth
1 pinch crushed red pepper flakes
1/4 tablespoon dried basil
16 ounces fresh cheese-filled tortellini
2 (15 ounce) cans kidney beans, drained and rinsed
2 teaspoons grated Romano cheese
1 (15.25 ounce) can whole kernel corn

Directions

In a large pot over medium high heat, bring the broth to a boil. Add the red pepper flakes and basil to taste, then add the tortellini and cook per package instructions, or until tender.

Add the beans and cheese and reduce heat to medium. Simmer for 5 to 8 minutes, or until beans are tender. Add the corn and allow to heat through, about 1 to 2 minutes.

Fresh Green Beans, Fennel, and Feta Cheese

Ingredients

1 pound fresh green beans,
trimmed
1 fennel bulb, cut into thin slices
1/4 cup extra-virgin olive oil
2 tablespoons chopped fresh basil
leaves
salt and pepper to taste
1/4 cup crumbled feta cheese

Directions

Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process.

Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.

Sherry's Wild West Soup

Ingredients

4 cups fat-free chicken broth
2 (4.5 ounce) cans diced green chile peppers, drained
2 cups shredded cooked chicken meat
1 (15 ounce) can garbanzo beans
1 teaspoon dried oregano
2 minced chipotle peppers in adobo sauce, or to taste
1 cup cooked white rice
1 pinch salt and pepper to taste
1 avocado - peeled, pitted and sliced
1 cup diced Monterey Jack cheese

Directions

Pour broth into a soup pot, or large saucepan, and bring to a simmer. Add the chile peppers, chicken, garbanzo beans, oregano, chipotle peppers, rice, salt and pepper. Return to a simmer, and cook for 30 minutes. If the soup is too thick, you can add a little more broth. Ladle into serving bowls, and top with sliced avocado and cheese cubes.

Green Bean and Stuffed Olive Salad

Ingredients

1 (15 ounce) can green beans,
drained
1 medium red onion, thinly sliced
1 (7 ounce) jar stuffed green
olives, with liquid
1 head leaf lettuce, torn
1/4 cup bacon bits (optional)

Directions

Place the green beans and onion in a large resealable plastic bag. Pour in the olives and liquid. Seal bag, and marinate at least 1 hour, turning occasionally. Serve over lettuce leaves, and sprinkle with bacon bits.

Emily's Excellent Taco Casserole

Ingredients

6 cups corn tortilla chips
2 cups vegetarian chili with beans
1 cup shredded Cheddar cheese
2 cups shredded lettuce
2 roma (plum) tomatoes, chopped
1/2 cup salsa
1/4 cup sour cream

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place chips in the bottom of a 9 inch square baking dish. Pour chili straight from the can over the chips. Sprinkle shredded cheese over the top.

Bake for 20 to 25 minutes in the preheated oven, until chili is bubbling and cheese is melted. Top with lettuce, tomato, sour cream and salsa in the pan, or after serving (if people are picky).

Sun-Dried Tomato-Flavored Hummus

Ingredients

1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1/3 cup reduced-fat mayonnaise
1 tablespoon sun-dried tomato
pesto sauce mix
1 teaspoon lemon juice
Assorted crackers

Directions

In a food processor or blender, combine the beans, mayonnaise, sauce mix and lemon juice; cover and process until blended. Transfer to a small bowl. Serve with crackers. Store in the refrigerator.

Michigan Beans N Sausage

Ingredients

1 pound dry navy beans
6 bacon strips, diced
3 medium onions, sliced into rings
1 pound chicken gizzards,
trimmed and halved (optional)
4 cups water
2 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon dried marjoram
1 bay leaf
1/8 teaspoon pepper
1 pound fully cooked kielbasa or
Polish sausage, halved lengthwise
and cut into 1/4-inch slices
1 (8 ounce) can tomato sauce
1 cup soft bread crumbs
2 tablespoons butter or margarine,
melted

Directions

Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid. Return beans to pan and set aside.

In a skillet, cook bacon until crisp. Drain, reserving 2 tablespoons of drippings; set bacon aside. Saute onions and gizzards if desired in drippings until onions are tender and the gizzards are browned. Add the 4 cups of water, garlic, salt, marjoram, bay leaf, pepper, bacon and onion mixture to the beans. Cover and bake at 350 degrees F for 3 hours or until beans are tender. Discard bay leaf. Stir in sausage and tomato sauce. Toss bread crumbs and butter; sprinkle over top. Bake, uncovered, 25 minutes longer or until golden.

Fiesta Chicken Casserole

Ingredients

1 (15 ounce) package refrigerated pie crust
1 (16 ounce) jar Pace® Chunky Salsa
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
1 cup sour cream
2 cups shredded Cheddar cheese
1 (24 ounce) package frozen whole kernel corn
2 (9.75 ounce) cans Swanson® Premium Chunk Chicken, drained
1 (15 ounce) can black beans, drained and rinsed

Directions

Preheat oven to 400 degrees F. Bring pie crust to room temperature.

Mix salsa, soup, sour cream, cheese, corn, chicken and beans in large bowl. Spoon into ungreased 13x9x2-inch baking pan.

Place crusts on floured surface, overlapping about 3 inches in the center. Press seam to seal. Roll into 14x10-inch rectangle. Trim excess crust. Place crust over beef mixture and flute edges. Cut slits in pastry.

Bake for 40 to 45 minutes or until pie crust is golden brown.

Chicken Chili I

Ingredients

1 (16 ounce) package dried navy beans
4 (14.5 ounce) cans chicken broth
1 onion, chopped
2 cloves garlic, minced
1 teaspoon ground black pepper
1 tablespoon dried oregano
1 tablespoon ground cumin
1/2 teaspoon ground cloves
5 cups chopped, cooked chicken meat
2 (4 ounce) cans diced green chile peppers
1 cup water
1 teaspoon salt
1 jalapeno pepper, seeded and minced

Directions

Sort and wash beans. Place beans, broth, onion, garlic, black pepper, oregano, cumin, and ground cloves in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer for 2 hours.

Stir in chicken, chilies, water, salt, and jalapeno. Bring to a boil. Cover, reduce heat, and simmer for 1 hour; stirring often.

Rosemary Chicken on Navy Bean, Cheddar and

Ingredients

1 teaspoon paprika, preferably smoked
1 1/4 teaspoons dried rosemary, crushed, divided
3/4 teaspoon freshly ground black pepper, divided
4 (4 ounce) boneless, skinless chicken breast halves, pounded to an even 1/2-inch thickness
2 teaspoons olive oil
1 tablespoon olive oil
1/2 cup finely chopped red bell pepper
2 cloves garlic, minced
1 (16 ounce) can no-salt-added navy or great northern beans, rinsed, drained
2 cups loosely packed baby arugula, watercress sprigs or baby spinach leaves
1 tablespoon white wine vinegar or white balsamic vinegar
1 cup SARGENTOB® Reduced Sodium Mild Cheddar Cheese

Directions

Combine paprika, 1 teaspoon rosemary and 1/2 teaspoon pepper; rub over chicken breasts. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add chicken; cook 4 to 5 minutes per side or until chicken is cooked through. Transfer to a plate; cover with foil and set aside.

Add remaining 1 tablespoon oil to same skillet. Add red pepper, garlic and remaining rosemary; saute 3 minutes. Transfer mixture to a large bowl; stir in beans and remaining pepper. Stir in arugula and vinegar. Stir in 3/4 cup cheese; transfer to four serving plates. Top with chicken and any remaining juices from the plate. Top with remaining cheese.

Chicken Tostadas

Ingredients

6 (8 inch) (8 inch) flour tortillas
1 (15 ounce) can black beans, rinsed and drained
2 teaspoons chili powder, divided
1 teaspoon ground cumin, divided
1/2 cup salsa
3/4 pound skinless, boneless chicken breast halves - cut into strips
2 cups finely chopped tomatoes, drained
1 cup chopped onion
1 1/2 cups shredded Cheddar cheese
2 cups torn romaine
Sour cream

Directions

Spritz both sides with nonstick cooking spray. Place on ungreased baking sheets. Bake at 350 degrees F for 7 minutes; turn and bake 3 minutes longer or until crisp. Set aside.

In a food processor, process the beans until smooth. In a saucepan, combine the beans, 1 teaspoon chili powder, 1/2 teaspoon cumin and salsa; bring to a boil. Remove from the heat; set aside. Sprinkle chicken with remaining chili powder and cumin. In a skillet coated with nonstick cooking spray, cook chicken over medium heat for 5 minutes or until juices run clear, stirring constantly.

Spread bean mixture over tortillas to within 1/2 in. of edges of tortillas. Top with the chicken, tomatoes, onion and cheese. Bake at 350 degrees F for 2 minutes or until cheese is melted. Top with romaine. Garnish with sour cream if desired.

Green Beans with Blue Cheese

Ingredients

1 pound fresh green beans, cut
into 2 inch pieces
1/4 cup bacon drippings
3 ounces crumbled blue cheese
1/2 cup chopped walnuts, toasted
salt and pepper to taste

Directions

Place green beans in a saucepan with one inch of water in the bottom. Bring to a boil over medium-high heat, and cook for 5 minutes, or until tender-crisp. Remove from heat, drain, and set aside.

Heat the bacon drippings in a large skillet over medium heat. Add green beans, and toss to coat. Saute until the beans are heated through. Sprinkle with nuts and crumbled blue cheese. Season with salt and pepper to taste.

Southwest Chicken Smoked Sausage Skillet

Ingredients

1 (14 ounce) package Hillshire Farm® Hardwood Chicken Smoked Sausage, cut into 1/2-inch thick slices
1 large zucchini, sliced
2 cups frozen corn with red and green bell peppers and onion, thawed, drained
1 (15 ounce) can black beans, drained, rinsed
2 cups cooked white rice
1/2 cup salsa
1 teaspoon chili powder
1 cup shredded Mexican blend cheese

Directions

Spray a large non-stick skillet with no-stick cooking spray. Add sausage, zucchini and corn mixture; cook and stir over medium-high heat for 8 minutes or until vegetables are cooked and sausage is heated through.

Stir in black beans, rice, salsa and chili powder. Cook and stir for 5 minutes or until heated through.

Sprinkle with cheese and cilantro (if desired); just before serving.

Fabulous Hot Five Bean Salad

Ingredients

1 pound bacon
2/3 cup white sugar
2 tablespoons cornstarch
1 1/2 teaspoons salt
1 pinch ground black pepper
3/4 cup distilled white vinegar
1/2 cup water
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can green beans,
drained
1 (14.5 ounce) can wax beans,
drained
1 (15 ounce) can garbanzo beans,
drained

Directions

Cut bacon into small pieces using kitchen shears, and place in a large skillet. Cook, turning frequently, over medium high heat until evenly browned. Drain, reserving 1/4 cup drippings. Set bacon aside.

Return reserved drippings to skillet. Mix together sugar, cornstarch, and salt and pepper; blend into drippings. Stir in vinegar and water; cook and stir until boiling. Stir in drained beans. Cover, reduce heat, and simmer for 15 to 20 minutes. Stir occasionally.

Turn bean mixture into serving dish. Crumble bacon over beans.

Holy Trinity Chili

Ingredients

2 pounds ground beef
1 (12 ounce) package smoked sausages, cut into bite-sized pieces
9 slices bacon, diced
2 tablespoons minced garlic
2 onions, diced
1 (6 ounce) can tomato paste
1 (14 ounce) can beef broth
1 (28 ounce) can diced tomatoes
1 (15 ounce) can mild chili beans, with sauce
2 (15 ounce) cans pinto beans, drained
3 Anaheim (New Mexico) chile peppers, seeded and minced
3 jalapeno peppers, seeded and minced
3 serrano peppers, seeded and minced
3 tablespoons Worcestershire sauce
1/3 cup brown sugar
2 teaspoons chipotle chile powder
2 teaspoons ground cumin
salt and pepper to taste

Directions

Brown the ground beef in a large soup pot over medium-high heat until cooked and crumbly; drain and set aside. Brown sausages, then set aside. Reduce heat to medium and stir in bacon. Cook until the bacon has released its fat and is beginning to turn crispy. Stir in garlic and onions, and cook until the onions soften and turn translucent, about 5 minutes. Stir in tomato paste to coat the onions.

Pour in beef broth, diced tomatoes, chili beans, and pinto beans. Add the Anaheim peppers, jalapeno peppers, and serrano peppers. Season with Worcestershire, brown sugar, chipotle powder, and cumin. Bring to a boil over high heat, then reduce heat to medium-low, and simmer for 2 hours, or until thickened, stirring occasionally. Season to taste with salt and pepper, then simmer for 5 additional minutes before serving.

Luscious Lima Bean Soup II

Ingredients

3 slices bacon
4 cups frozen lima beans
1 (15 ounce) can butter beans, undrained
2 potatoes, diced
2 stalks celery, chopped
2 small onions, chopped
3 carrots, sliced
1/4 cup butter
1/2 tablespoon dried marjoram
1 teaspoon salt
1/2 teaspoon pepper
3 (14 ounce) cans chicken broth

Directions

Cook the bacon in a skillet over medium heat until evenly brown and crisp. Drain and crumble.

In a slow cooker, mix the cooked bacon, lima beans, butter beans and liquid, potatoes, celery, onions, carrots, and butter. Season with marjoram, salt, and pepper. Pour in the chicken broth.

Cover slow cooker, and cook soup 7 hours on Low.

Cincinnati Skyline Chili

Ingredients

- 2 pounds lean ground beef
- 1 onion, chopped
- 2 (8 ounce) cans tomato sauce
- 1 clove garlic, crushed
- 1 dash Worcestershire sauce
- 1 pinch ground cinnamon
- 1 teaspoon distilled white vinegar
- 3 tablespoons chili powder
- 1 pinch cayenne pepper
- salt and pepper to taste
- 1 pound uncooked spaghetti
- 1 cup shredded Cheddar cheese
- 1 cup kidney beans
- 1/2 cup olives
- 1/4 cup chopped onion

Directions

Brown beef and onion in a large skillet over medium high heat. Place browned mixture in a large pot and stir in the tomato sauce, garlic, Worcestershire sauce, cinnamon, vinegar, chili powder, cayenne pepper, salt and pepper. Simmer, uncovered, over low heat for 1 1/2 hours.

When meat mixture has about 20 minutes cooking time left, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

Serve meat mixture over cooked spaghetti topped with cheese, beans, olives and chopped onion.

Bok Choy, Carrots and Green Beans

Ingredients

1 teaspoon peanut oil
3 tablespoons minced shallots
2 carrots, sliced diagonally
1 cup fresh green beans, cut into
1 inch pieces
1 cup chopped bok choy
1/3 cup low sodium, low fat
vegetable broth
1 tablespoon light soy sauce

Directions

Heat the oil in a wok or skillet over high heat. Add the shallots and saute for 3 minutes. Add the carrots and stir fry for 3 minutes. Add the green beans and stir fry for 2 minutes. Add the bok choy and stir fry for 2 minutes. Add the broth and simmer for 2 minutes. Add the soy sauce and serve.

Texas New Mexico Chili

Ingredients

- 1 onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 pound ground beef
- 2 tablespoons ground cumin
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 bay leaf
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can peeled and diced tomatoes with juice
- 1 (15 ounce) can pinto beans
- 1 (15 ounce) can kidney beans with liquid
- 3 tablespoons cornmeal

Directions

In a large pot over medium heat, combine the onion, garlic, red bell pepper and ground beef and saute for 10 minutes, or until meat is browned. Add the cumin, chili powder, oregano and bay leaf and saute for 2 to 3 more minutes.

Then add the chicken broth and the tomatoes, mix well and cook for 30 minutes. Add the pinto beans and kidney beans and continue cooking for 10 more minutes. Finally, add the cornmeal, stirring well, until the chili thickens, about 10 to 15 minutes. Remove bay leaf.

Jerre's Black Bean and Pork Tenderloin Slow

Ingredients

1 1/2 pounds pork tenderloin, cut into 2 inch strips
1 small onion, coarsely chopped
1 small red bell pepper, coarsely chopped
3 (15 ounce) cans black beans
1 (16 ounce) jar salsa
1/2 cup chicken broth
1 teaspoon dried oregano
1 teaspoon ground cumin
2 teaspoons chili powder

Directions

Combine pork tenderloin, onion, red pepper, black beans, salsa, chicken broth, oregano, cumin, and chili powder in a slow cooker. Set to Low and cook for 8 to 10 hours.

Break up pieces of cooked pork to thicken the chili before serving.

Chicken Pot Pie VII

Ingredients

2 cups all-purpose flour
3/4 cup shortening
1/4 cup cold water
1 tablespoon onion salt

1 tablespoon shortening
1 pound skinless, boneless
chicken breast halves - cubed
1 cup chopped onion
1 (15 ounce) can green beans
1 teaspoon onion salt
1 tablespoon white sugar
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon dried oregano
1 (10.75 ounce) can condensed
cream of chicken soup

Directions

Preheat oven to 400 degrees F (200 degrees C.)

In a large bowl, combine flour and onion salt. Cut in shortening until mixture resembles coarse crumbs. Add water and stir until it forms a ball. Divide dough in half and shape into balls. Roll one ball out to fit a 9 or 10 inch pie plate. Place bottom crust in pie plate and roll out top crust.

In a large cast iron frying pan, heat 1 tablespoon shortening. Add chicken and onion and cook until mixture is just browned. Stir in beans and season with onion salt, sugar, garlic powder, pepper, and oregano. Stir in condensed soup. Heat mixture, stirring constantly, until it just begins to simmer. Pour into pie crust and cover with top crust. Fold top crust under edge of bottom crust, seal and cut slits in top crust.

Bake in the preheated oven for 25 minutes, or until golden brown.

Garbanzos with Fennel

Ingredients

1 1/2 cups dry garbanzo beans
10 cups vegetable stock
4 cloves garlic, minced
1/2 teaspoon crushed red pepper flakes
1 teaspoon vegetable oil
2 pounds tomatoes, chopped
1 cup fresh basil leaves, chopped
2 pounds fresh fennel bulbs, trimmed and chopped
2 medium onions, chopped
1/2 teaspoon salt
1 cup fresh shelled green peas

Directions

Place the garbanzo beans in a pot with enough water to cover, and soak 8 hours, or overnight. Drain and rinse.

In a large pot, stir together the soaked beans and vegetable stock. Mix in 2 cloves minced garlic and the red pepper flakes. Bring to a boil, reduce heat to low, and simmer 45 minutes, or until beans are tender.

Heat the oil in a skillet over medium heat. Place the remaining garlic, tomatoes, and basil in the skillet, and cook 2 minutes, or just until the basil is wilted. Remove from heat, and set aside.

Mix the fennel and onions into the pot with the garbanzo beans. Season with salt. Continue cooking 15 minutes. Mix in the tomatoes, basil, and peas, and continue cooking 5 minutes, until peas are tender. Serve hot.

Spicy Bean Salsa

Ingredients

1 (15 ounce) can black-eyed peas
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can whole kernel
corn, drained
1/2 cup chopped onion
1/2 cup chopped green bell
pepper
1 (4 ounce) can diced jalapeno
peppers
1 (14.5 ounce) can diced
tomatoes, drained
1 cup Italian-style salad dressing
1/2 teaspoon garlic salt

Directions

In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

Five-Can Chili

Ingredients

1 (15 ounce) can chili with beans
1 (15 ounce) can mixed
vegetables, drained
1 (11 ounce) can whole kernel
corn, drained
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 (10 ounce) can diced tomatoes
and green chilies

Directions

In a saucepan, combine all ingredients; heat through.

Gonzo Garbanzos

Ingredients

- 1 (15 ounce) can garbanzo beans
- 1 lemon, juiced
- 1 whole dried red chile peppers
- 1 clove garlic, quartered
- 2 tablespoons minced onion
- 1 tablespoon picante sauce
- 1 teaspoon ground black pepper
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon sazón seasoning
- 1/4 teaspoon paprika

Directions

Drain off about half of the juice from the beans and put them into a saucepan. Mix in the lemon juice, chilies, garlic, onion, picante sauce, pepper, Cajun seasoning, sazón seasoning and paprika. Bring to a simmer over medium heat, and cook for about 7 minutes. Remove the chilies and garlic before serving.

Chickpea Soup I

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 cups peeled and chopped sweet potatoes
3 cups chicken broth
1 bay leaf
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon paprika
1 tomato, chopped
1 (10 ounce) package frozen mixed vegetables
1 (15 ounce) can garbanzo beans, drained
salt to taste
ground black pepper to taste

Directions

In a saucepan, warm oil over moderate heat. Add onion, garlic, and sweet potatoes; saute 5 minutes.

Stir in broth, bay leaf, basil, thyme, and paprika. Salt and pepper to taste. Bring to a boil, and then reduce heat to medium low. Cover. Simmer until vegetables are tender but not mushy, about 15 minutes.

Stir in tomato, green beans, and chickpeas. Simmer uncovered until tender, about 10 minutes more. Serve hot.

Dinner in a Pumpkin I

Ingredients

1 medium sugar pumpkin
1 1/2 pounds lean ground beef
1 onion, chopped
1 clove garlic, minced
1 1/2 teaspoons white sugar
1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons salt
1/8 teaspoon ground black pepper
4 cups tomato juice
3 cups shredded cabbage
1/2 pound fresh green beans, washed and trimmed
1 cup uncooked white rice

Directions

Preheat oven to 350 degrees F (175 degrees C).

Wash pumpkin, cut off top, scrape out seeds and discard.

Place hamburger in a large, deep skillet. Crumble and cook over medium high heat until evenly brown. Drain fat, add onion and garlic; saute slightly.

Add sugar, Italian herbs, salt, pepper, tomato juice and rice; mix thoroughly.

Layer inside of pumpkin with 1/3 of cabbage, green beans and beef and rice mixture. Repeat layers, replace lid and bake for 2 to 3 hours.

Three Beans and Frank Bake

Ingredients

1 tablespoon Pure Wesson® Vegetable Oil
1 medium onion, chopped
2 cloves garlic, minced
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
1 (16 ounce) can vegetarian baked beans
1 (15 ounce) can butter beans, drained, rinsed
1 (15 ounce) can red or kidney beans, drained, rinsed
1/2 cup Hunt's® Ketchup
1/2 cup firmly packed brown sugar
2 tablespoons cider vinegar
1 tablespoon Hebrew National® Deli Mustard
1 (16 ounce) package Hebrew National® Quarter Pound Beef Franks, cut into 1-inch pieces

Directions

Preheat oven to 350 degrees F. Heat oil in large saucepan over medium heat 1 minute. Add onion and garlic; cook 8 minutes, stirring frequently. Add bell peppers; cook 5 minutes, stirring frequently.

Stir in baked beans, butter beans, red beans, ketchup, brown sugar, vinegar and mustard; mix well. Stir franks into bean mixture. Remove from heat.

Spoon mixture into 2-quart casserole or 8x8-inch baking dish. Bake uncovered 40 minutes or until hot and bubbly.

Black Bean Chicken Salad

Ingredients

6 cups torn lettuce
1 1/2 cups cubed cooked chicken breast
1 (15 ounce) can black beans, rinsed and drained
1 cup chopped seeded tomatoes
1 cup chopped green pepper
1/2 cup sliced red onion
1/2 cup shredded reduced-fat Cheddar cheese
LIME VINAIGRETTE:
1/4 cup minced fresh cilantro or parsley
1/4 cup chopped seeded tomato
1 tablespoon cider vinegar
1 tablespoon olive or canola oil
1 tablespoon lime juice
1/2 teaspoon grated lime peel
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon chili powder

Directions

In a large serving bowl, combine the lettuce, chicken, beans, tomatoes, green pepper, onion and cheese. In a blender or food processor, combine the vinaigrette ingredients; cover and process until smooth. Pour over salad and toss to coat.

Green Beans with Hazelnuts and Lemon

Ingredients

1 1/2 pounds fresh green beans,
washed and trimmed
2 tablespoons olive oil
1 1/2 teaspoons lemon zest
1/3 cup chopped toasted
hazelnuts
salt and pepper to taste

Directions

In a large pot of salted boiling water, cook beans 3 to 8 minutes or until tender. Drain and place in a large bowl.

Add olive oil, lemon zest, hazelnuts, salt and pepper. Beans may be made 1 day ahead, chilled and covered. Reheat beans, preferably in a microwave.

Leftover Turkey Casserole

Ingredients

1 (6 ounce) package dry bread stuffing mix
1 (16 ounce) container sour cream
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of celery soup
1 (1 ounce) package dry onion soup mix
2 (14.5 ounce) cans French-style green beans, drained
2 cups cooked, chopped turkey meat

Directions

Preheat oven to 350 degrees F (175 degrees C).

Prepare stuffing according to package directions.

In a medium bowl, mix the sour cream, cream of mushroom soup, cream of celery soup and dry onion soup mix.

Spread the green beans in a 9x13 inch dish. Top with a layer of turkey. Pour the soup mixture over the turkey. Top with stuffing.

Bake in the preheated oven 30 minutes, or until browned and bubbly.

Campbell's® Healthy Request® Green Bean

Ingredients

1 (10.75 ounce) can Campbell's®
Healthy Request® Condensed
Cream of Mushroom Soup
1/4 cup milk (2% fat)
1 teaspoon onion powder
1/8 teaspoon ground black
pepper
1 teaspoon reduced-sodium soy
sauce
1 pound cut fresh green beans,
cooked and drained
2 tablespoons French's® French
Fried Onions

Directions

Mix the soup, milk, onion powder, black pepper, soy sauce and green beans in a 1 1/2-quart casserole.

Bake at 350 degrees F for 25 minutes or until hot.

Stir the green bean mixture. Top with the onions. Bake for 5 minutes more or until the onions are golden brown.

Tempeh Kabobs with Moroccan Couscous

Ingredients

1 (8 ounce) package tempeh, cut into 1/2 inch squares
16 fresh white mushrooms
1 medium eggplant, cut into 1 inch cubes
1 large red bell pepper, cut into 1 inch pieces
16 cherry tomatoes
8 tablespoons olive oil
4 tablespoons soy sauce
4 tablespoons teriyaki sauce
3 tablespoons honey
1 tablespoon grated fresh ginger root
1 tablespoon chopped fresh garlic
salt and pepper to taste
2 cups vegetable broth
1 tablespoon grated fresh ginger root
1 teaspoon ground cumin
salt to taste
1 cup dry couscous
3/4 cup raisins
3/4 cup drained canned chick-peas (garbanzo beans)
1 lemon

Directions

Place tempeh, mushrooms, eggplant, red bell pepper, and cherry tomatoes in a large resealable plastic bag. In a mixing bowl, whisk together olive oil, soy sauce, teriyaki sauce, and honey; season with 1 tablespoon ginger, 1 tablespoon garlic, and salt and pepper to taste. Pour mixture over tempeh and veggies, seal, and shake to coat. Refrigerate for 2 hours.

Preheat grill for medium-high heat. Thread tempeh and veggies on skewers. Reserve remaining marinade.

Grill skewers, turning often to make sure everything is cooked evenly. These can also be done in the broiler.

While grilling kabobs, combine vegetable stock, 1 tablespoon grated ginger, cumin, and salt. Bring to a light boil. Stir in couscous, raisins, and garbanzo beans; cover, and remove from heat. Let sit for five minutes, or until fluffy. Just before serving, squeeze lemon over couscous and stir. Serve kabobs with reserved marinade.

Vegetarian Green Chile Stew

Ingredients

1 tablespoon olive oil
1/4 teaspoon minced garlic
1/2 onion, chopped
2 large carrots, peeled and chopped
1 stalk celery, chopped
4 potatoes, cut in one-inch cubes
1/4 teaspoon chili powder
1/4 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 yellow squash, cut in one-inch cubes
2 cups packed fresh spinach
1/3 cup frozen corn kernels
1 (16 ounce) can pinto beans, drained
1 cup cooked, shredded spaghetti squash (optional)
2 cups vegetable broth
5 cups water
3 (4 ounce) cans chopped green chile peppers

Directions

Heat olive oil in a large pot over medium-high heat. Add garlic, onion, carrots, celery, potatoes, chili powder, paprika, salt, and pepper. Cook, stirring occasionally, until potatoes are golden brown, about 10 minutes.

Toss yellow squash, spinach leaves, corn, pinto beans, and spaghetti squash into the pot. Continue to stir until spinach leaves have wilted, 1 to 2 minutes.

Pour vegetable broth, water, and green chiles into the mixture. If necessary, add more water to make sure vegetables are covered. Bring stew to a boil, then reduce heat to medium low, cover, and simmer until the vegetables are tender, about 45 minutes.

Jamaican Me Crazy Chili

Ingredients

- 1 1/2 pounds ground round
- 1 teaspoon olive oil
- 1 1/2 cups chopped onion
- 2 cloves garlic, crushed
- 2 1/2 cups chopped yellow bell pepper
- 1 tablespoon ground cumin
- 1 tablespoon hot paprika
- 1 tablespoon chile powder
- 2 teaspoons white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 2 (14.5 ounce) cans stewed tomatoes
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can cannellini beans
- 1 (6 ounce) can tomato paste
- 2 tablespoons balsamic vinegar
- 1/3 cup chopped fresh cilantro

Directions

Place ground round in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Coat a large Dutch oven with cooking spray, and place over medium-high heat. When pan is hot, cook the onion and garlic in olive oil until the onion is tender. Add the yellow pepper, and cook until tender. Season with cumin, paprika, chile powder, sugar, salt, and cloves. Stir in the stewed tomatoes, kidney beans, black beans, and cannellini beans. Pour in water to cover. Bring to a boil, then stir in the meat and tomato paste. Bring to a boil, and simmer for 30 minutes.

Remove from heat, stir in the vinegar and serve hot topped with fresh cilantro.

Contadina Hearty Minestrone

Ingredients

2 (14 ounce) cans chicken or beef broth
1/3 cup uncooked small shell pasta
1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes
1 (8.75 ounce) can kidney beans, drained
1 cup diced, cooked chicken or beef
1 carrot, sliced
1 stalk celery, sliced
1/2 teaspoon basil

Directions

Bring broth to boil in large saucepan; stir in pasta and boil 5 minutes.

Add remaining ingredients. Reduce heat; cover and simmer 10 minutes. Garnish with Parmesan cheese, if desired.

Nut Burgers (Vegetarian)

Ingredients

1/2 cup finely chopped walnuts
1/2 cup unsalted sunflower seeds
1 cup canned chickpeas, drained
1/4 cup diced red onion
1 beaten egg
1 tablespoon chopped fresh parsley
1/4 teaspoon fresh ground black pepper
1 tablespoon salt-free herb seasoning blend
2 tablespoons olive oil
2 slices mild Cheddar cheese
1 pita bread round
1/4 cup prepared Ranch salad dressing
2 leaves romaine lettuce
1 medium tomato, thinly sliced
1/2 avocado - peeled, pitted and sliced

Directions

Place walnuts and sunflower seeds in a dry skillet over medium heat. Cook, stirring occasionally until lightly toasted and fragrant, about 5 minutes.

In a medium bowl, mash garbanzo beans with a fork, or chop in a food processor. Stir in the onion, egg, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.

Heat olive oil in a skillet over medium heat. Divide the bean mixture into 2 patties, and fry in the hot oil for about 3 minutes on each side, or until well browned and heated through. Place a slice of cheese over each patty, and remove from heat.

Place the pita round in the same dry skillet the nuts were in, and heat for about 1 minute on each side. Cut the round in half, spread ranch dressing inside of each, and line the pockets with romaine leaves. Place a cheesy patty into each one, and top with sliced tomato and avocado. Serve with tortilla or potato chips.

Ham and Beans and More

Ingredients

1 pound dried Great Northern beans, sorted and rinsed
4 cups water
1/4 cup celery, chopped
1 small onion, chopped
2 bay leaves
1/4 teaspoon ground cumin
1/2 teaspoon garlic powder
1 teaspoon dried parsley
1 tablespoon butter
1 tablespoon olive oil
2 leeks (bulb only), cut in half lengthwise
1 pound cooked ham, cut into bite-size pieces
5 slices bacon
4 cups chicken stock
1 pinch sea salt to taste
1 pinch fresh ground black pepper to taste

Directions

Place the beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and rinse before using.

Combine the soaked beans, 4 cups of water, celery, onion, bay leaves, cumin, garlic powder, and parsley into a slow cooker.

Melt the butter with the olive oil in a skillet over medium heat; cook and stir the leeks in the butter mixture until tender and the smaller pieces start to brown, 8 to 10 minutes. Transfer the leeks to the slow cooker. In the same pan, cook and stir the ham until the edges start to brown; stir into the soup. Place the bacon into the hot skillet, and pan-fry until the bacon is crisp, about 10 minutes. Cut the bacon into bite-size pieces and stir into the soup. Pour the chicken stock into the hot skillet, and stir to dissolve any brown flavor bits from the skillet; pour the chicken stock into the soup. Season with sea salt and pepper.

Set the cooker to Low cook the soup until the beans are very tender, 6 to 8 hours. Roughly mash about half the beans with a potato masher to thicken the soup.

Green Beans With Mustard Cream Sauce and

Ingredients

4 tablespoons butter
1 (16 ounce) package frozen pearl onions or small whole white onions
2 pounds green beans, trimmed and snapped into 2-inch pieces
Salt
1 1/2 cups milk
1/2 cup chicken broth
1/4 cup Dijon mustard
3 tablespoons flour
Freshly ground black pepper
1/2 cup slivered almonds, toasted until fragrant in a 325-degree oven (10 minutes or less)

Directions

Heat 2 Tbs. of butter in a large, deep skillet over medium-high heat. Add onions; saute, shaking pan occasionally, until golden brown, 5 to 7 minutes.

Dump onions onto a large cookie sheet. Add green beans, 3/4 cup water and a scant teaspoon salt to the unwashed skillet. Turn heat to high; cover and cook until wisps of steam escape around the lid. Set timer for 5 minutes; cook until bright green but tender.

Drain beans; transfer to cookie sheet with onions and spread out to cool. (Cooled vegetables can be covered loosely with plastic wrap and set aside at room temperature up to 4 hours ahead.)

Microwave milk, chicken broth and mustard in a 1-quart Pyrex-type measuring cup until steamy. Heat remaining 2 Tbs. of butter in the skillet. Whisk in flour, then hot milk mixture, until smooth and simmering. (Sauce can be made up to 4 hours ahead: Cover surface directly with plastic wrap, to prevent a skin from forming, and refrigerate; return to a simmer before proceeding.)

Add beans and onions; simmer until sauce is thick enough to cling, about 5 minutes. Season with salt and pepper to taste. Transfer to a serving bowl, sprinkle with toasted almonds and serve immediately.

Gravel Salad

Ingredients

1 cup cooked garbanzo beans
1 cup cooked black beans
1 cup cooked pinto beans
1 cup cooked corn
1/2 red bell pepper, chopped
1/4 cup chopped fresh chives
1/4 cup chopped fresh parsley
1/4 cup chopped red onion
1 clove garlic, minced
3 tablespoons olive oil
1 tablespoon red wine vinegar
salt and pepper to taste

Directions

In a large bowl, combine the garbanzo beans, black beans, pinto beans, corn, red pepper, chives, parsley, red onion, garlic, olive oil, vinegar and salt and pepper. Mix together well.

For an elegant and delicious presentation, serve this salad with little toasts spread with olive paste and sliced tomatoes.

Hot Vegetable Buffet

Ingredients

1 (12 ounce) package frozen French cut green beans
1 (10 ounce) package frozen corn
1 (10 ounce) package frozen baby lima beans
1 cup heavy cream
1 cup mayonnaise
2 cups finely shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Layer the green beans, corn and lima beans in a 9x13 inch baking dish. In a medium bowl, whisk together the cream and mayonnaise. When that is blended, stir in the shredded cheese. Spread evenly over the vegetables in the dish.

Bake for 50 minutes in the preheated oven, or until the sauce is bubbling and the top is slightly browned.

Vegetarian Chickpea Sandwich Filling

Ingredients

1 (19 ounce) can garbanzo beans,
drained and rinsed
1 stalk celery, chopped
1/2 onion, chopped
1 tablespoon mayonnaise
1 tablespoon lemon juice
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

Chili-Stuffed Flank Steak

Ingredients

1 1/4 pounds lean flank steak,
pocket cut
1 (14.5 ounce) can chili with
beans, drained
1/4 cup canned diced green chiles
2 teaspoons chili powder
1 cup low sodium barbecue sauce

Directions

Heat a grill to high heat.

Place the flank steak on a sheet of heavy duty foil and fill the pocket of the flank steak with chili and diced chilies. Secure the opening of the flank steak with a skewer. Rub the surface of the steak with a thin film of oil (about 2 teaspoons) and season with the chili powder.

Clean the grill grate with a metal brush and rub with oil. Put the steak on the grill, cover, and grill to medium-rare, about 8 minutes, turning once halfway through. Coat the flank steak with barbecue sauce and grill another minute on each side.

Remove skewer, and cut flank steak in thin slices against the grain and serve.

Nita's Lamb, Green Beans and Tomatoes

Ingredients

1 tablespoon olive oil
1 1/2 pounds lamb stew meat
1 large onion, chopped
2 pounds fresh green beans,
washed and trimmed
1 (15 ounce) can tomato sauce
1 cup water
salt and pepper to taste
2 teaspoons chopped fresh mint
leaves

Directions

Heat oil in a large skillet over medium high heat. Add lamb and onion and cook until meat is browned; stir in beans and cook for about 10 minutes, stirring occasionally.

Stir in tomato sauce, water, salt, pepper and mint. Reduce heat to low, cover and simmer for about 1 hour or until cooked through and beans are tender.

All-Star Veggie Burger

Ingredients

1 (15.5 ounce) can garbanzo beans, drained and mashed
8 fresh basil leaves, chopped
1/4 cup oat bran
1/4 cup quick cooking oats
1 cup cooked brown rice
1 (14 ounce) package firm tofu
5 tablespoons Korean barbeque sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 teaspoon garlic powder
3/4 teaspoon dried sage
2 teaspoons vegetable oil

Directions

In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.

In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbeque sauce over the tofu, and stir to coat.

Stir the tofu into the garbanzo beans and oats. Season with salt, pepper, garlic powder, and sage; mix until well blended.

Heat the oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.

Creamy Tuscan Bean and Chicken Soup

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
2 cups water
1 (15 ounce) can white kidney beans (cannellini), rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
2 cups cubed cooked chicken
1/4 cup bacon bits
3 ounces fresh baby spinach leaves
Olive oil
Grated Parmesan cheese

Directions

Heat the soup, water, beans, tomatoes, chicken and bacon in a 3-quart saucepan over medium-high heat to a boil.

Stir in the spinach. Cook for 5 minutes or until the spinach is wilted. Serve the soup with a drizzle of oil and sprinkle with the cheese.

Vietnamese Iced Coffee

Ingredients

4 cups water
1/2 cup dark roast ground coffee
beans
1/2 cup sweetened condensed
milk
16 ice cubes

Directions

Brew coffee with water using your preferred method to make brewed coffee. Spoon 2 tablespoons of sweetened condensed milk into each of 4 coffee cups. Pour 1 cup of fresh hot coffee into each cup, and stir to dissolve the milk.

Serve guests cups of coffee, and give each one a tall glass with 4 ice cubes, and a long handled spoon. Guests pour hot coffee over the ice cubes and stir briskly with the long handled spoon, making an agreeable clatter with the ice cubes to chill the coffee.

Mexican Mole Poblano Inspired Chili

Ingredients

2 tablespoons olive oil
1 1/2 cups chopped onions
1 cup chopped green pepper (optional)
1 (4 ounce) can chopped green chilies (optional)
8 large garlic cloves, chopped
3 pounds cubed beef stew meat
5 tablespoons chili powder
2 tablespoons ground cumin
2 teaspoons dried basil
1 teaspoon cayenne pepper
1 teaspoon crushed red pepper flakes
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1 cinnamon stick
1 (28 ounce) can crushed tomatoes in puree
1 (14.5 ounce) can beef broth
1 (12 fluid ounce) bottle dark beer
1 (6 ounce) can tomato paste
1 (15 ounce) can chili beans
2 (1 ounce) squares bittersweet chocolate, chopped
salt and pepper, to taste

Directions

Heat oil in a large, heavy pot over medium-high heat. Stir in onions, green peppers, green chilies, and garlic. Cook and stir until onions are soft and translucent, about 8 minutes. Add the stew meat to the pot, cook until well browned, about 5 minutes.

Stir the chili power, cumin, basil, cayenne pepper, crushed red pepper, oregano, thyme, bay leaf, and cinnamon stick into the pot. Cook and stir until spices are aromatic, about 2 minutes.

Pour the crushed tomatoes, beef broth, and beer into the pot; stir in the tomato paste. Bring chili to a simmer and cook until beef is very tender and the liquids have thickened, about 1 hour and 15 minutes.

Mix the chili beans and chocolate into the chili. Simmer until the chocolate has melted and the chili is hot, 5 minutes. Remove cinnamon stick and bay leaf. Season to taste with salt and pepper.

Lamb and Bulgur Soup (Shorba Freek)

Ingredients

1 tablespoon olive oil
3/4 pound lamb shoulder with bones, cut into pieces
1 small onion, diced
2 cloves garlic, chopped
2 cinnamon sticks
1 cup canned garbanzo beans, drained
1 (14.5 ounce) can whole peeled tomatoes with juice
1/4 cup bulgur (cracked wheat), uncooked
7 cups water
salt and pepper to taste
1/4 cup chopped fresh parsley
1/2 teaspoon dried mint

Directions

Heat oil in a stock pot over medium-high heat. Add the lamb, onion, garlic, and cinnamon. Season lightly with salt and pepper. Cook stirring frequently, until meat is browned and onions are almost tender. Pour in water and garbanzo beans, and bring to a boil.

Simmer over low heat for 45 minutes to an hour, skimming the scum from the top occasionally. Meanwhile, pour the tomatoes into a blender or food processor, and puree until smooth.

When the meat is tender, remove the pieces with a slotted spoon. Remove the fat and bones from the meat, and return it to the pot. Discard the fat and bones. Remove cinnamon sticks. Add the tomato puree and bulgur wheat. Simmer for about 10 minutes, or until the bulgur is puffed and tender.

Transfer to a soup tureen, and garnish with parsley and mint before serving.

Five Meat Habanero Chili

Ingredients

4 slices hickory-smoked bacon
3/4 pound ground beef
1 pound bulk pork sausage
3/4 pound cubed beef stew meat
1 1/2 cups chopped onion
2 cloves garlic, minced
1 stalk celery, chopped
1/2 habanero pepper, seeded and minced, or to taste
1/2 large green bell pepper, chopped
1/2 large red bell pepper, chopped
1 (28 ounce) can tomato sauce
1 1/2 teaspoons ground cumin
2 cups cubed cooked chicken
3 (14.5 ounce) cans fire-roasted diced tomatoes, with juice
1 (15 ounce) can cannellini beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can butter beans, rinsed and drained
salt and pepper to taste
3/4 cup sour cream (optional)

Directions

Place the bacon in a large pot, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. In the same pot, stir in the ground beef, sausage, and beef stew meat. Cook and stir until the ground meat is crumbly, evenly browned, and no longer pink. Drain and set meat aside in a bowl. Discard any excess grease.

Reduce heat to medium, then stir the onion, garlic, celery, habanero pepper, green bell pepper, and red bell pepper into the same large pot; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomato sauce and cumin, then add the beef and sausage mixture, bacon, and chicken. Stir in the diced tomatoes, cannellini beans, pinto beans, and butter beans. Season with salt and pepper. Bring to a boil over high heat, then reduce heat to low and simmer for 2 hours. Serve with a dollop of sour cream.

Enchilada Casserole III

Ingredients

1 (1.5 ounce) package dry
enchilada sauce mix
1 (6 ounce) can tomato paste
3/4 cup water
1 1/2 pounds ground beef
1 teaspoon garlic salt
1/2 teaspoon onion powder
1 (16 ounce) can refried beans
1 (12 ounce) package corn tortillas
1 cup shredded Cheddar cheese
1 cup shredded Monterey Jack
cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, mix the dry enchilada sauce according to package directions, replacing tomato sauce with the tomato paste and water

In a large skillet, brown the ground beef with garlic salt and onion powder; drain fat. Mix refried beans and 1/2 cup of the prepared enchilada sauce with the meat.

Dip enough corn tortillas to cover the bottom of a 3 quart casserole dish in the remaining enchilada sauce. Arrange tortillas in the dish. Spoon in half of the meat mixture, covering the tortillas. Spread half of the Cheddar and Monterey Jack cheeses over the meat. Cover with another layer tortillas dipped in enchilada sauce. Spoon in remaining meat mixture and top with a final layer of tortillas dipped in enchilada sauce. Pour any remaining sauce over the layers and top with remaining cheese.

Cover and bake in preheated oven for 20 minutes. Remove from oven and let sit for 5 minutes before serving.

Southwestern Pasta Salad

Ingredients

1/2 (16 ounce) package rotini pasta
1/3 cup vegetable oil
1/4 cup fresh lime juice
2 tablespoons chili powder, or to taste
2 teaspoons ground cumin
1/2 teaspoon salt
2 cloves garlic, crushed
1 1/2 cups whole kernel corn
1 (15 ounce) can black beans, drained and rinsed
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1/2 cup fresh cilantro leaves
1 cup chopped roma (plum) tomatoes

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl combine oil, lime juice, chili powder, cumin, salt and garlic. Stir in pasta and set aside to cool to room temperature, stirring occasionally.

Stir in corn, beans, green pepper, red pepper and 1/2 of the cilantro leaves. Spoon onto a platter and garnish with tomatoes and remaining cilantro. Serve chilled or at room temperature.

Carib Black Bean Soup

Ingredients

2 1/2 cups dry black beans
6 cups water
3 tablespoons olive oil
2 onions, chopped
3 cloves garlic, chopped
6 stalks celery, chopped, with leaves
2 cups water
8 cups chicken broth
1/2 teaspoon ground cayenne pepper
1 1/2 teaspoons ground cumin
2 tablespoons balsamic vinegar
1/4 cup sherry
1 tablespoon soy sauce
1/2 teaspoon ground black pepper
1/4 cup sour cream
1/4 cup chopped green onions

Directions

In a medium-size stock pot, add dried black beans and 6 cups of water, cover and let soak overnight.

In another large stock pot, heat olive oil and add onion, minced garlic and chopped celery. Saute until vegetables are softened.

Drain and rinse soaked black beans. Add pre-soaked beans or drained and rinsed canned beans to vegetable mixture along with 2 cups water and broth. Bring to boil; reduce heat and simmer.

Add cayenne pepper and ground cumin. Partially cover the pot and simmer over low heat for 2 to 2 1/2 hours, or until beans are soft.

Puree soup in batches in food processor or blender. Return pureed soup to stock pot and simmer.

Add vinegar, sherry, soy sauce and pepper. Serve hot with a dollop of sour cream or yogurt and chopped green onions.

Carol's Chicken Chili

Ingredients

1 tablespoon olive oil
6 skinless, boneless chicken breast halves - chopped
1 cup chopped onion
1 1/2 cups chicken broth
1 (4 ounce) can chopped green chile peppers
1 teaspoon garlic powder
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon dried cilantro
1/8 teaspoon crushed red pepper
2 (19 ounce) cans cannellini beans, drained and rinsed
2 green onions, chopped
3/4 cup shredded Monterey Jack cheese

Directions

Heat oil in a large pot over medium high heat. Add chicken and onion and saute for 4 to 5 minutes. Stir in broth, chile peppers, garlic powder, cumin, oregano, cilantro and red pepper. Reduce heat to low and simmer for 15 minutes.

Stir in beans and simmer for 10 minutes; top with green onion and cheese and serve.

Andrea's Pasta Fagioli

Ingredients

3 tablespoons olive oil
1 onion, quartered then halved
2 cloves garlic, minced
1 (29 ounce) can tomato sauce
5 1/2 cups water
1 tablespoon dried parsley
1 1/2 teaspoons dried basil
1 1/2 teaspoons dried oregano
1 teaspoon salt
1 (15 ounce) can cannellini beans
1 (15 ounce) can navy beans
1/3 cup grated Parmesan cheese
1 pound ditalini pasta

Directions

In a large pot over medium heat, cook onion in olive oil until translucent. Stir in garlic and cook until tender. Reduce heat, and stir in tomato sauce, water, parsley, basil, oregano, salt, cannellini beans, navy beans and Parmesan. Simmer 1 hour.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Stir into soup.

Vietnamese Stir-Fry

Ingredients

1/4 cup olive oil
4 cloves garlic, minced
1 (1 inch) piece fresh ginger root, minced
1/4 cup fish sauce
1/4 cup reduced-sodium soy sauce
1 dash sesame oil
2 pounds sirloin tip, thinly sliced

1 tablespoon vegetable oil
2 cloves garlic, minced
3 green onions, cut into 2 inch pieces
1 large onion, thinly sliced
2 cups frozen whole green beans, partially thawed
1/2 cup reduced-sodium beef broth
2 tablespoons lime juice
1 tablespoon chopped fresh Thai basil
1 tablespoon chopped fresh mint
1 pinch red pepper flakes, or to taste
1/2 teaspoon ground black pepper
1/4 cup chopped fresh cilantro

Directions

Whisk together the olive oil, 4 cloves of garlic, ginger, fish sauce, soy sauce, and sesame oil in a bowl, and pour into a resealable plastic bag. Add the beef sirloin tip, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 hours. Remove the beef sirloin tip from the marinade, and shake off excess. Discard the remaining marinade.

Heat vegetable oil in a large skillet over medium-high heat and stir in the beef. Cook and stir until the beef is evenly browned, and no longer pink. Place beef on a plate and set aside. Reduce heat to medium, adding more vegetable oil to the skillet if needed. Stir in 2 cloves of garlic, green onion, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in green beans, beef broth, lime juice, basil, mint, red pepper flakes and pepper. Return beef sirloin to skillet and toss to combine. Remove from heat and toss in cilantro.

Veggie Soup with Basil Sauce

Ingredients

1/2 cup cubed potatoes
1/2 cup chopped onion
1/2 cup chopped carrot
1 (15 ounce) can kidney beans
6 tablespoons soy sauce
1 bay leaves
6 cups water
1 cup fresh green beans, cut into
2 inch pieces
3/4 cup fresh corn kernels
1/4 cup coarsely chopped fresh
basil
1/3 cup tomato puree
3 cloves garlic, minced
1/3 cup olive oil
1/3 cup grated Parmesan cheese
salt and pepper to taste

Directions

In a large pot over high heat, combine the potatoes, onion, carrot, beans, tamari OR soy sauce, bay leaf and water. Bring to a boil and reduce heat to low. Simmer for 20 minutes, or until vegetables are tender. (Note: Add water as necessary to cover vegetables.)

When the soup is done, add the beans and corn and simmer for an additional 5 minutes. To make sauce, in a blender or food processor, combine the basil, pureed tomatoes, garlic, oil, Parmesan cheese and salt and pepper to taste. Blend until smooth, stir this sauce into the soup and serve.

Airport Bob's Green Beans

Ingredients

6 thick slices bacon, cut into 1 inch pieces
1 (16 ounce) package frozen cut green beans
1/4 cup butter
1/4 cup packed brown sugar

Directions

Fry the bacon in a large skillet over medium heat until done, but not quite crisp, about 9 minutes. Drain off grease and add butter and brown sugar. Cook and stir over medium heat until sugar has dissolved; remove from the heat and set aside.

Place the green beans into a pot and fill with about 1 inch of water. Bring to a boil then cover, and steam over medium heat until cooked through, about 5 minutes. Drain off water and stir in the sugar and bacon mixture. Serve immediately.

Sesame Seed Veggie Salad

Ingredients

1 pound fresh green beans, cut into 1 inch pieces
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 cup grape or cherry tomatoes
1 small red onion, chopped
2 tablespoons balsamic vinegar
1 tablespoon olive or canola oil
3 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground mustard
2 tablespoons sesame seeds, toasted

Directions

Place beans in a saucepan and cover with water. Bring to a boil. Reduce heat; simmer, uncovered, for 5-7 minutes or until crisp-tender. Drain and rinse with cold water; pat dry.

In a large bowl, combine the beans, peas, tomatoes and onion. In a small bowl, whisk the vinegar, oil, garlic, salt, red pepper flakes and mustard; pour over bean mixture. Sprinkle with sesame seeds. Toss to coat. Let stand for 1 hour at room temperature before serving.

Chicken Rice Skillet

Ingredients

4 (4 ounce) boneless skinless chicken breast halves
2 tablespoons olive or vegetable oil
2 celery ribs, chopped
4 green onions, thinly sliced
1/2 cup chopped sweet red pepper
1/2 cup chopped sweet yellow pepper
2 cups frozen green beans, thawed
1 (4.5 ounce) jar sliced mushrooms, drained
1 (14.5 ounce) can chicken broth
1/4 cup water
3 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon lemon-pepper seasoning
1/8 teaspoon garlic powder
1/8 teaspoon pepper
2 cups uncooked instant rice

Directions

In a large skillet over medium heat, brown chicken in oil for about 4 minutes on each side or until almost tender. Add celery, onions and peppers; cook until vegetables are crisp-tender. Stir in the beans and mushrooms; cook until chicken juices run clear.

Stir in the broth, water and seasonings. Bring to a boil. Stir in rice; cover and remove from the heat. Let stand for 5 minutes or until rice is tender; fluff rice with a fork.

Prosciutto Fave Minestrone alla Riso

Ingredients

5 tablespoons olive oil
1/4 pound bacon, chopped
3/4 cup diced cooked ham
3 large stalks celery, thinly sliced, leaves reserved and chopped
1 onion, finely chopped
3 carrots, finely chopped
2 cloves garlic, crushed
1 (28 ounce) can whole peeled tomatoes, chopped
1 quart chicken broth
2/3 cup brown rice
salt and pepper to taste
1 (15 ounce) can cranberry beans, drained
1 (15 ounce) can white beans, drained
1/4 cup chopped fresh parsley

Directions

In a large pot over medium heat, cook bacon in olive oil until brown. Stir in ham and cook a few minutes more. Stir in celery (reserve the leaves), onion and carrot and cook until vegetables are tender, 5 minutes. Stir in garlic and cook 1 minute more.

Stir in tomatoes, broth, rice, salt and pepper. Bring to a boil, then reduce heat, cover and simmer 20 minutes, or until vegetables are soft and rice is nearly tender.

Stir in cranberry beans and white beans and heat through. Stir in parsley and celery leaves and remove from heat. Serve hot.

Fava Bean Breakfast Spread

Ingredients

1 (15 ounce) can fava beans
1 1/2 tablespoons olive oil
1 large onion, chopped
1 large tomato, diced
1 teaspoon ground cumin
1/4 cup chopped fresh parsley
1/4 cup fresh lemon juice
salt and pepper to taste
ground red pepper, to taste

Directions

Pour the beans into a pot and bring to a boil. Mix them well and add onion, tomato, olive oil, cumin, parsley, lemon juice, salt, pepper, and red pepper. Bring the mixture back to a boil, then reduce the heat to medium. Let the mixture cook 5 minutes. Serve warm with grilled pita.

Bean 'N' Rice Burritos

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 (14.5 ounce) can diced
tomatoes, drained
2 teaspoons garlic powder
1 teaspoon ground cumin
2 cups cooked rice
12 (6 inch) flour tortillas, warmed
4 ounces process cheese (eg.
Velveeta), cut into 12 slices
1 cup sour cream

Directions

In a large skillet, combine the beans, tomatoes, garlic powder and cumin; heat through. Stir in the rice. Spoon about 1/3 cupful off-center on each tortilla. Top with cheese. Fold sides and ends over filling and roll up. Serve with sour cream.

Chicken Sherry

Ingredients

2 (10.75 ounce) cans condensed cream of chicken soup
1 cup mayonnaise
1/4 cup dry sherry
1 pinch grated nutmeg
2 (10 ounce) packages frozen whole green beans, thawed
4 cups cooked chicken breast, torn into large pieces
1/2 cup grated Parmesan cheese
Paprika for sprinkling

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch glass baking dish with cooking spray.

Stir together the soup, mayonnaise, sherry, and nutmeg. Layer half of the green beans into the prepared baking dish. Spread with half of the chicken, half of the sauce, and half of the Parmesan cheese; then repeat the layers. Sprinkle the top with a little paprika.

Bake in preheated oven until the Parmesan cheese has turned golden brown, and the casserole is hot, 45 to 60 minutes.

Fabulous Wet Burritos

Ingredients

1 pound ground beef
1/2 cup chopped onion
1 clove garlic, minced
1/2 teaspoon cumin
1/4 teaspoon salt
1/8 teaspoon pepper
1 (4.5 ounce) can diced green chile peppers
1 (16 ounce) can refried beans
1 (15 ounce) can chili without beans
1 (10.75 ounce) can condensed tomato soup
1 (10 ounce) can enchilada sauce
6 (12 inch) flour tortillas, warmed
2 cups shredded lettuce
1 cup chopped tomatoes
2 cups shredded Mexican blend cheese
1/2 cup chopped green onions

Directions

Crumble ground beef into a skillet over medium-high heat. Cook and stir until evenly browned. Add onion, and cook until translucent. Drain grease, and season with garlic, cumin, salt and pepper. Stir in the green chilies and refried beans until well blended. Turn off heat, but keep warm.

In a saucepan, combine the chili without beans, tomato soup and enchilada sauce. Mix well, and cook over medium heat until heated through. Turn off heat and keep warm.

Place a warmed tortilla on a plate, and spoon a generous 1/2 cup of the ground beef mixture onto the center. Top with lettuce and tomato to your liking. Roll up tortilla over the filling. Spoon a generous amount of the sauce over the top, and sprinkle with cheese and green onions. Heat in the microwave for 30 seconds, or until cheese is melted. Repeat with remaining tortillas.

Texas-Style Baked Beans

Ingredients

1 pound ground beef
4 (16 ounce) cans baked beans with pork
1 (4 ounce) can canned chopped green chile peppers
1 small Vidalia onion, peeled and chopped
1 cup barbeque sauce
1/2 cup brown sugar
1 tablespoon garlic powder
1 tablespoon chili powder
3 tablespoons hot pepper sauce (e.g. Tabasco[®]), or to taste

Directions

In a skillet over medium heat, brown the ground beef until no longer pink; drain fat, and set aside.

In a 3 1/2 quart or larger slow cooker, combine the ground beef, baked beans, green chiles, onion and barbeque sauce. Season with brown sugar, garlic powder, chili powder and hot pepper sauce. Cook on HIGH for 2 hours, or low for 4 to 5 hours.

Bean-Hole Beans

Ingredients

10 cups dried great Northern beans
1 pound salt pork
2 onions
2 1/2 cups molasses
1 teaspoon black pepper
4 teaspoons dry hot mustard
1/2 cup butter

Directions

The bean hole should be 2 1/2 to 3 feet deep, depending on your pot. The hole should be big enough around to have a 6 inch space between the pot and the edge of the hole on all sides. To help hold heat, put some old tire chains or stones in the hole before starting the fire.

Start the fire and keep it filled with good dry hardwood. Let it burn for about 3 hours. The hole should be at least 3/4 full of hot coals. After the fire has been going for about an hour, place the beans in a large pot, on the stove with water to cover. Bring to a boil and cook until skins roll back when you blow on them, about 45 minutes. Watch closely, because they will get mushy if left too long.

When the hole is ready, cut the salt pork in to 2 inch wide and 1/4 inch thick slices. Place them into the bottom of the bean pot. Peel and cut the onions in half; lay them on top of the pork. Pour the beans and their liquid into the pot, then mix in the molasses, black pepper and dry mustard. Slice butter and place on top. Add enough boiling water to cover the beans by one inch. Cover the top of the pot tightly with aluminum foil so that it goes down over the sides by at least 2 inches. Place lid onto bean pot.

Before putting the pot into the hole, remove about 1/3 of the coals using a shovel. Remove and discard any burning pieces of wood. Place the bean pot into the hole, and put the coals from the hole back in around the sides and over the top of the bean pot. Now start filling the hole in with the dirt, packing it down with your feet as you go. You should end up with about 2 feet of dirt covering the pot. Cover the place where the beans are buried with a tarp or piece of metal to keep out rain.

Let the beans stew overnight in their bean hole. Carefully dig them out the next day and enjoy!

Easy Homemade Chili

Ingredients

1 pound ground beef
1 onion, chopped
1 (14.5 ounce) can stewed tomatoes
1 (15 ounce) can tomato sauce
1 (15 ounce) can kidney beans
1 1/2 cups water
1 pinch chili powder
1 pinch garlic powder
salt and pepper to taste

Directions

In a large saucepan over medium heat, combine the beef and onion and saute until meat is browned and onion is tender. Add the stewed tomatoes with juice, tomato sauce, beans and water.

Season with the chili powder, garlic powder, salt and ground black pepper to taste. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

Fresh Tasting Black Beans With Rice

Ingredients

3/4 cup uncooked white rice
2 cups water
1 (15 ounce) can black beans;
drain and reserve liquid
2 tablespoons lemon juice
1 tablespoon garlic powder
1 1/2 teaspoons dried cilantro

Directions

Bring a medium size pot of water to a boil, add rice. Bring back to a boil, then reduce heat to simmer. Let rice simmer 15-20 minutes, until tender.

Place beans and rice in a medium size saucepan. Heat over a medium heat, stirring frequently. Stir in reserved bean liquid as needed. Remove pan from heat and stir in lemon juice, garlic powder and cilantro. Let sit a moment, and stir in fresh oregano. Serve immediately.

Five Pepper Hummus

Ingredients

1 large green bell pepper
1 (16 ounce) can garbanzo beans,
drained
4 fresh jalapeno peppers
1 (16 ounce) jar banana peppers,
drained
1 clove garlic
1 tablespoon ground cayenne
pepper
2 tablespoons ground black
pepper
1/4 cup tahini

Directions

Remove top 1/4 of the green bell pepper, keeping bottom part intact to use for serving the hummus. Discard stem, and remove seeds and pulp from both parts of the pepper.

Chop top part of pepper, and place in a blender or food processor with garbanzo beans, jalapeno peppers, banana peppers, garlic, cayenne pepper, black pepper, and tahini. Blend into a smooth paste. Scoop into the bottom part of the green bell pepper to serve.

Ezekiel Bread I

Ingredients

2 1/2 cups wheat berries
1 1/2 cups spelt flour
1/2 cup barley
1/2 cup millet
1/4 cup dry green lentils
2 tablespoons dry great Northern beans
2 tablespoons dry kidney beans
2 tablespoons dried pinto beans
4 cups warm water (110 degrees F/45 degrees C)
1 cup honey
1/2 cup olive oil
2 (.25 ounce) packages active dry yeast
2 tablespoons salt

Directions

Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes.

Stir all of the grains and beans together until well mixed. Grind in a flour mill. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes. The dough will be like that of a batter bread. Pour dough into two greased 9 x 5 inch loaf pans.

Let rise in a warm place for about 1 hour, or until dough has reached the top of the pan.

Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until loaves are golden brown.

Country Casserole

Ingredients

3/4 cup elbow macaroni
1 pound ground turkey
1 (15 ounce) can baked beans
with pork
1/2 cup chopped green pepper
1 (10 ounce) can refrigerated
biscuit dough
1 (5.5 ounce) can tomato-
vegetable juice cocktail
salt and pepper to taste
6 slices American cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C). Bring a small saucepan of lightly salted water to a boil. Add macaroni, and cook for 8 minutes, or until tender. Drain, and set aside.

Place ground turkey and green pepper in a large skillet. Cook over medium-high heat until browned. Drain grease, and return skillet to heat. Stir in the beans, cooked macaroni, vegetable juice, salt and pepper. Heat through, and pour into a 9x9 inch baking dish or casserole dish. Separate biscuits, and cut into quarters. Place the biscuits on a baking sheet.

Bake the casserole uncovered, and at the same time bake the biscuits for 15 minutes in the preheated oven, or until the biscuits are done. Just before the biscuits are done, remove the casserole from the oven, and lay slices of cheese over the top. Return to the oven to melt.

To serve, dish the mixture out onto serving plates, and press a few biscuit quarters into each helping.

Spinach and Leek White Bean Soup

Ingredients

2 teaspoons olive oil
4 leeks, bulb only, chopped
2 cloves garlic, chopped
2 (16 ounce) cans fat-free chicken broth
2 (16 ounce) cans cannellini beans, rinsed and drained
2 bay leaves
2 teaspoons ground cumin
1/2 cup whole wheat couscous
2 cups packed fresh spinach
salt and pepper to taste

Directions

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

Pinto Bean Pie II

Ingredients

1 cup white sugar
2/3 cup packed brown sugar
3 eggs
1/3 cup butter
1 cup pinto beans, cooked and
mashed
1/3 cup chopped walnuts
1 recipe pastry for a 9 inch single
crust pie

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cream together butter, sugars and eggs (slightly beaten). Add beans and nuts, mix well and pour into unbaked pie shell.

Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

Spicy Shrimp and Red Bean Soup

Ingredients

2 tablespoons olive oil
3 cloves garlic, chopped
1 medium celery rib, chopped
2 green onions, chopped
1 (15 ounce) can red kidney beans, drained
1 (10 ounce) can tomatoes with green chilies
1 (10 ounce) can condensed cream of mushroom soup
3/4 cup water
1 sprig fresh dill
12 ounces medium shrimp - peeled and deveined

Directions

Warm the oil in a large saucepan over medium heat. Stir in the garlic, celery, and green onions. Cook, stirring frequently, until tender, about 3 minutes. Stir in beans, tomatoes, cream of mushroom soup, and water. Bring to a boil. Stir in dill, reduce heat to medium, and simmer 10 minutes. Stir in shrimp, and simmer until shrimp are pink, about 5 minutes.

Lucky Pea Soup

Ingredients

- 4 slices bacon
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 (15 ounce) cans black-eyed peas, undrained
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 cup water
- 1 1/2 teaspoons salt
- 1 1/4 teaspoons cumin
- 1 1/4 teaspoons dry mustard
- 1 teaspoon chili powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar

Directions

Place the bacon in a skillet and cook over medium-high heat until crisp and evenly brown. Drain on paper towels. When cool, crumble into small pieces.

Using the same skillet, add the peppers and onion; stir and cook over medium-high heat until transparent and tender, about 5 minutes.

Pour the black beans, tomatoes, and water into a large pot. Stir in the peppers, onion, salt, cumin, dry mustard, chili powder, curry powder, pepper, and sugar. Bring to a boil, reduce heat to medium, cover, and simmer 20 to 25 minutes. Serve hot sprinkled with bacon, and other toppings of your choice.

Baked Beans II

Ingredients

2 (15 ounce) cans baked beans
with pork
1/2 cup packed brown sugar
1/2 onion, chopped
1/2 cup ketchup
1 tablespoon prepared mustard
1 teaspoon Worcestershire sauce
1 teaspoon red wine vinegar
salt and pepper to taste
2 slices bacon

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x9 inch baking dish, combine the pork and beans, brown sugar, onion, ketchup, mustard, Worcestershire sauce and vinegar and season with salt and pepper to taste. Top with the bacon slices.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until sauce is thickened and bacon is cooked.

Jack's Beanie-Weenies

Ingredients

1 (12 fluid ounce) can beer
1 (16 ounce) can baked beans
1 (16 ounce) package beef hot dogs, sliced into 1/4 inch slices
1 tablespoon honey

Directions

Pour the beer into a saucepan, and bring to a boil. Add hot dog slices, and cook for about 5 minutes, until plump. Drain and discard beer, leaving hot dog slices in the pan. Stir in the baked beans and honey. Simmer over low heat for 15 minutes, stirring occasionally.

Ham and Bean Chili

Ingredients

2 cups cubed fully cooked ham
1 medium onion, chopped
1 medium green pepper, chopped
1 garlic clove, minced
1 tablespoon olive or vegetable oil
1 (28 ounce) can diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (8 ounce) jar picante sauce
1 (8 ounce) can tomato sauce
1/2 cup water
1 (2.25 ounce) can sliced ripe olives, drained
1 teaspoon beef bouillon granules
1 teaspoon dried thyme
1 teaspoon salt
1/4 teaspoon pepper
Shredded Cheddar cheese

Directions

In a large saucepan, cook the ham, onion, green pepper and garlic in oil until tender. Stir in tomatoes, beans, picante sauce, tomato sauce and water if desired. Bring to a boil. Stir in olives, bouillon, thyme, salt and pepper. Reduce heat, simmer, uncovered, for 15-20 minutes. Garnish with cheese.

Beans 'n' Greens

Ingredients

1 cup olive oil
1/4 cup white vinegar
1 1/2 teaspoons salt
1 1/2 teaspoons sugar
1/2 teaspoon celery seed
1/2 teaspoon paprika
2 (14.5 ounce) cans cut green beans, drained
8 cups torn lettuce
4 cups torn fresh spinach
2 cups shredded Swiss cheese

Directions

In a jar with tight-fitting lid, combine the first six ingredients; shake well. Pour over green beans; toss to coat. let stand for 15 minutes. Just before serving, drain beans, reserving the marinade.

In a salad bowl, combine the beans, lettuce, spinach and Swiss cheese. Drizzle with the reserved marinade and toss to coat. Serve with a slotted spoon.

Savory Pork Supper

Ingredients

4 (4 ounce) boneless pork loin chops
2 tablespoons vegetable oil
1 tablespoon butter
1 1/2 cups sliced fresh mushrooms
1/2 pound fresh green beans, cut into 2 inch pieces
1/4 teaspoon fresh rosemary, finely minced
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
2 tablespoons water
1/8 teaspoon pepper
8 ounces uncooked fettuccine

Directions

In a large skillet, brown pork chops in oil and butter on each side; drain. Remove and keep warm. In the same skillet, saute the mushrooms, beans and rosemary for 2-3 minutes or until vegetables are tender. Stir in the soup, water and pepper; bring to a boil.

Top with pork chops. Reduce heat; cover and simmer for 10-15 minutes until pork juices run clear, stirring occasionally. Meanwhile, cook fettuccine according to package directions; drain. Serve with pork chops and top with sauce.

Pork with Peach and Black Bean Salsa

Ingredients

1 pound pork tenderloin, cubed
salt and pepper to taste
1/4 cup cornmeal
1 tablespoon olive oil
1/4 cup beer
1 cup prepared salsa
1 (15 ounce) can sliced canned
peaches, drained
1/2 (15 ounce) can black beans;
drain and reserve liquid
1 tablespoon chopped fresh
cilantro

Directions

Season cubed pork with salt and pepper to taste. Place meat in a large plastic bag with the cornmeal. Shake well to coat the meat.

Heat the oil in a large skillet over medium high heat. Place the coated meat in the skillet and saute for 5 to 10 minutes, or until browned. Reduce heat to medium.

Pour in the beer, salsa, peaches and beans with 2 tablespoons reserved liquid. Stir well and simmer for 15 to 20 minutes. Stir in the cilantro.

Italian Green Beans

Ingredients

1/4 cup butter
1/4 cup Italian dressing
1 pound fresh green beans, rinsed
and trimmed

Directions

Melt butter in a large skillet over medium heat. Stir in Italian dressing and green beans. Cover and cook for 25 minutes, stirring often.

Uncover and cook until beans reach desired tenderness.

Veggie Pot Pie

Ingredients

2 tablespoons olive oil
1 onion, chopped
8 ounces mushrooms
1 clove garlic, minced
2 large carrots, diced
2 potatoes, peeled and diced
2 stalks celery, sliced 1/4 inch wide
2 cups cauliflower florets
1 cup fresh green beans, trimmed and snapped into 1/2 inch pieces
3 cups vegetable broth
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 tablespoons cornstarch
2 tablespoons soy sauce
1 recipe pastry for double-crust pie

Directions

Preheat oven to 425 degrees F (220 degrees C).

Heat oil in a large skillet or saucepan. Cook onions, mushrooms, and garlic in oil for 3 to 5 minutes, stirring frequently. Stir in carrots, potatoes, and celery. Stir in cauliflower, green beans, and vegetable broth. Bring to a boil, then turn heat down to a simmer. Cook until vegetables are barely tender, about 5 minutes. Season with salt and pepper.

In a small bowl, mix the cornstarch, soy sauce, and 1/4 cup water until cornstarch is completely dissolved. Stir into vegetables, and cook until sauce thickens, about 3 minutes.

Roll out 1/2 of the dough to line an 11x7 inch baking dish. Pour the filling into the pastry lined dish. Roll out remaining dough, arrange over the filling, and seal and flute the edges.

Bake in preheated oven for 30 minutes, or until the crust is brown.

Melanie's Chili

Ingredients

1 pound ground beef
1 onion, chopped
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (16 ounce) can pinto beans
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon ground cayenne
pepper
1 teaspoon minced garlic

Directions

In a large saucepan over medium-high heat, cook beef and onion until meat is no longer pink. Stir in tomatoes, tomato sauce, beans, chili powder, cumin, cayenne and garlic. Cover, reduce heat and simmer 20 minutes.

Blame the Dog Bean Casserole (Kielbasa and

Ingredients

1 pound fully cooked kielbasa or Polish sausage, cut into 1/4-inch slices
1 pound smoked sausage, sliced
1 (28 ounce) can baked beans
1 (15.5 ounce) can kidney beans, rinsed and drained
1 (8 ounce) can tomato sauce
1/2 cup ketchup
1/2 cup red wine
1/2 cup chopped onion
1/4 cup chopped celery
1 teaspoon minced garlic
1 teaspoon dry mustard powder
1 dash Worcestershire sauce

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine sausages, baked beans, kidney beans, tomato sauce, ketchup, red wine, onion, celery, garlic, mustard, and Worcestershire sauce in a 3-quart baking dish. Bake in preheated oven until hot and bubbly, about 1 hour.

SwansonB® Winter Vegetable Bean Soup with

Ingredients

2 medium carrots, diced
3 medium potatoes, peeled and diced
1 medium turnip, peeled and diced
2 large leeks, white part only, sliced
2 stalks celery, sliced
5 1/4 cups SwansonB® Vegetable Broth (Regular or Certified Organic)
1 (19 ounce) can white kidney beans (cannellini), rinsed and drained
1 bay leaf
1/4 teaspoon crushed red pepper
Easy Basil Pesto (see note)

Directions

Heat the carrots, potatoes, turnip, leeks, celery and 1 3/4 cups broth in a 6-quart saucepot over medium-high heat to a boil.

Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender-crisp.

Reserve 1/2 cup of broth for the Easy Basil Pesto. Stir the remaining broth, beans, bay leaf and red pepper in the saucepot and heat to a boil. Reduce the heat to low. Cook for 15 minutes or until the vegetables are tender. Remove the bay leaf. Serve topped with the Easy Basil Pesto.

Taco Dip

Ingredients

3 (16 ounce) cans vegetarian
refried beans
1 (16 ounce) container sour cream
1 (1.25 ounce) package taco
seasoning mix
1/2 cup salsa
1/2 head iceberg lettuce - rinsed,
dried, and chopped
2 tomatoes, chopped
1 onion, chopped
3/4 cup chopped black olives
8 ounces shredded Cheddar
cheese

Directions

Place the beans in the bottom of one 9x13 inch clear glass dish.

In a medium bowl combine the sour cream with the taco seasoning. Spread mixture over the beans. Spread the salsa over the top of the sour cream. Top the sour cream with a layer of lettuce, tomatoes, onions and olives. Sprinkle cheese over the top and serve.

Chicken and Green Bean Casserole

Ingredients

1 tablespoon olive oil
4 skinless, boneless chicken breast halves
2 (14.5 ounce) cans French-style green beans, drained
1 (10.5 ounce) can condensed cream of chicken soup
3/4 cup mayonnaise
1 teaspoon garlic powder
1/4 cup grated Parmesan cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat olive oil in a large skillet over medium-high heat. Quickly brown the chicken breast halves on both sides. Do not cook through. Remove from heat, and set aside.

Pour the green beans into a 2 quart casserole dish. Place the chicken on top of the beans. In a small bowl, mix together the cream of chicken soup and mayonnaise. Spread over the top of the chicken and beans. Sprinkle Parmesan cheese over the top.

Bake for 35 to 40 minutes in the preheated oven, until the chicken is no longer pink, and the cheese is browned.

Ultimate Side Dish

Ingredients

1 (15.5 ounce) can French-style green beans, drained
1 (15 ounce) can sliced potatoes, drained
1 (10.75 ounce) can condensed cream of celery soup
1 1/8 cups milk
3 tablespoons French-fried onions, divided
salt and pepper to taste
garlic powder to taste
1 (8 ounce) package dry bread stuffing mix

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the green beans and potatoes into a 2 quart casserole dish. Stir in the cream of celery soup and milk. Season with salt, pepper, and garlic powder, and stir in 1 tablespoon of the French fried onions. Sprinkle the remaining onions on top.

Bake for 30 minutes in the preheated oven. While the casserole is baking, prepare the stuffing according to package directions. Spread over the top of the casserole. I like to mash it flat with a spatula so that it covers the entire dish.

Return to the oven for about 10 minutes, or until crunchy. You can also broil for a few minutes for extra crunch.

Tomato Spinach and Bean Burrito

Ingredients

- 2 tablespoons olive oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 2 tablespoons chili powder, or to taste
- 1 teaspoon ground cumin
- 1/4 cup water
- 4 cups chopped fresh tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- salt to taste
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 4 (10 inch) flour tortillas
- 1 ripe avocado, sliced
- 4 tablespoons sour cream
- 4 tablespoons salsa

Directions

Heat oil in a large skillet on medium-high heat. Saute onion and garlic for 5 minutes. Stir in chili powder and cumin, and cook 1 minute. Stir in water, tomato, kidney beans and salt. Bring to a boil, then reduce heat and simmer for 20 minutes.

Stir in spinach and cook 5 minutes more. Spoon 1/4 of the bean mixture into the middle of a warm tortilla. Wrap and garnish with avocado, sour cream and salsa.

Pineapple Beef Stir-Fry

Ingredients

1 (20 ounce) can pineapple chunks
1/2 cup minced fresh cilantro
1/4 cup soy sauce
1 tablespoon ground ginger
1 pound boneless beef round steak, cut into thin strips
1 teaspoon cornstarch
2 teaspoons vegetable oil
1 medium sweet red pepper, thinly sliced
1/2 cup cut fresh green beans
1 tablespoon chopped green chilies
2 garlic cloves, minced
2 green onions, sliced
Hot cooked rice

Directions

Drain the pineapple, reserving 1 cup pineapple and 3/4 cup juice. (Cover and refrigerate remaining pineapple for another use.) In a small bowl, combine the cilantro, soy sauce, ginger and reserved pineapple juice; mix well. Remove 3/4 cup; cover and refrigerate. In a large resealable plastic bag, combine the beef and remaining marinade. Seal bag and turn to coat; refrigerate for 30 minutes.

Drain and discard marinade. Combine cornstarch and reserved juice mixture until smooth. In a skillet, stir-fry beef in oil for 5-6 minutes. Remove beef with a slotted spoon and keep warm. Add the red pepper, beans, chilies and garlic in skillet; stir-fry for 5 minutes.

Stir juice mixture; stir into skillet. Bring to a boil; cook and stir for 1 minute or until slightly thickened. Add onions, beef and the reserved pineapple; heat through. Serve over rice.

Lamb Casserole

Ingredients

2 sprigs fresh parsley
2 sprigs fresh thyme
2 bay leaves
2 pounds lamb shank, cooked and diced
1 pound cubed ham steak
10 small onions
5 tomatoes - blanched, peeled and chopped
2 cloves garlic, chopped
4 cups chicken stock
2 (15 ounce) cans cannellini beans, drained and rinsed
6 links pork sausage links, halved

Directions

Tie the sprigs of parsley and thyme together with the bay leaves or place them in a cheesecloth and tie closed, because you will want to easily remove the herbs later. Place the herb bundle, lamb, ham, onion, tomato, garlic and stock in a large saucepan over medium-high heat.

Bring to a boil, reduce heat to low and simmer for about 1 hour. Stir in the beans and sausage and continue to simmer for about 15 minutes, or more if you want a thicker consistency.

Sauce Anglaise

Ingredients

1 quart milk
12 egg yolks
2 vanilla beans, split lengthwise
1 1/4 cups white sugar

Directions

Fill a large bowl or dishpan with ice, and place a pot or bowl large enough to hold all of your ingredients into the ice. This is where you will pour the sauce when finished.

Place the milk and vanilla beans into a large saucepan or pot over medium heat, and bring to a boil. While waiting for the milk to boil, whisk together the egg yolks and sugar in a medium bowl until thick and creamy.

When the milk comes to a boil, gradually whisk it into the egg whites, stirring constantly so that the hot milk does not scramble the yolks. Then pour the mixture back into the pot and place over low heat. Remove the vanilla beans. The seeds may be scraped out, and returned to the sauce if desired.

Stir constantly over low heat until the cream coats the back of a metal spoon. Do not allow it to boil. This part is very tricky, it is a fine line between done and overcooked. If you can, use a thermometer to cook the mixture to 182 degrees F (83 degrees C). If you start to see any signs of egg lumps, immediately remove from the heat.

Pour the sauce into the awaiting container in the ice bath. This will stop the cooking process. If your sauce had small chunks of egg, you may strain it through a sieve on its way into the container.

Vikki's Red Bean Sausage

Ingredients

2 tablespoons vegetable oil
1 pound smoked sausage of your choice, sliced
1 onion, chopped
1 green bell pepper, chopped
1/2 teaspoon minced garlic
2 tablespoons dried parsley
1 teaspoon paprika
1 teaspoon cayenne pepper
1 tablespoon ground black pepper
2 (15 ounce) cans dark red kidney beans
1 (15 ounce) can light red kidney beans
2 (14.5 ounce) cans diced tomatoes
5 green chile peppers, chopped
1 teaspoon salt

Directions

Heat oil in a large skillet over medium high heat. Add sausage and onion and saute until onions are translucent. Add bell pepper, garlic, parsley, paprika, cayenne pepper and ground black pepper. Saute all together, stirring occasionally, until bell pepper is a little tender (about 10 minutes).

Drain and rinse kidney beans. Add all kidney beans, tomatoes and chile peppers. Stir to mix together, reduce heat to medium and let simmer for 25 to 30 minutes. Add salt to taste while simmering. Serve hot.

Slow Cooker Venison Burritos

Ingredients

1 1/2 pounds boneless venison round steak
1 (16 ounce) jar salsa
1 (15 ounce) can black beans
1 (15.25 ounce) can Mexicorn, drained
1 (3 ounce) package cream cheese, cubed
8 (12 inch) flour tortillas, warmed
1 (8 ounce) package shredded Mexican cheese blend

Directions

Place the venison steaks into the bottom of a slow cooker; cover with the salsa. Discard half of the liquid from the black beans, then pour the beans into the slow cooker along with the Mexicorn.

Set the slow cooker on LOW, and cook 6 to 8 hours until the venison pulls apart easily with a fork.

Break up the meat into bite sized pieces, then stir in the cream cheese cubes until melted. Place a tortilla onto your work surface, then spoon some of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Sprinkle some of the Mexican cheese blend over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the burrito up to the top edge, forming a tight cylinder. Repeat with the remaining ingredients.

Tortilla and Bean Soup

Ingredients

6 cups water
4 skinless, boneless chicken breasts
1 onion, chopped
1 (15 ounce) can kidney beans
1 (15 ounce) can ranch-style beans
1 (15 ounce) can pinto beans
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can white hominy
2 (10 ounce) cans diced tomatoes with green chile peppers
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

Combine the chicken and water in a large pot over high heat. Cook for 30 minutes to 1 hour, or until chicken is done. Remove chicken from the pot, and cut into bite-size pieces.

Return the meat to the pot. Add the onion, kidney beans, ranch style beans, pinto beans, black beans, hominy, tomatoes, taco seasoning and ranch dressing mix. Mix well, reduce heat to low, and simmer for 30 minutes or until heated through.

Hearty Meatball Soup II

Ingredients

- 1 (1 ounce) envelope dry onion soup mix
- 2 cups chopped carrot
- 4 cups water
- 1 (14.5 ounce) can stewed tomatoes, with juice
- 1 (14.5 ounce) can green beans, drained
- 3 (14.5 ounce) cans chicken broth
- 1 (16 ounce) package frozen mixed vegetables
- 1 pound ground beef
- 1 egg
- 1 cup dry bread crumbs
- 1 cup grated Parmesan cheese
- 1 pinch ground black pepper
- 1 cup uncooked alphabet pasta

Directions

In a large pot over medium high heat, combine the onion soup mix, carrots and water and bring to a boil, cooking until carrots are tender. Add the tomatoes, green beans, chicken broth and mixed vegetables, and simmer for 15 minutes.

Meanwhile, in a large bowl, combine the beef, egg, bread crumbs, Parmesan cheese and ground black pepper. Roll into tiny, bite size meatballs and add to the soup.

Simmer for another 20 minutes, then add the pasta. Simmer for another 15 minutes, or until meatballs and pasta are fully cooked.

Chicken Salad Oriental

Ingredients

1 1/2 cups cubed cooked chicken
1 1/2 cups cooked rice
1 (10 ounce) package frozen green beans, thawed
1 cup fresh bean sprouts
1 medium green pepper, chopped
1 small onion, chopped
2 tablespoons minced fresh parsley
DRESSING:
1/3 cup sour cream
2 tablespoons water
2 tablespoons soy sauce
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/8 teaspoon pepper

Directions

In a large bowl, combine the first seven ingredients. Whisk dressing ingredients together in a small bowl. Pour over salad; toss to coat. Refrigerate 8 hour or overnight.

Jamaican Burgers

Ingredients

- 2 tablespoons olive oil
- 2 1/4 cups chopped onion
- 3 cloves garlic, minced
- 1 habanero pepper, chopped
- 1 1/2 tablespoons grated fresh ginger root
- 1 teaspoon salt
- 3/4 teaspoon ground allspice
- 3/4 teaspoon ground nutmeg
- 2 1/4 cups cooked black beans, rinsed and drained
- 2 1/4 cups cooked long-grain white rice
- 2 1/2 cups dry bread crumbs
- 6 hamburger buns, split

Directions

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add onions and garlic; cook and stir for a few minutes. Mix in the habanero pepper and continue cooking until tender. Remove from the heat and transfer to a bowl. Pour in the beans, rice and bread crumbs. Season with ginger, salt, allspice and nutmeg. Mix thoroughly using your hands. Form into 6 patties.

Heat the remaining oil in a large skillet over medium-high heat (you can use the same one). Fry the patties until golden on each side, about 10 minutes total. Serve on buns with your favorite toppings.

Baked Vegetables II

Ingredients

1 head fresh broccoli, cut into florets
1 head cauliflower, broken into small florets
1 pound carrots, coarsely chopped
1/2 pound fresh lima beans, cut into bite-sized pieces
3/4 pound yellow wax beans, cut into bite-sized pieces
1 zucchini, chopped
5 onions, chopped
6 cloves garlic, minced
2 tablespoons butter
6 ounces shredded Cheddar cheese
1 1/2 cups chopped walnuts

Directions

In a medium saute pan, melt butter or margarine over medium heat. Add onions and garlic; cook and stir until translucent.

Spread broccoli, cauliflower, carrots, lima beans, yellow wax beans, and zucchini in a large baking dish. Sprinkle with walnuts and shredded cheese. Arrange sauteed onions over cheese.

Bake at 375 degrees F (190 degrees C) until vegetables are tender and cheese melts, approximately 30 minutes.

Taco Stew

Ingredients

2 pounds ground beef
1 onion, chopped
2 (15 ounce) cans ranch-style beans
1 (15.25 ounce) can whole kernel corn
1 (10 ounce) can diced tomatoes with green chile peppers
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (1.25 ounce) package taco seasoning mix

Directions

In a large pot over medium high heat, combine the ground beef and onion and saute for 5 to 10 minutes, or until meat is browned and onion is tender; drain excess fat.

Next, stir in the beans, corn, tomatoes and green chile peppers, tomatoes and taco seasoning. Mix well, reduce heat to medium and allow to heat through, about 15 minutes.

Zippy Three-Bean Chili

Ingredients

1 pound lean ground beef
1/2 cup chopped onion
1 cup chopped fresh mushrooms
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
1 clove garlic, minced
2 cups water
1 (14.5 ounce) can diced tomatoes and green chilies, undrained
1 (1.25 ounce) package reduced sodium taco seasoning
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
8 tablespoons shredded reduced-fat Cheddar cheese, divided

Directions

In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Add the mushrooms, peppers and garlic; cook and stir 3 minutes longer or until vegetables are almost tender. Stir in the water, tomatoes and taco seasoning. Bring to boil. Reduce heat; simmer, uncovered, for 30 minutes. Add beans; simmer 30 minutes longer. Sprinkle each serving with 1 tablespoon cheese.

Sour Cream Vegetable Soup

Ingredients

1 pound dried baby lima beans
4 1/2 cups water
salt and pepper to taste
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can peeled and diced tomatoes
8 large potatoes, peeled and cubed
3 cups shredded cabbage
1 (16 ounce) container sour cream

Directions

Wash and pick through beans. Place them in a large pot with the water. Season with salt and pepper. Bring to a boil, then reduce heat and simmer, covered, 1 1/2 to 2 hours, until just tender.

Stir in undrained corn and tomatoes, potatoes and cabbage. Simmer until potatoes are tender, about 20 minutes. At the table, stir sour cream to taste into individual servings.

Mom's Green Bean Vegetable Casserole

Ingredients

1 (10.75 ounce) can condensed cream of celery soup
1/2 cup sour cream
3/4 cup shredded Cheddar cheese
1/2 cup chopped onion
1 pinch salt
1 (14.5 ounce) can French cut green beans, drained
1 (15.25 ounce) can whole kernel corn, drained
2 sleeves buttery round crackers, crushed
1/2 cup melted butter

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a casserole dish.

In a bowl, stir together the cream of celery soup, sour cream, Cheddar cheese, onion, and salt until well combined. Mix the green beans and corn together in the prepared dish, and spread the soup mixture over the vegetables. Place the crushed crackers in a bowl and stir in the butter. Spread the crumbs over the casserole.

Bake in the preheated oven until the casserole is bubbling and the crumb topping is golden brown, about 45 minutes.

Pasta e Fagioli III

Ingredients

3 tablespoons olive oil
6 cloves garlic, chopped
1 onion, chopped
1/2 cup chopped mushrooms
1 medium head escarole - rinsed and quartered
16 ounces tomato sauce
salt and pepper to taste
1 pinch dried oregano
1 tablespoon white sugar
2 (15 ounce) cans cannellini beans
1 pound ditalini pasta

Directions

Cook pasta in a large pot of boiling water until done, approximately 8 to 10 minutes. Drain pasta, but reserve water for later use.

In a large skillet over medium heat, warm oil and saute garlic, onion, and mushrooms until soft. Place escarole on top of vegetables in the skillet, and cover until the escarole is wilts. Stir in tomato sauce and beans. Season with oregano and sugar, and salt and pepper to taste. Simmer over low heat for approximately 15 to 20 minutes.

Mix the cooked pasta into the sauce. Mix in 1 cup of the reserved pasta water; stir in more if necessary to achieve desired consistency.

Hot Chili Dip

Ingredients

1 (24 ounce) jar salsa
1 (15 ounce) can chili with beans
2 (2.25 ounce) cans sliced ripe
olives, drained
12 ounces process American
cheese, cubed
Tortilla chips

Directions

In a small slow cooker, combine the salsa, chili and olives. Stir in cheese. Cover and cook on low for 1-2 hours or until cheese is melted, stirring halfway through. Serve with chips.

Zippy Vegetable Chili

Ingredients

1 1/2 cups chopped onions
3/4 cup chopped sweet red pepper
3/4 cup chopped green pepper
1 (14.5 ounce) can vegetable broth
2 (10 ounce) cans diced tomatoes and green chiles
1/2 cup salsa
1 tablespoon chili powder
1 teaspoon ground cumin
3/4 teaspoon garlic powder
1 (15 ounce) can pinto beans, rinsed and drained
1 cup fresh or frozen corn
1 cup shredded reduced-fat Cheddar cheese

Directions

In a large saucepan, bring onions, peppers and broth to a boil. Reduce heat; cover and simmer for 5 minutes. Add tomatoes, salsa and seasonings; return to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes. Add beans and corn; simmer 5 minutes longer or until heated through, stirring occasionally. Garnish each serving with cheese.

Red Beans and Rice

Ingredients

1 cup uncooked long-grain white rice
2 cups water
2 tablespoons butter
1 onion, chopped
1/2 green bell pepper, chopped
16 ounces smoked sausage, thinly sliced
1 (15 ounce) can kidney beans, drained
1 (14.5 ounce) can diced tomatoes, undrained

Directions

Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.

Melt butter in a skillet over medium heat. Stir in onion and green bell pepper, and cook until tender. Stir in sausage, and cook until evenly browned. Mix in beans and tomatoes, and continue cooking until heated through. Serve skillet mixture over the rice.

Jamie's Black Beans and Rice

Ingredients

1 cup uncooked white rice
2 tablespoons vegetable oil
1 (10 ounce) package frozen green bell peppers and onions
1 (15 ounce) can black beans, undrained
1 (10 ounce) can enchilada sauce

Directions

In a saucepan bring 2 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat oil in a large skillet over medium heat. Saute peppers and onions until tender. Stir in beans and enchilada sauce; simmer 15 minutes. Serve over cooked rice.

Legume My Shepherd's Pie

Ingredients

1 (16 ounce) package dried lima beans
1/4 cup milk
salt to taste
2 tablespoons olive oil
1 small onion, chopped
1 pound ground chicken
1 zucchini, chopped
1 large tomato, chopped
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

Place the lima beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and rinse.

Preheat an oven to 400 degrees F (200 degrees C). Drain the soaked lima beans and cook according to package directions.

Blend the cooked lima beans and milk together in a blender until smooth; season with salt. Set aside.

Heat the olive oil in a large skillet over medium heat; cook the onion in the hot oil until soft, about 5 minutes. Add the chicken and cook until completely browned, 7 to 10 minutes more. Stir the zucchini, tomato, cumin, and cayenne pepper into the chicken; cook until the vegetables are slightly tender, about 7 minutes more. Spread the mixture into the bottom of an 11x7-inch baking dish; pour the lima bean mixture over the chicken and vegetables in a single, smooth layer. Top with mozzarella and Parmesan cheese.

Bake in the preheated oven until the top is browned and crisp, about 10 minutes.

Marinated Garden Platter

Ingredients

1 1/2 pounds fresh green beans
3/4 cup vegetable oil
1/3 cup cider vinegar
1 tablespoon sugar
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1 pint cherry tomatoes, halved
2 tablespoons finely chopped red onion
1/2 cup sliced fresh mushrooms

Directions

In a saucepan, cover beans with water; cook until crisp-tender. Meanwhile, in a small jar with tight-fitting lid, combine the next six ingredients and shake well. In a bowl, combine tomatoes, onion and 1/4 cup dressing. Combine mushrooms and 2 tablespoons dressing in another bowl. Drain the beans; place in a bowl. Add remaining dressing. Chill the vegetables in their separate bowls for at least 1 hour. To serve, arrange vegetables on a platter.

Easy Black Bean Soup

Ingredients

2 tablespoons olive oil
1 cup chopped white onions
1 teaspoon chopped fresh ginger
1 teaspoon chopped fresh garlic
1/2 teaspoon cayenne pepper
1 teaspoon dried thyme
3/4 teaspoon allspice
1/8 teaspoon celery salt
3 cups vegetable broth
1 (14.25 ounce) can tomato puree
2 (16 ounce) cans refried black beans
1/8 teaspoon black pepper
1 teaspoon white sugar
2 (15 ounce) cans black beans, rinsed and drained
1/4 cup fresh lemon juice
1 (8 ounce) container sour cream

Directions

Heat the olive oil in a large saucepan over medium heat, and cook the onion until tender. Mix in ginger and garlic, and season with cayenne pepper, thyme, allspice, and celery salt. Pour in the broth. Mix in tomato puree, refried black beans, black pepper, and sugar. Cook and stir until heated through.

Mix the remaining black beans and lemon juice into the soup. Continue cooking until heated through. Top each serving with a dollop of sour cream.

The Best Vegetarian Chili in the World

Ingredients

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Black Bean Chili

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 red bell pepper, seeded and chopped
- 1 jalapeno pepper, seeded and minced
- 10 fresh mushrooms, quartered
- 6 roma (plum) tomatoes, diced
- 1 cup fresh corn kernels
- 1 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1 tablespoon chili powder
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 1/2 cups chicken broth
- 1 teaspoon salt

Directions

Heat oil in a large saucepan over medium-high heat. Sauté the onion, red bell peppers, jalapeno, mushrooms, tomatoes and corn for 10 minutes or until the onions are translucent. Season with black pepper, cumin and chili powder. Stir in the black beans, chicken broth and salt. bring to a boil.

Remove 1 1/2 cups of the soup to food processor or blender; puree and stir the bean mixture back into the soup. Serve hot by itself or over rice.

Double Decker Tacos

Ingredients

1 pound ground beef
1 (1 ounce) packet taco seasoning mix, divided
1 (16 ounce) can refried beans
2/3 cup water
12 prepared crisp taco shells

2 avocados
1 tablespoon sour cream
1 fresh lime, juiced
salt and black pepper to taste

12 (7 inch) flour tortillas
2 cups shredded Cheddar cheese
1 cup shredded lettuce
1 large tomato, chopped
1/4 red onion, chopped
1/2 cup sour cream

Directions

Place the ground beef in a skillet over medium heat, and sprinkle about 3/4 of the packet of taco seasoning over the meat. Cook and stir the ground beef, breaking it up as it cooks, until the beef is browned and crumbly, 10 to 15 minutes. Drain the excess grease.

Mash the refried beans with the water in a small saucepan, and sprinkle with the rest of the seasoning packet. Heat the refried beans over low heat until simmering.

Preheat oven to 300 degrees F (150 degrees C). Place the crisp taco shells on a baking sheet, and warm them in the preheated oven for 3 to 5 minutes.

To make the guacamole, peel, seed, and mash the avocados in a bowl with 1 tablespoon of sour cream, the lime juice, and salt and pepper to taste, and set aside.

To build the tacos, spread each flour tortilla with about 2 tablespoons of heated refried beans. Wrap the tortilla gently around a crisp tortilla shell. Spread about 2 tablespoons of ground beef along the bottom of the crisp shell, and sprinkle about 2 tablespoons of shredded Cheddar cheese on top of the meat. Top the cheese with shredded lettuce, a sprinkle of chopped tomato and onion, and a dollop of sour cream and guacamole.

Chili Chicken 'N' Rice

Ingredients

4 boneless, skinless chicken breast halves
2 cups cooked rice
1 (15 ounce) can chili with beans
2 tablespoons taco seasoning
4 slices processed American cheese

Directions

In a nonstick skillet, brown chicken over medium heat. Spread rice in a greased 11-in. x 7-in. x 2-in. baking dish. Combine the chili and taco seasoning; spoon over the rice. Top with chicken.

Cover and bake at 350 degrees F for 25 minutes. Top with cheese slices. Bake, uncovered, for 5 minutes or until juices run clear.

Chickpea Curry

Ingredients

2 tablespoons vegetable oil
2 onions, minced
2 cloves garlic, minced
2 teaspoons fresh ginger root,
finely chopped
6 whole cloves
2 (2 inch) sticks cinnamon,
crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
salt
1 teaspoon cayenne pepper
1 teaspoon ground turmeric
2 (15 ounce) cans garbanzo beans
1 cup chopped fresh cilantro

Directions

Heat oil in a large frying pan over medium heat, and fry onions until tender.

Stir in garlic, ginger, cloves, cinnamon, cumin, coriander, salt, cayenne, and turmeric. Cook for 1 minute over medium heat, stirring constantly. Mix in garbanzo beans and their liquid. Continue to cook and stir until all ingredients are well blended and heated through. Remove from heat. Stir in cilantro just before serving, reserving 1 tablespoon for garnish.

Nova Scotian Hodge Podge

Ingredients

1 cup fresh green beans, trimmed and snapped
1 cup fresh wax beans, trimmed and snapped
1 cup diced carrot
1 cup diced turnip
2 cups cubed new potatoes
6 tablespoons butter
1/2 cup heavy cream (optional)
1 tablespoon all-purpose flour
1/2 cup water

Directions

Place the green beans, wax beans, carrots and turnips into a saucepan and add enough water to cover the vegetables. Lightly salt the water, and bring to a boil. Cook for about 1/2 hour, then add the potatoes and cook for another 1/2 hour. Stir in butter and if desired, cream.

Mix together the flour and 1/2 cup water, and pour into the soup. Cook for a few more minutes to thicken. Remove from heat and serve hot.

A Hearty Green Bean and Sausage Casserole

Ingredients

1 (16 ounce) package pork sausage
2 (10.75 ounce) cans condensed cream of mushroom soup
1 cup milk
1 tablespoon soy sauce
1 clove garlic, minced
ground black pepper to taste
2 (16 ounce) packages frozen cut green beans
1 (2.8 ounce) can French-fried onions

Directions

Crumble the pork sausage into a large skillet over medium-high heat. Cook and stir until evenly browned. Drain grease, and set aside.

Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with nonstick cooking spray.

In a large bowl, stir together the cream of mushroom soup, milk, soy sauce, garlic, and pepper. Mix in the sausage, then add the green beans, and stir until evenly coated. Pour half of the mixture into the prepared baking dish. Top with half of the fried onions. Spread remaining green bean mixture over the onions.

Bake for 30 minutes in the preheated oven. Remove from the oven, and sprinkle the rest of the fried onions over the top. Return to the oven for 5 to 10 more minutes, or until the onions are toasty, and green beans are cooked to your desired doneness. Let rest 5 minutes before serving.

Leftover Ham and Vegetable Medley

Ingredients

- 1 tablespoon vegetable oil
- 2 cups carrots, julienned
- 1 onion, sliced into rings
- 2 cups French cut green beans, drained
- 1 cup frozen green peas
- 2 cups fresh broccoli florets
- 1 cup sliced green bell peppers
- 1 cup sliced red bell peppers
- 4 cups cooked ham, cut into thin strips
- 2 eggs, lightly beaten
- 1 tablespoon soy sauce
- 1/2 cup water
- 1 teaspoon cornstarch

Directions

Heat a wok or large skillet with oil on medium heat. Place carrots, onions, green beans, green peas, broccoli, green peppers and red peppers. Cover and simmer for about 15 minutes.

Make a well in the center of vegetables. Place ham in and stir to moisten. Simmer 5 to 10 minutes.

In a small, lightly greased skillet, scramble the eggs until firm. Cut eggs up into small pieces.

Stir vegetables, ham and eggs together. Mix the soy sauce, water and cornstarch in a bowl and pour into center of wok or skillet. Stir quickly until it begins to thicken.

Tarragon Green Beans

Ingredients

4 cups fresh or frozen cut green beans
1/2 cup water
1/2 teaspoon salt
1 large onion, chopped
1 celery rib, chopped
1/2 cup finely chopped green pepper
2 tablespoons margarine
3/4 teaspoon dried tarragon
1/2 teaspoon salt-free lemon-pepper seasoning
pepper to taste

Directions

In a large saucepan, combine the beans, water and salt; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until tender.

Meanwhile, in a small saucepan, saute the onion, celery and green pepper in margarine until tender. Stir in the tarragon, lemon-pepper and pepper. Drain beans; add vegetable mixture and toss to coat.

Chili Bean Cheese Omelet

Ingredients

1/2 cup chopped fresh tomato
1 green onion, chopped
1/4 cup canned kidney beans,
coarsely chopped
1 garlic clove, minced
1/8 teaspoon celery salt
1/8 teaspoon chili powder
1/8 teaspoon Worcestershire
sauce
2 teaspoons vegetable oil, divided
2 eggs
1/4 teaspoon salt
1/4 cup shredded mozzarella
cheese

Directions

In a skillet, saute the tomato, onion, beans, garlic, celery salt, chili powder and Worcestershire sauce in 1 teaspoon oil until liquid has evaporated; set aside and keep warm.

In a bowl, beat eggs and salt. Heat remaining oil in an 8-in. skillet over medium-low heat; add eggs. As eggs set, lift edges, letting uncooked portion flow underneath. When the eggs are nearly set, sprinkle vegetable mixture over one side. Fold omelet over filling. Sprinkle with cheese. Cover and let stand for 1-2 minutes or until cheese is melted.

Chicken Salad in the Tropics

Ingredients

1/4 cup orange juice
1/4 cup unsweetened pineapple juice
1/2 tablespoon chopped fresh parsley
1 tablespoon fresh lime juice
1 tablespoon light soy sauce
1/2 tablespoon olive oil
1 tablespoon sesame oil
1 teaspoon honey
1 teaspoon ground black pepper
4 cups mixed salad greens
1 pound boneless chicken breast halves, cooked and chopped
1 cup diced fresh mango
1 cup pineapple chunks
1/2 cup avocado - peeled, pitted and diced
1/2 cup chopped green bell pepper
1 (15 ounce) can black beans, rinsed and drained
1/2 cup shredded Cheddar cheese
1/4 cup cashews

Directions

To prepare the dressing, whisk together in a small bowl the orange juice, pineapple juice, parsley, lime juice, soy sauce, olive oil, sesame oil, honey and pepper.

Prepare the salad in a large bowl by tossing the mixed greens with the dressing. Divide dressed greens on four different plates. Arrange chicken in the middle of the plate. Arrange papaya (or mango), pineapple, avocado, bell, pepper, avocado, black beans, and cheese in "triangles" surrounding chicken.

Barbecue Butter Beans

Ingredients

2 (15 ounce) cans butter beans,
rinsed and drained
3/4 cup packed brown sugar
1/2 cup ketchup
1/2 cup chopped onion
3 bacon strips, diced

Directions

In a bowl, combine the beans, brown sugar, ketchup and onion. Transfer to a greased 1-1/2-qt. baking dish. Sprinkle with bacon. Bake, uncovered, at 350 degrees for 1-1/2 hours.

Four-Bean Medley

Ingredients

8 bacon strips, diced
2 medium onions, quartered and sliced
3/4 cup packed brown sugar
1/2 cup vinegar
1 teaspoon salt
1 teaspoon ground mustard
1/2 teaspoon garlic powder
1 (16 ounce) can baked beans, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can butter beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained

Directions

In a skillet, cook bacon until crisp. Drain, reserving 2 tablespoons drippings; set bacon aside.

Saute onions in drippings until tender. Stir in brown sugar, vinegar, salt, mustard and garlic powder. Simmer, uncovered, for 15 minutes or until onions are golden brown.

Combine the beans in a slow cooker. Add onion mixture and bacon; mix well. Cover and cook on low for 6-7 hours or until the beans are tender. Serve with a slotted spoon.

Shipwreck Stew

Ingredients

2 pounds ground beef
2 (10.75 ounce) cans condensed tomato soup
2 medium onions, chopped
5 large potatoes, cubed
2 (15.25 ounce) cans kidney beans, undrained

Directions

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until browned. Drain grease, and transfer beef to a slow cooker. Mix in the tomato soups (undiluted), onions, potatoes, and beans.

Cover, and cook on the Low setting for 4 to 5 hours, until stew is thick and potatoes are tender.

Authentic, No Shortcuts, Louisiana Red Beans and

Ingredients

1 pound dried red beans, soaked overnight
10 cups water
1 pound andouille sausage, sliced into rounds
1 large sweet onion, chopped
1 green bell pepper, chopped
1 jalapeno pepper, seeded and chopped (optional)
8 cloves garlic, chopped
1 teaspoon ground black pepper
1 teaspoon Creole seasoning, or to taste
6 fresh basil leaves, chopped
1 ham hock
4 cups cooked rice

Directions

Place the beans and water into a slow cooker. Heat a skillet over medium-high heat. Brown the sausage in the skillet; remove from the skillet with a slotted spoon and transfer to the slow cooker. Reserve drippings. Add onion, green pepper, jalapeno pepper and garlic to the drippings; cook and stir until tender, about 5 minutes. Transfer everything from the skillet to the slow cooker.

Season the mixture with pepper and Creole seasoning. Add the fresh basil leaves and ham hock. Cover and cook on low for about 8 hours, or until beans are tender. If the bean mixture seems too watery, take the lid off the slow cooker and set heat to High to cook until they reach a creamy texture.

Ukrainian Borscht

Ingredients

6 cups water
1 cup white kidney beans
4 medium beets, peeled and shredded
6 cups water
4 large carrots, shredded
3 cups water
3 potatoes, peeled and diced
2 cups water
2 stalks celery, chopped
2 onions, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
4 cloves garlic, minced
4 cups water
2 tablespoons chicken bouillon powder
4 cups chicken broth
1/2 cup dry potato flakes
1 teaspoon ground black pepper
2 tablespoons soy sauce
4 tablespoons chopped fresh dill weed
3 tablespoons white sugar
3 tablespoons distilled white vinegar

Directions

In a pot, add 6 cups of the water and pinto beans and simmer for about 1 hour or until beans start to split. Make sure the beans are covered with water at all times during simmering. Save water along with the beans to add to borscht later.

Peel and shred red beets, then place in a large cooking pot and add 6 cups of the water. Boil beets until just tender, but do not overcook. Save water along with beets to combine later with the remaining ingredients.

Peel and shred carrots, then place in separate pot along with 3 cups of the water. Boil until tender, but do not overcook. Save water along with carrots to add later to borscht.

In a separate pot, add potatoes and 2 cups of the water and cook until tender. Mash potatoes in their own liquid and set aside to add to borscht later.

In a separate pot, add chopped celery, chopped onions, diced green and red peppers, chopped garlic, 4 cups water and chicken soup base and simmer until vegetables are just tender. When tender, transfer to the cooking pot with beets.

Add cooked beans, carrots and mashed potatoes to cooking pot. Now add vegetable broth, mix well and bring to boil. Add instant potato flakes, black pepper, soy sauce, dill weed, sugar, vinegar and cook for another 5 minutes. If borscht appears too thick, add additional water and cook for 2 minutes longer. Adjust seasonings to taste. If desired, garnish each serving with a dollop of sour cream.

Italian Ribollita (Vegetable and Bread Soup)

Ingredients

1 tablespoon olive oil
1 large red onion, diced
2 carrots, diced
1 stalk celery, diced
4 potatoes, diced
10 (5 inch) zucchini, diced
1 leek, sliced
1 quart hot water
1 bunch Swiss chard, chopped
1 head Savoy cabbage, quartered, cored and shredded
1 bunch kale, shredded
2 (15.5 ounce) cans cannellini beans, drained and rinsed
salt and ground black pepper to taste
3 tablespoons tomato puree
8 slices day-old bread

Directions

Place the olive oil in a deep pan and heat over medium-high heat. Stir in the onion, and cook until transparent, about 5 minutes. Mix in the carrots, celery, potatoes, zucchini, and leek. Stir and cook 5 minutes more. Pour in the hot water to cover the vegetables. Stir in the Swiss chard, Savoy cabbage, and kale. Cover, reduce heat to medium, and simmer for 1 hour.

Place 1 can of beans in a blender or food processor bowl. Blend until smooth. Stir pureed beans into the vegetable mixture along with the second can of beans. Season to taste with salt and pepper. Reduce heat to low, and simmer for 20 minutes, stirring occasionally. Stir in the tomato puree.

Prepare the soup by layering slices of bread with the vegetable mixture in a casserole or soup dish. Cover, and refrigerate for at least 8 hours, or overnight.

To serve the soup, place in a pot, and reheat over medium heat. Serve hot.

Beef Stew I

Ingredients

2 tablespoons olive oil
2 pounds cubed beef stew meat
2 tablespoons all-purpose flour
6 cups water
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 cups cubed potatoes
2 cups chopped carrots
1/2 teaspoon browning sauce
2 teaspoons dried rosemary
1 cup fresh corn kernels
1 cup fresh green beans, cut into 1 inch pieces
1/4 cup instant rice

Directions

Heat oil in large pot. Add beef and flour, stirring to coat beef; brown.

Add water, salt, and pepper. Heat to boiling; reduce heat, and simmer 1 hour.

Stir in potatoes, carrots (or turnips), browning sauce, and rosemary. Simmer 1-2 hours.

Add corn, green beans, and rice; simmer for 30 minutes longer.

Three Bean Soup

Ingredients

1 tablespoon olive oil
2 onions, chopped
1 clove garlic, minced
1 (28 ounce) can diced tomatoes with juice
1 (19 ounce) can kidney beans, undrained
1 (19 ounce) can garbanzo beans, undrained
1 (19 ounce) can lentils
3 tablespoons tomato paste
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1 teaspoon salt
4 ounces mozzarella cheese, shredded

Directions

Heat a large pot over medium-high heat. Pour in oil and saute onion and garlic until golden-brown. Stir in tomatoes, kidney beans, garbanzo beans, lentils, tomato paste, oregano, pepper, and salt. Turn heat to low and simmer 20 minutes. Sprinkle in cheese and stir until melted. Serve immediately, or cool and freeze.

Spicy Bean with Bacon Soup

Ingredients

2 pounds dried pinto beans, washed
1 pound bacon, cut into small pieces
1 cup diced onion
6 jalapeno peppers, seeded and diced
3 carrots, minced
1 gallon chicken stock
1 (15 ounce) can tomato sauce
1 teaspoon garlic powder
1 bunch fresh cilantro, chopped
salt and ground black pepper to taste

Directions

Place the pinto beans into a large container and cover with several inches of cool water; let stand 4 hours. Drain and rinse.

Place the bacon in a large stock pot and cook and stir over medium-high heat until evenly browned, about 10 minutes. Add the onion, jalapeno peppers, and carrots; cook and stir until the carrots are soft. Pour in the chicken stock and bring to a boil. Stir in the drained beans, tomato sauce, garlic powder, cilantro, salt, and pepper; simmer until the beans are tender, 3 to 4 hours.

Aush (Afghani Chili)

Ingredients

- 1 pound ground beef
- 1 onion, coarsely chopped
- 1 (28 ounce) can diced tomatoes, with juice
- 1 tablespoon minced garlic
- 1 teaspoon crushed red pepper flakes
- 1 1/2 tablespoons ground cumin
- 2 teaspoons chili powder
- 1 1/2 tablespoons dried mint
- 2 tablespoons garam masala
- 1 (15 ounce) can garbanzo beans (chickpeas), drained
- 1 (10 ounce) box frozen chopped spinach
- 1 (16 ounce) package fettuccine, broken in half
- 1 cup sour cream

Directions

Brown ground beef in a skillet over medium heat; remove with slotted spoon to a large pot; reserving drippings in the skillet. Cook and stir the onion in the reserved drippings until golden brown; remove with slotted spoon and add to beef in the pot. Stir the tomatoes with juice, garlic, red pepper, cumin, chili powder, mint, garam masala, garbanzo beans, and spinach into the beef mixture and place the pot over low heat; simmer 3 to 6 hours.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fettuccini, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Stir into the chili along with the sour cream and serve hot.

My Own Mickmack

Ingredients

1 cup leftover cooked pinto beans
1 cup leftover cooked macaroni
1 cup leftover ground sausage
1 large onion, chopped and sauteed
1 (14.5 ounce) can diced tomatoes
1 teaspoon chopped fresh parsley
1 teaspoon ground cayenne pepper
1 tablespoon chopped garlic
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the beans, macaroni, sausage, onion, tomatoes, parsley, cayenne pepper, garlic, salt and pepper. Mix well and spread mixture in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Sonora Chicken

Ingredients

6 large bone-in chicken breast halves
1 (10 ounce) can cream of mushroom soup
1 (10 ounce) can cream of chicken soup
1 (15 ounce) can chili, no beans
1 cup picante sauce
1/2 cup milk
1 small onion, chopped
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
12 corn tortillas, torn into strips
1 (8 ounce) package shredded Cheddar cheese
1 (8 ounce) package shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a baking dish. Cover and bake for 1 hour in preheated oven. Remove chicken from dish and allow to cool. Remove meat from bone and tear into small pieces.

Meanwhile, mix the cream of mushroom soup, the cream of chicken soup, chili, picante sauce, milk, onion, cumin, and garlic powder in a large bowl.

Spread half the shredded chicken into the bottom of a 9x13 inch baking dish. Cover the chicken with half of the tortilla pieces. Pour half of the sauce on top of the tortillas; sprinkle half the Cheddar cheese and Monterey Jack cheese evenly over the dish. Repeat the layers with the rest of the ingredients.

Bake in preheated oven until all the cheese has melted and sauce mixture is bubbling, 35 to 40 minutes.

Thit Bo Xao Dau

Ingredients

1 clove garlic, minced
1/4 teaspoon ground black pepper
1 teaspoon cornstarch
1 teaspoon vegetable oil
1 pound sirloin tips, thinly sliced
3 tablespoons vegetable oil
1/2 onion, thinly sliced
2 cups fresh green beans, washed and trimmed
1/4 cup chicken broth
1 teaspoon soy sauce

Directions

In a large mixing bowl, combine garlic, black pepper, cornstarch, and 1 teaspoon vegetable oil. Add beef, and mix well.

In a large wok, heat 2 tablespoons oil over high heat for one minute. Add meat; cook and stir for about 2 minutes, or until beef begins to brown. Transfer beef to a large bowl, and set aside.

Heat remaining 1 tablespoon oil in wok. Add onion; cook and stir until tender. Mix in green beans, and add broth. Cover, and reduce heat to medium. Simmer for 4 to 5 minutes, or until beans are tender crisp. Stir in soy sauce and beef. Cook, stirring constantly, for 1 or 2 minutes, or until heated through.

Terri's Chicken Carcass Stew

Ingredients

1 1/2 cups shredded, cooked chicken meat
1/2 onion, chopped
2 tomatoes, chopped
2 (15 ounce) cans white hominy, drained
1 (15 ounce) can ranch-style beans
1 (7 ounce) can diced green chiles
1/2 teaspoon chili powder
1/4 teaspoon ground black pepper
1 pinch dried oregano
4 cups chicken broth
2 1/2 tablespoons dry potato flakes

Directions

Place chicken, onion, tomatoes, hominy, undrained pinto beans, green chili peppers, oregano, chili powder and pepper into a slow cooker. Add enough chicken broth to cover ingredients and cook on low for 6 hours. An hour prior to serving add potato flakes and let thicken.

Cholay (Curried Chickpeas)

Ingredients

- 2 cups water
- 1 tea bag
- 1 bay leaf
- 2 (15.5 ounce) cans garbanzo beans, drained
- 2 tablespoons vegetable oil, divided
- 1 onion, sliced
- 3 tomatoes, chopped
- 1/4 cup fresh cilantro leaves
- 1 teaspoon ground coriander
- 1 teaspoon cumin seeds
- 1 teaspoon grated fresh ginger root
- 1 teaspoon grated garlic
- 1 teaspoon ground turmeric (optional)
- 1 onion, finely chopped
- ground cayenne pepper to taste
- 1 pinch garam masala (optional)

Directions

Place the 2 cups water, tea bag, and bay leaf into a pot, and bring water to a boil. Reserving about 1/2 cup garbanzo beans, stir the beans into the boiling water. When beans are heated through, discard the tea bag and bay leaf. Remove from heat. Drain the beans, reserving water, and set aside.

Heat 2 teaspoons oil in a skillet over medium heat, and saute the sliced onion until tender. Remove from heat, cool, and mix in the reserved garbanzo beans, 1 tomato, and 1/2 the cilantro leaves. Set aside.

Heat the remaining oil in a skillet over medium heat. Blend in the coriander, cumin seeds, ginger, and garlic. Cook and stir for 15 to 20 seconds, until lightly browned. Mix in the turmeric. Stir the chopped onion into the skillet, and cook until tender. Mix in the remaining tomatoes. Season with salt, cayenne pepper, and garam masala. Bring the tomato liquid to a boil, and cook about 5 minutes. Stir in the boiled garbanzo beans, sliced onion mixture, and enough of the reserved water to attain a thick, gravy-like consistency. Continue to cook and stir 5 minutes. Garnish with the remaining cilantro leaves to serve.

Cubanos Frijoles

Ingredients

2 cups brown rice
4 cups water
1 1/2 pounds ground beef
2 tablespoons Cajun seasoning
1 onion, chopped
2 (15 ounce) cans black beans
1 (6 ounce) can chopped black olives, drained
1/4 cup red wine vinegar
3 sprigs fresh cilantro, chopped
1/4 teaspoon chipotle powder (optional)

Directions

Place rice and water in a saucepan over medium heat. Bring to a boil, then reduce heat to low and simmer for about 45 minutes, or until rice is tender.

While the rice is cooking, brown the ground beef in a deep skillet or wok. Season with Cajun seasoning. When meat is almost done, add the onion, and cook until the meat is browned and the onion is translucent. Stir in the beans, olives, vinegar, and chipotle powder, if using. Mix well, cover, and simmer for 20 minutes over medium-low heat. Add the cilantro during the last 5 minutes of cooking. Serve hot over or mixed with rice.

Egg Fried Rice

Ingredients

1 cup water
1/2 teaspoon salt
2 tablespoons soy sauce
1 cup uncooked instant rice
1 teaspoon vegetable oil
1/2 onion, finely chopped
1/2 cup green beans
1 egg, lightly beaten
1/4 teaspoon ground black pepper

Directions

In a saucepan bring water, salt and soy sauce to a boil. Add rice and stir. Remove from heat, cover and let stand 5 minutes.

Heat oil in a medium skillet or wok over medium heat. Saute onions and green beans for 2 to 3 minutes. Pour in egg and fry for 2 minutes, scrambling egg while it cooks.

Stir in the cooked rice, mix well and sprinkle with pepper.

White Chili IV

Ingredients

1 tablespoon olive oil
4 skinless, boneless chicken breast halves - cubed
coarsely ground black pepper to taste
1 large onion, chopped
6 cloves garlic, minced
3 green chile peppers, seeded and minced
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (8 ounce) package mushrooms, sliced
3 (15 ounce) cans pinto beans
4 green onions, chopped
1 bunch fresh parsley, chopped
1 cup white wine
2 (14.5 ounce) cans chicken broth
2 cubes chicken bouillon
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 tablespoon dried oregano
1 1/2 tablespoons ground cumin
2 bay leaves

Directions

In a large pot over medium-high heat, cook chicken in olive oil with black pepper until brown. Stir in onion, garlic and chiles and cook until onion begins to soften.

Stir in bell peppers, mushrooms, beans, green onions and parsley. Pour in wine and chicken broth. Season with bouillon, rosemary, thyme, oregano and cumin. Place bay leaves in pot, cover, reduce heat and simmer 90 minutes.

Bewitching Chili

Ingredients

1 1/2 pounds ground beef
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1 medium onion, chopped
1 garlic clove, minced
1 (32 fluid ounce) bottle tomato juice
1 (15.5 ounce) can hot chili beans, undrained
1 (14.5 ounce) can diced tomatoes, undrained
1 (10.5 ounce) can condensed beef broth, undiluted
1 (6 ounce) can tomato paste
2 tablespoons chili powder
1 1/2 teaspoons ground cumin
1 teaspoon salt
1 teaspoon sugar
1/4 teaspoon pepper
Sour cream

Directions

In a Dutch oven, cook beef, peppers, onion and garlic over medium heat until meat is no longer pink; drain. Stir in tomato juice, beans, tomatoes, broth, tomato paste and seasonings; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Serve in Cauldron Bread Bowls (recipe below) if desired. Garnish with sour cream.

Baked Bean Sandwiches

Ingredients

4 English muffins, split
1 (16 ounce) can maple cured
baked beans
1 medium onion, thinly sliced
2 medium tomatoes, cut into 1/4
inch slices
4 slices Cheddar cheese
4 slices bacon

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange the English muffin halves on a baking sheet. Place an equal amount of baked beans on each muffin half. Layer beans with onion, tomato, cheese, and bacon.

Bake 20 minutes in the preheated oven. Set oven to broil, and continue cooking 1 to 2 minutes, until bacon is crisp. Watch constantly during broiling to make sure bacon does not burn. Serve immediately.

Bar-B-Q Baked Beans

Ingredients

1 (15 ounce) can kidney beans,
drained (optional)
1 (15 ounce) can pinto beans,
drained
1 (15 ounce) can lima beans,
drained
1 (16 ounce) can great Northern
beans, drained
1 (12 ounce) bottle chili sauce
2 tablespoons brown sugar
1 tablespoon Dijon mustard
1 tablespoon Worcestershire
sauce
2 tablespoons molasses
3 slices bacon, cut in half

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a medium baking dish, mix kidney beans, pinto beans, lima beans, great northern beans, chili sauce, brown sugar, Dijon mustard, Worcestershire sauce and molasses. Top with bacon.

Bake 1 hour in the preheated oven, until thick and bubbly.

Porcini-Braised Boar with Artichoke and Fennel

Ingredients

3 cups dry cannellini beans
1 quart chicken or pork stock
2 cups water
4 pounds wild boar (cinghiale)
roast, cut into serving-size pieces
1/4 cup olive oil
8 ounces fresh porcini,
chanterelles or stemmed shiitake
mushrooms, thickly sliced
1/4 cup chopped garlic
1/4 cup minced fresh rosemary
sea salt and ground black pepper
to taste
8 large artichoke hearts, cut into
eighths
2 large fennel bulbs, cored and
thinly sliced
1/4 cup olive oil
2 tablespoons minced garlic
1/2 teaspoon crushed red pepper
flakes
1/2 cup white wine
1/4 cup freshly squeezed lemon
juice
extra-virgin olive oil for drizzling
1/2 cup grated pecorino Toscano
(or pecorino Romano) cheese
1/2 cup chopped Italian flat leaf
parsley
1 lemon, zested

Directions

Soak beans in ample cold water overnight.

Drain cannellini beans and pour into a large Dutch oven along with chicken stock and water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for 1 hour, skimming any foam that forms. Remove boar from the refrigerator and allow to rest at room temperature during this time.

Heat 1/4-cup olive oil in a large skillet over high heat until it begins to smoke. Add boar pieces, and sear until browned on all sides. Remove seared boar, and place into the pot, on top of the gently simmering beans. Heat the skillet until smoking once again, then stir in porcini mushrooms and cook for 2 minutes to soften. Add 1/4 cup garlic and continue cooking until the garlic has turned golden brown. Sprinkle with chopped rosemary and cook for 30 seconds more before adding the mushrooms to the boar and beans.

Cover, and continue simmering the boar and beans until both are tender, adding additional water if needed, about 1 1/2 hours. Once ready, season lightly to taste with sea salt and freshly ground pepper.

When the beans are nearly ready, place the artichoke hearts into a large skillet with some water. Cover, and steam over high heat until just tender, about 2 minutes; then add the sliced fennel, and steam for 1 minute more. Drain in a colander, and return skillet to the stove.

Reduce heat to medium-high and pour in 1/4 cup of olive oil and 2 tablespoons of minced garlic. Cook, stirring frequently, until the garlic turns golden, then sprinkle with red pepper flakes and add the drained vegetables. Stir and cook until the vegetables are tender and golden, about 2 minutes. Pour in white wine, cook until nearly evaporated, then season with lemon juice, salt and pepper.

To serve, mound vegetables into the center of a large platter and place the pieces of boar on top. Spoon the beans around the vegetables, drizzle liberally with extra-virgin olive oil, and sprinkle with pecorino Toscano cheese, parsley, and strands of lemon zest.

Three-Bean Soup

Ingredients

1 medium onion, chopped
1 tablespoon vegetable oil
3 small potatoes, peeled and cubed
2 medium carrots, sliced
3 (14.5 ounce) cans chicken broth
3 cups water
2 tablespoons parsley flakes
2 teaspoons dried basil
1 teaspoon dried oregano
1 garlic clove, minced
1/2 teaspoon pepper
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
3 cups chopped fresh spinach

Directions

In a Dutch oven, saute onion in oil. Add the next nine ingredients. Simmer, uncovered, until vegetables are tender. Add beans and spinach; heat through.

Black Bean Soft Tacos

Ingredients

- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon canola oil
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (4 ounce) can chopped green chilies
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 8 (6 inch) flour tortillas, warmed
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1 large ripe avocado, peeled and sliced

Directions

In a nonstick skillet, saute onion and garlic in oil until tender. Stir in the beans, tomatoes, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes or until mixture begins to thicken. Spoon about 1/2 cup off center on each tortilla; sprinkle with cheese. Fold one side of tortilla over filling. Garnish with avocado.

Jen's Hearty Three Meat Chili

Ingredients

1 pound hot or sweet Italian sausage
1 pound ground beef
1/2 onion, chopped
1 1/2 pounds beef stew meat, cut into 1/2 inch pieces
1 (28 ounce) can diced tomatoes
1 (12 fluid ounce) bottle dark beer
2 cups water
1/4 cup chili powder, or to taste
1/4 teaspoon red pepper
1/4 teaspoon white pepper
1/4 cup white sugar
1/2 teaspoon ground cinnamon
salt and black pepper to taste
3 tablespoons tomato paste (optional)
1 (15 ounce) can kidney beans, rinsed and drained (optional)

Directions

Cook and stir sausage in a large skillet over medium heat until browned. Drain; place sausage in a pot large enough to hold all ingredients. In same skillet, cook and stir onion with ground beef over medium heat until beef is browned and onions are tender; drain and add to the large pot.

In same skillet, cook and stir stew beef over medium heat until browned. Without draining, pour stew beef into the large pot.

Pour tomatoes, beer, and water into the pot with meats. Stir in chili powder, red pepper, white pepper, sugar, and cinnamon. Season to taste with salt and black pepper. Simmer until stew beef is very tender, at least 2 hours, stirring occasionally and adding more water as needed. If you prefer a thicker chili, thicken as needed with tomato paste. If using kidney beans, add them 10 minutes before serving, just in time to heat through.

Yum Yum Green Beans

Ingredients

4 slices bacon, chopped
1/4 cup chopped onion (optional)
1 (15 ounce) can stewed tomatoes
4 (15 ounce) cans green beans

Directions

Fry the bacon in a large skillet over medium heat until browned and crisp. Drain off all but a thin coating of the grease. Add onions to the skillet; cook and stir until browned, about 5 minutes. Mix in tomatoes, stirring to remove any stuck on bits of bacon from the bottom of the skillet. Drain two cans of the beans, leave the liquid in the other two; pour into the skillet. Cook and stir until heated through.

Robin's Best Ever Hummus

Ingredients

3 cloves garlic
2 teaspoons coarse salt
1 (19 ounce) can garbanzo beans, drained
3 tablespoons tahini (sesame-seed paste)
3 tablespoons lemon juice
1 tablespoon honey
2 tablespoons water, or as needed
1/4 cup olive oil, divided
6 pita bread rounds
salt to taste
1 tablespoon chopped fresh rosemary

Directions

Mash garlic with the salt in a small bowl. Place into a blender or food processor along with the garbanzo beans, tahini, lemon juice, honey, and enough water to cover the beans. Process until smooth. Spoon into a serving dish, and drizzle 2 tablespoons of olive oil over the top.

Preheat the oven to 400 degrees F (200 degrees C). Brush pita breads with remaining olive oil, and cut into wedges. Season with salt and fresh rosemary. Bake for 5 minutes in the preheated oven. Cool, and serve with hummus.

Hearty Bean Burgers

Ingredients

1 (15.5 ounce) can chili beans,
drained
1/4 cup Kikkoman Black Bean
Sauce with Garlic
1 1/2 cups bran cereal
3/4 cup uncooked oatmeal
1/2 cup chopped green onion
1 egg, beaten
2 teaspoons vegetable oil
6 hamburger buns
Lettuce
Tomatoes

Directions

In a medium bowl, smash drained beans with a fork. Add black bean sauce, cereals, green onions, and egg. Shape into 6 patties. Place a 12-inch skillet with the oil over medium heat. Add patties, turning once to brown on both sides. Garnish with lettuce and tomatoes, if desired.

Beefy Potato Volcano

Ingredients

3 large baking potatoes, 10 to 12 ounces each, preferably Idaho, washed and dried
1 teaspoon vegetable oil
1 pound ground turkey or lean ground beef
1 teaspoon dried Italian seasoning
1 (8 ounce) can peas, drained
1 (8 ounce) can sliced carrots, drained
1 (8 ounce) can cut green beans, drained
1 cup canned diced tomatoes, drained
1 (15 ounce) can beef or turkey gravy

Directions

Preheat the conventional oven to 450 degrees F. Place the potatoes in a microwave-safe, oven-proof glass baking dish, such as a pie plate, that fits in the microwave oven. Microwave the potatoes at full power for 10 minutes (the amount of time it takes to preheat the oven). Transfer the potatoes to the conventional oven and bake until tender, about 20 minutes.

Ten to 15 minutes before the potatoes are done baking, heat the oil in a large skillet over medium-high heat. Add the ground turkey and cook until lightly browned, chopping and turning as needed with a spatula so the turkey browns evenly, about 5 minutes. Add the seasoning to the skillet, followed by the peas, carrots, green beans, tomatoes and gravy to make the stew. Stir gently to combine and simmer for 5 minutes. Keep warm.

To serve: Cut each potato in half across its equator and set each half, cut-side down on a plate so that it looks like a small mountain. Cut a slit in the top of each potato half and squeeze the sides gently forcing some of the potato to 'erupt' from the top. Ladle 1 cup of the stew over each potato to resemble flowing lava; serve immediately.

Southwestern Rice Salad

Ingredients

2 cups Minute® White or Brown Rice, uncooked
1 (15 ounce) can black beans, drained, rinsed
1 cup corn
1 medium red bell pepper, chopped
3 green onions, sliced
1 cup Italian dressing
1 cup salsa
1 cup lightly crushed tortilla chips

Directions

Prepare rice according to package directions. Place in large bowl; cool.

Add beans, corn, bell peppers, onions, dressing and salsa; mix lightly. Cover and refrigerate at least 1 hour or until ready to serve.

Top with crushed chips.

Blackened Green Beans

Ingredients

2 pounds bacon, chopped
1/2 onion, chopped
salt and pepper to taste
1 teaspoon minced garlic
3 pounds fresh green beans,
trimmed

Directions

Heat a large pot over medium-high heat. Add bacon, onion and garlic, and cook until browned. Gradually stir in the green beans, stirring to coat with bacon grease. Reduce heat to low, cover, and cook for 5 to 6 hours, stirring occasionally to prevent sticking.

Kidney Bean Salad

Ingredients

2 eggs
2 (15 ounce) cans kidney beans,
drained
1/2 onion, diced
1 stalk celery, diced
2 tablespoons sweet pickle relish
1/2 cup mayonnaise
salt and pepper to taste

Directions

Place eggs in a saucepan with enough cold water to cover. Bring to a boil. Remove saucepan from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Drain, cool, peel, and chop.

In a bowl, mix the hard-cooked eggs, kidney beans, onion, celery, relish, and mayonnaise. Season with salt and pepper. Chill at least 1 hour in the refrigerator before serving.

Green Risotto with Fava Beans

Ingredients

1/2 pound fresh, unshelled fava beans
4 cups chicken broth
3 tablespoons butter, divided
1 small onion, finely chopped
1 cup Arborio rice
1/4 cup white wine
1/4 cup grated Reggiano
Parmesan cheese
salt to taste

Directions

Bring a large pot of salted water to a boil. Meanwhile, shell the favas and discard the pods. Boil the favas for 4 minutes, strain and then immediately plunge into ice water. Let cool for 2 minutes then pierce the favas and squeeze them out of their skins. Separate 3/4 of the favas and puree in a food processor.

In a separate large saucepan bring the broth to a simmer, and keep it hot. Meanwhile, in another large saucepan over medium heat, melt 1.5 tablespoons of the butter and add the onions. Reduce the heat to low and cook for about 5 minutes; do not brown the onions. Add the rice and cook, while stirring, for 2 minutes. Add the wine, increase the heat to medium, and stir constantly. When the wine has been absorbed, add a little of the hot stock. Once the stock is absorbed, add a little more; repeat this process, stirring constantly, until the rice is cooked through.

To the cooked rice add the pureed favas, the remaining 1.5 tablespoons of butter, the rest of the favas and the cheese. Cook over medium heat, stirring, until the butter and cheese melt and the puree is incorporated evenly. Season with salt.

Hearty Layer Salad

Ingredients

6 cups mixed salad greens
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 cup sliced fresh mushrooms
1 cup cherry tomatoes, halved
1 small cucumber, thinly sliced
1 cup thinly sliced red onion,
separated into rings
3 hard-cooked eggs, sliced
1/2 cup chopped walnuts, toasted
DRESSING:
1 large ripe avocado, peeled and
sliced
1 cup sour cream
2 tablespoons lemon juice
2 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth. Serve with the salad.

Chickpea Falafel Burgers

Ingredients

- 1 tablespoon vegetable oil
- 2 green onions, chopped
- 3/4 cup diced fresh mushrooms
- 3 cloves garlic, chopped
- 1 (15.5 ounce) can garbanzo beans, with liquid
- 1 1/2 tablespoons chopped fresh cilantro
- 1 1/2 teaspoons minced fresh parsley
- 1 1/2 tablespoons curry powder
- 1/2 teaspoon ground cumin
- 1/2 cup dry bread crumbs
- 2 egg whites
- 2 tablespoons vegetable oil, or as needed

Directions

Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add green onions and mushrooms, and fry until tender, stirring frequently.

Combine the garbanzo beans (with liquid) and garlic in the container of a blender or food processor. Blend until smooth, and transfer to a medium bowl. Stir in the mushrooms and onions. Mix in the cilantro, parsley, curry powder and cumin. Add the bread crumbs and egg whites, and mix until thoroughly blended. You can let the mixture sit in the refrigerator to blend flavors at this point, or go on to frying.

Heat enough oil to cover the bottom of a large skillet over medium heat. Form the bean mixture into 4 balls, and flatten into patties. Place the burgers in the hot skillet, and fry for about 5 minutes on each side, until nicely browned.

Kielbasa with Brussels Sprouts in Mustard Cream

Ingredients

1 shallot, peeled and quartered
4 large garlic cloves
2 tablespoons extra-virgin olive oil
kosher salt to taste
1 1/2 pounds Brussels sprouts, halved
2 tablespoons coarse Dijon mustard
1 teaspoon olive oil
1 pound kielbasa sausage, cut on the bias into 1/4-inch slices
1 tablespoon olive oil
1/4 cup heavy cream
1 cup white kidney beans, drained and rinsed
ground black pepper to taste

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place shallot and garlic cloves over two layers of aluminum foil. Coat with 2 tablespoons of extra-virgin olive oil and season with salt. Wrap the shallot and garlic with the foil, creating a pouch. Bake in the preheated oven until the garlic is tender, about 30 minutes. Place shallot and garlic in a bowl and mash using a fork. Set aside.

Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil. Add the Brussels sprouts, cover, and steam until just tender, 2 to 6 minutes depending on thickness. Set aside.

Heat 1 teaspoon olive oil in a large, deep skillet over medium-high heat. Lay the kielbasa into the hot skillet and cook, turning occasionally, until evenly browned and crispy, about 3 minutes on each side. Remove the kielbasa from the skillet with a slotted spoon to retain the grease in the skillet; drain the sausage slices on a paper towel-lined plate.

Add 1 tablespoon of olive oil to the skillet. Cook the mashed shallot and garlic in the hot oil for 1 minute. Stir in the mustard and cream. Reduce the heat to medium-low and add the Brussels sprouts and beans. Toss to coat and season with salt and pepper. Continue cooking until heated through. Serve the kielbasa over the Brussels sprouts and beans.

Goulash I

Ingredients

3 cups dry egg noodles
1 pound ground beef
1 medium onion, chopped
salt to taste
ground black pepper to taste
garlic salt to taste
1 (15 ounce) can corn
1 (15 ounce) can kidney beans
1 (10.75 ounce) can condensed
tomato soup

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet, over medium heat, brown the ground beef and onion together. Drain off the grease. Add salt, pepper, and garlic salt to taste.

Stir in the corn, kidney beans, and tomato soup. Stir in the cooked egg noodles and mix thoroughly.

Mexican Beef and Bean Stew

Ingredients

1 1/2 pounds beef for stew, cut in 1 inch pieces
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 (10.5 ounce) can Campbell's® Condensed Beef Consomme
1 cup Pace® Thick & Chunky Salsa
1 large onion, coarsely chopped
1 (15 ounce) can pinto beans, rinsed and drained
1 (16 ounce) can whole kernel corn, drained
2 tablespoons chili powder
1 teaspoon ground cumin
1/4 teaspoon garlic powder

Directions

Coat the beef with flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook in 2 batches until it's well browned, stirring often.

Stir the beef, consomme, salsa, onion, beans, corn, chili powder, cumin and garlic powder in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

White Bean Spread With Garlic & Rosemary

Ingredients

2 tablespoons olive oil, plus extra for drizzling
2 garlic cloves, peeled
2 teaspoons minced fresh rosemary
1 (16 ounce) can white beans, undrained

Directions

Place olive oil, garlic and rosemary in a 10-inch skillet. Heat pan until ingredients start to sizzle. Add beans and their liquid to the pan. As beans cook, mash them with a wooden spoon or potato masher. Cook until mixture is a loose spread consistency (it will thicken as it cools). Transfer to a serving bowl or storage container.

Avocado Dip I

Ingredients

2 avocados
1 cup mayonnaise
1 cup sour cream
1/2 (1 ounce) package taco seasoning mix
2 (16 ounce) cans refried beans
3 cups shredded Cheddar cheese
1/2 cup shredded lettuce
1 large chopped fresh tomato
2 green onions, chopped
1/2 cup green bell pepper
1/4 cup sliced black olives

Directions

Spread refried beans evenly on a medium sized serving platter. If the beans are watery, chill for 20 to 30 minutes.

Peel the avocados and remove the pits. In a food processor, blend the avocados with the mayonnaise, sour cream and taco seasoning until smooth. Pour over the refried beans. Top with cheddar cheese. Add lettuce, tomatoes, green onions, green pepper and black olives if desired. Refrigerate until serving. Serve with your favorite tortilla chips.

Potato Minestrone

Ingredients

2 (14.5 ounce) cans chicken broth
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans (chickpeas)
1 (14.5 ounce) can beef broth
2 cups frozen cubed hash brown potatoes, thawed
1 tablespoon dried minced onion
1 tablespoon dried parsley flakes
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried marjoram
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 cups frozen peas and carrots, thawed

Directions

In a slow cooker, combine the first 13 ingredients. Cover and cook on low for 8 hours. Stir in the spinach, peas and carrots; heat thorough.

Quick Chili II

Ingredients

- 1 pound lean ground beef
- 1 white onion, chopped
- 1 (15 ounce) can tomato sauce
- 2 cups water
- 1 (15 ounce) can ranch-style beans
- 1 (15 ounce) can kidney beans
- 1 (4 ounce) can chopped green chile peppers
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon Cajun seasoning

Directions

In a large pot, cook beef over medium heat until brown. Stir in onion and cook until onion is translucent. Stir in tomato sauce, water, ranch-style beans, kidney beans, chiles, chili powder, garlic powder, cumin and Cajun seasoning. Bring to a boil, then reduce heat and simmer 20 minutes.

Spinach Minestrone

Ingredients

1 large onion, chopped
1 garlic clove, minced
4 cups reduced-sodium chicken broth
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can no-salt-added diced tomatoes, undrained
2 medium carrots, sliced
1/2 cup uncooked elbow macaroni
1/4 teaspoon dried oregano
1 (10 ounce) package frozen chopped spinach, thawed

Directions

In a saucepan coated with nonstick cooking spray, saute onion and garlic until tender. Add broth, beans, tomatoes, carrots, macaroni and oregano. Cook until vegetables and macaroni are tender, about 20 minutes. Stir in spinach; bring to a boil. Remove from the heat; let stand for 5-10 minutes.

Taco Pie II

Ingredients

1 (8 ounce) package cream cheese, softened
1 (16 ounce) jar salsa
1 (15 ounce) can chili with beans
2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium glass baking dish, spread the cream cheese. Pour in the salsa, spreading it evenly over cream cheese. Pour in and evenly spread chili with beans. Top with Cheddar cheese.

Bake uncovered in the preheated oven 30 minutes, or until cheese is bubbly and lightly browned.

Cowpoke Beans

Ingredients

1 pound dry pinto beans
4 slices bacon, cooked and crumbled
1/2 teaspoon crushed red pepper flakes
1 clove garlic, chopped
2 tablespoons butter
2 cups chopped onion
1 2/3 cups canned stewed tomatoes
1/4 cup chopped fresh parsley
1/2 teaspoon ground cumin
1/2 teaspoon dried marjoram
1 1/4 tablespoons chili powder
1 teaspoon salt

Directions

Soak pinto beans overnight with plenty of water to cover. Drain, remove to a large cooking pot, and cover with fresh water. Add the bacon, red chile flakes, and garlic. Bring to a boil, then reduce heat and simmer, covered, for about 3 hours.

Melt butter in a large skillet over medium-high heat. Saute onion in butter until tender. Add the tomatoes, parsley, cumin, marjoram, and salt. Simmer over low heat for about 45 minutes to blend the flavors.

When beans are tender, drain off any remaining water. Pour in the tomato mixture, and simmer for an additional 20 minutes, stirring occasionally. Serve hot.

Grandma's Pork and Bean Sandwiches

Ingredients

4 slices white bread
4 slices processed cheese
6 slices bacon, cut in half
1 (15 ounce) can baked beans
with pork

Directions

Preheat the oven's broiler.

Place bread slices on a broiling pan that has been lined with aluminum foil. Spoon about 1/2 cup of beans onto each piece of bread. Cover each pile of beans with a slice of cheese. Place three half-slices of bacon onto each sandwich so that they are not hanging over the edge.

Broil for 5 minutes in the preheated oven, or until the bacon is cooked and cheese is melted. Watch them carefully! I suggest leaving the oven door cracked near the 5 minute mark to allow some of the oven heat to escape.

Ham and Beans

Ingredients

1 pound dry great Northern beans
1/2 pound cooked ham, diced
1 small onion, diced
1/2 cup brown sugar
salt and pepper to taste
1/4 teaspoon cayenne pepper
1 tablespoon dried parsley

Directions

Rinse beans in a large pot; discard shriveled beans and any small stones. Add 8 cups of cold water. Let stand overnight or at least 8 hours. Drain and rinse beans.

Return beans to pot and add ham, onion, brown sugar, salt, pepper, cayenne and parsley and water to cover. Bring to a boil; reduce heat and simmer 1 1/2 to 2 hours, until beans are tender. Add more water if necessary during cooking time.

Chickpea and Cheese Salad

Ingredients

1 (19 ounce) can garbanzo beans, drained
4 green onions, finely chopped
1 green bell pepper, diced
1 red bell pepper, diced
1 tablespoon dried chives
1 tablespoon dried dill weed
1 cup Havarti cheese cubes
1 tablespoon red wine vinegar
1/4 cup olive oil
salt and pepper to taste
2 teaspoons chopped fresh parsley

Directions

Mix the garbanzo beans, green onions, green bell pepper, red bell pepper, chives, dill, and Havarti cheese in a large bowl.

Whisk the red wine vinegar, olive oil, salt, and pepper together in a separate bowl; pour the mixture over the salad and toss to coat. Sprinkle parsley over the salad to garnish.

Black Bean-Mushroom Happy

Ingredients

1 tablespoon olive oil
5 cloves garlic, minced
1/4 cup fresh ginger root, minced
1 tablespoon fermented black beans, minced
1/2 cup chopped green onions
1 cup chopped green bell pepper
8 chicken drumsticks
4 cups fresh white mushrooms
1/2 tablespoon salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon sesame oil
1/4 cup chopped fresh chives

Directions

Heat a large frying pan over medium-high heat. Add olive oil and heat through. Stir in the garlic, ginger, black beans, green onion and green pepper. Sauté for 1 to 2 minutes, or until the garlic turns yellow.

Place drumsticks into the pan and fry for 5 minutes, then stir in the mushrooms and season with salt and pepper. Cover and let cook for 10 minutes. Reduce heat to medium-low and heat for 10 minutes, or until chicken is no longer pink and the juices run clear.

When chicken is cooked through, stir in the sesame oil and fresh chives, remove from heat and serve.

Ingredients

1 pound cubed lamb meat
1 teaspoon ground turmeric
1 1/2 teaspoons ground black pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground cayenne pepper
2 tablespoons margarine
3/4 cup chopped celery
1 onion, chopped
1 red onion, chopped
1/2 cup chopped fresh cilantro
1 (29 ounce) can diced tomatoes
7 cups water
3/4 cup green lentils
1 (15 ounce) can garbanzo beans, drained
4 ounces vermicelli pasta
2 eggs, beaten
1 lemon, juiced

Directions

Place the lamb, turmeric, black pepper, cinnamon, ginger, cayenne, butter, celery, onion, and cilantro into a large soup pot over a low heat. Stir frequently for 5 minutes. Pour tomatoes (reserve juice) into the mixture and let simmer for 15 minutes.

Pour tomato juice, 7 cups water, and the lentils into the pot. Bring the mixture to a boil, then reduce the heat to simmer. Let soup simmer, covered, for 2 hours.

About 10 minutes before serving turn the heat to medium-high, place chickpeas and noodles into the soup, let cook about 10 minutes (until noodles are al dente). Stir in lemon and eggs, let eggs cook 1 minute.

Open-Faced Turkey Tacos

Ingredients

1 pound lean ground turkey
1 medium onion, chopped
1 (16 ounce) can fat-free refried beans
1 (16 ounce) jar salsa
10 (6 inch) flour tortillas, warmed
2 cups shredded lettuce
2 medium tomatoes, chopped
2 medium green peppers, chopped
2 medium sweet red peppers, chopped
10 tablespoons fat free sour cream

Directions

In a large skillet, cook turkey and onion over medium heat until meat is no longer pink; drain. Add beans and salsa; cook and stir until heated through. Spread 1/2 cup turkey mixture over each tortilla. Top with lettuce, tomatoes, peppers and sour cream.

Garlic-Buttered Green Beans

Ingredients

1 pound fresh or frozen green beans
1/2 cup sliced fresh mushrooms
6 tablespoons butter or margarine
2 teaspoons onion powder
1 teaspoon garlic powder
salt and pepper to taste

Directions

Cook green beans in water to cover until crisp-tender. Meanwhile, in a skillet, saute mushrooms in butter until tender. Add onion powder and garlic powder. Drain beans; add to skillet and toss. Season with salt and pepper.

Navy Bean Soup II

Ingredients

1 (16 ounce) package dried navy beans
2 onions, chopped
1 (8 ounce) can tomato sauce
2 ham hocks

Directions

Rinse beans with water. Place beans, onions, tomato sauce, and ham hocks in large pot or Dutch oven. Cover all with water. Cook on low to medium heat several hours until beans are tender. When using crock pot, soak beans overnight. Cook on high for 1 hour. Lower to low for 6-8 more hours until beans are tender.

Zippy Green Beans

Ingredients

4 cups fresh or frozen green beans, cut into 2 inch pieces
2 bacon strips, diced
1 medium onion, thinly sliced
1/2 cup dry white wine or apple juice
3 tablespoons sugar
3 tablespoons tarragon vinegar or cider vinegar
1/4 teaspoon salt
2 teaspoons cornstarch
1 tablespoon cold water

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Meanwhile, in a large nonstick skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels. Drain, reserving 1 teaspoon drippings.

In the drippings, saute onion until tender. add wine or apple juice, sugar, vinegar and salt. Combine cornstarch and cold water until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain beans; top with onion mixture. Sprinkle with bacon; toss to coat.

Evacuation Tuna & Pasta Salad

Ingredients

3 cups rotelle pasta
3 hard-cooked eggs, chopped
1 (12 ounce) can tuna, drained and flaked
3/4 cup shredded Cheddar cheese
3/4 cup chopped celery
1/4 cup finely chopped onion
1/2 cup roasted red peppers, drained and chopped
1 (8 ounce) can lima beans, drained

3/4 cup mayonnaise
1/2 lemon, juiced
1/2 teaspoon paprika
salt to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and cool.

In a large bowl, combine pasta, eggs, tuna Cheddar cheese, celery, onion, roasted red pepper, and lima beans. Whisk together mayonnaise, lemon juice, and paprika. Season with salt. Pour dressing over pasta mixture, and mix together.

Ultimate All in One Chicken Dinner

Ingredients

2 tablespoons vegetable oil
2 tablespoons margarine
1 medium onion, sliced
1 green bell pepper, seeded and cut into strips
2 stalks celery, diced
3/4 cup sliced fresh mushrooms
4 skinless, boneless chicken breast halves
4 medium potatoes, peeled and diced
2 (14 ounce) cans cut green beans, drained
1 (14 ounce) can chicken broth
1 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon cayenne pepper
1 bay leaf

Directions

Heat the oil in a skillet over medium heat. Melt the margarine in the skillet. Stir in the onion, bell pepper, celery, and mushrooms, and cook until tender. Set vegetables aside, and cook the chicken breasts in the skillet 10 minutes on each side, until juices run clear.

Return the cooked vegetables to the skillet. Mix in the potatoes and green beans. Pour in the chicken broth. Season with salt, thyme, cayenne pepper, and bay leaf. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally, until potatoes are tender and most of the liquid has been reduced. Remove the bay leaf before serving.

Ingredients

2 pounds ground beef
1 onion, chopped
2 (16 ounce) cans chili beans
1 (15 ounce) can tomato sauce
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (14.5 ounce) can peeled and
diced tomatoes
11 1/2 fluid ounces tomato juice
1 (4 ounce) can diced green chiles
1 (1.25 ounce) package chili
seasoning mix

Directions

Cook ground beef and onion until done.

In slow cooker or Dutch oven add all ingredients together. Simmer several hours.

Spicy Chunks of Stewed Beef Soup

Ingredients

1 cup dry mixed beans
1 1/2 pounds cubed beef stew meat
5 cups beef broth
1 cup red wine
1 (28 ounce) can whole peeled tomatoes
4 large carrots, cut into 2 inch pieces
3 stalks celery, cut into 2 inch pieces
3 potatoes, peeled and cubed
3 cloves garlic, minced
4 green onions, chopped
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon ground cayenne pepper
1/2 teaspoon crushed red pepper flakes
1 tablespoon dried oregano
1 tablespoon ground dry mustard
1 dash hot sauce

Directions

Rinse and pick through beans and place in a medium saucepan with water to cover by 2 inches. Bring to a boil for 10 minutes, then remove from heat, cover and let soak 2 hours. Drain and rinse.

In a 5 quart slow cooker, combine beans, stew meat, broth, wine, tomatoes, carrots, celery, potatoes, garlic and onions. Season with salt, pepper, cayenne, red pepper flakes, oregano, mustard and hot sauce. Cover and cook on low 10 to 12 hours.

The Ultimate Chili

Ingredients

1 pound lean ground beef
salt and pepper to taste
3 (15 ounce) cans dark red kidney beans
3 (14.5 ounce) cans Mexican-style stewed tomatoes
2 stalks celery, chopped
1 red bell pepper, chopped
1/4 cup red wine vinegar
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried parsley
1 teaspoon dried basil
1 dash Worcestershire sauce
1/2 cup red wine

Directions

In a large skillet over medium-high heat, cook ground beef until evenly browned. Drain off grease, and season to taste with salt and pepper.

In a slow cooker, combine the cooked beef, kidney beans, tomatoes, celery, red bell pepper, and red wine vinegar. Season with chili powder, cumin, parsley, basil and Worcestershire sauce. Stir to distribute ingredients evenly.

Cook on High for 6 hours, or on Low for 8 hours. Pour in the wine during the last 2 hours.

Cheesy Green Beans

Ingredients

10 slices bacon
2 (16 ounce) packages frozen cut green beans
1 cup water
1 pound sliced fresh mushrooms
3/4 cup chopped onion
3/4 teaspoon ground black pepper
1 (16 ounce) jar processed cheese sauce

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. Reserve 1/4 cup of bacon drippings in the skillet.

Place green beans and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and simmer 6 minutes, or until tender but crisp; drain.

Place mushrooms and onion into the skillet with the reserved bacon drippings. Cook and stir over medium-high heat for 10 minutes; drain. Reserving 2 tablespoons for topping, mix the crumbled bacon into the skillet. Stir in the green beans. Season with pepper, and transfer to a 2 quart baking dish.

Melt the cheese sauce in the microwave, and pour over the green bean mixture. Sprinkle with reserved bacon, and serve.

Italian White Bean Chicken

Ingredients

1 clove garlic, sliced
2 skinless, boneless chicken breast halves
2 zucchinis, sliced
1 (15.5 ounce) can white beans, drained
1 roma tomato, chopped
5 fresh basil leaves
ground black pepper to taste

Directions

Prepare a skillet with cooking spray and place over medium heat. Cook the garlic in the skillet until browned. Add the chicken and cook until slightly browned, about 3 minutes per side. Stir the zucchini and white beans into the skillet; cover and cook about 5 minutes. Scatter the tomato over the dish; cover again and cook another 2 minutes. Add the basil leaves and cook 1 minute more. Season with black pepper to serve.

Green Bean and Feta Salad

Ingredients

1 1/2 pounds fresh green beans
1 sweet onion, peeled
2 cloves garlic, chopped
1/2 cup rice wine vinegar
1/2 cup apple cider vinegar
1/3 cup canola oil
1 tablespoon white sugar
3/4 teaspoon salt
ground black pepper to taste
1 dash hot sauce
1 dash Worcestershire sauce
4 ounces feta cheese, crumbled

Directions

Thinly slice the onion and place into a colander over the sink. Add the cleaned green beans to a large pot of boiling water and boil until crisp tender (about 4 minutes). When the beans are done, drain the water into the colander to slightly cook the onions. Immediately rinse all in cold water to stop the cooking process.

For the dressing: In a large bowl, whisk together the garlic, rice wine vinegar, cider vinegar, oil, sugar, salt, pepper, hot sauce and Worcestershire sauce. Add beans, onions and cheese and stir until combined. Place in a nonreactive container and refrigerate for at least 4 hours. Enjoy!

Ranchers Beans

Ingredients

1 pound lean ground beef
1/2 pound spicy pork sausage
1 medium onion, diced
1 tablespoon minced garlic
2 (15 ounce) cans baked beans
1 (15 ounce) can butter beans
1/2 cup ketchup
1/4 cup barbeque sauce
1 1/2 teaspoons Worcestershire
sauce
ground cayenne pepper to taste

Directions

Place the beef and sausage in a skillet over medium heat, and cook until evenly brown; drain grease. Mix in onion and garlic, and cook until tender. Stir in baked beans, butter beans, ketchup, barbeque sauce, Worcestershire sauce, and cayenne pepper. Cover, reduce heat to low, and continue cooking 15 minutes, stirring occasionally.

Old-Fashioned Beef Stew

Ingredients

1 pound lean beef chuck, trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 teaspoons vegetable oil
2 onions, thinly sliced
2 cups fresh sliced mushrooms
2 cloves garlic, minced
2 teaspoons tomato paste
2 cups beef broth
4 cups sliced carrots
2 russet potatoes, sliced into 1/4 inch slices
1 cup chopped fresh green beans
1 tablespoon cornstarch
1 tablespoon cold water
1/4 cup chopped parsley

Directions

Coat beef with flour, shaking off excess. In a large nonstick stock pot, heat oil over medium-high heat, add beef and saute until brown, approximately 6 minutes. Remove beef from stock pot and set aside.

Add onions and mushrooms to stock pot and saute for 6 minutes. Add garlic and saute for 1 minute, continually stirring.

Skim off fat any fat from the stock pot and return cooked beef to pot; stir in tomato paste and broth. Add enough water to just cover ingredients and bring to a boil. Reduce heat to low and simmer until beef is tender, about 1 hour and 15 minutes.

Skim off any foam that has accumulated on the surface of stew and add carrots, potatoes and green beans. Cover partially and simmer for 15 minutes.

In a small mixing bowl, mix cornstarch and cold water. Stir mixture into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

Washabinaros Chili

Ingredients

4 tablespoons vegetable oil,
divided
2 onions, chopped
4 cloves garlic, minced
1 pound ground beef
3/4 pound spicy Italian sausage,
casing removed
1 (14.5 ounce) can peeled and
diced tomatoes with juice
1 (12 fluid ounce) can or bottle
dark beer
1 cup strong brewed coffee
2 (6 ounce) cans tomato paste
1 (14 ounce) can beef broth
1/4 cup chili powder
1 tablespoon ground cumin
1/4 cup brown sugar
1 teaspoon dried oregano
1 teaspoon cayenne pepper
1 teaspoon ground coriander
1 teaspoon salt
1 tablespoon wasabi paste
3 (15 ounce) cans kidney beans
2 Anaheim chile peppers,
chopped
1 serrano pepper, chopped
1 habanero pepper, sliced

Directions

Place 2 tablespoons of oil in a large pot and place the pot over medium heat. Cook and stir the onions, garlic, beef and sausage until meats are browned. Pour in the tomatoes, beer, coffee, tomato paste and broth. Season with chili powder, cumin, sugar, oregano, cayenne, coriander, salt and wasabi. Stir in one can of beans, bring to a boil, then reduce heat, cover and simmer.

In a large skillet over medium heat, heat remaining oil. Cook Anaheim, serrano and habanero peppers in oil until just tender, 5 to 10 minutes. Stir into the pot and simmer 2 hours.

Stir in remaining 2 cans of beans and cook 45 minutes more.

Slow Cooker Homemade Beans

Ingredients

3 cups dry navy beans, soaked overnight or boiled for one hour
1 1/2 cups ketchup
1 1/2 cups water
1/4 cup molasses
1 large onion, chopped
1 tablespoon dry mustard
1 tablespoon salt
6 slices thick cut bacon, cut into 1 inch pieces
1 cup brown sugar

Directions

Drain soaking liquid from beans, and place them in a Slow Cooker.

Stir ketchup, water, molasses, onion, mustard, salt, bacon, and brown sugar into the beans until well mixed.

Cover, and cook on LOW for 8 to 10 hours, stirring occasionally if possible, though not necessary.

Russian Green Bean and Potato Soup

Ingredients

1 tablespoon vegetable oil
1 large onion, halved and thinly sliced
4 red potatoes, cubed
1/2 pound green beans, cut into 1 inch pieces
5 cups vegetable, chicken, or beef broth
2 tablespoons whole-wheat flour
1/2 cup sour cream
3/4 cup sauerkraut with juice
1 tablespoon chopped fresh dill
Salt and pepper to taste

Directions

Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes.

Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes more before serving.

Fiesta Grilled Chicken

Ingredients

Texas Bean Salsa:

1 (15.5 ounce) can black beans, rinsed and drained
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 (15.5 ounce) can whole kernel corn, drained
1 small red onion, chopped
1/2 cup chopped green bell pepper
1 (4.5 ounce) can diced green chilies, drained
2 ripe tomatoes, diced and drained
1 cup Italian-style salad dressing
2 tablespoons chopped fresh cilantro
2 cloves garlic, minced
1/2 teaspoon garlic salt

Chicken:

6 skinless, boneless chicken breast halves
3 limes, juiced
1/3 cup tequila
3 teaspoons paprika
2 teaspoons salt
1 teaspoon pepper
6 Romaine lettuce leaves
6 sprigs cilantro leaves, for garnish (optional)
6 lime wedges, for garnish (optional)

Directions

To make the salsa, mix the black beans, black-eyed peas, corn, red onion, bell pepper, chiles, and tomatoes together in a bowl. Toss vegetables with the Italian dressing, cilantro, garlic, and garlic salt until evenly blended. Cover, and refrigerate 6 hours or overnight.

Preheat a grill for medium-high heat.

About 45 minutes before serving time, place the chicken breasts in a baking dish and drizzle with lime juice and tequila. Sprinkle evenly with paprika, salt, and pepper. Cover the dish, refrigerate, and allow to marinate 10 minutes.

Remove chicken breasts from the marinade, and discard remaining marinade.

Cook the chicken breasts on the preheated grill until the juices run clear and the meat is no longer pink, 10 to 12 minutes.

To serve, place a lettuce leaf on each plate. Top with a chicken breast, and spoon Texas Bean Salsa over each, dividing evenly among servings. If desired, garnish with additional cilantro leaves and lime wedges.

Moroccan Couscous

Ingredients

1 1/4 teaspoons ground cumin
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/8 teaspoon ground cayenne pepper
1/2 teaspoon ground cardamom
1/4 teaspoon ground coriander
1/4 teaspoon ground allspice
1 tablespoon olive oil
1 red onion, cut in half and thinly sliced
1 red, green, or yellow bell pepper, cut into 1" pieces
2 zucchinis, halved lengthwise and cut into 3/4 inch pieces
1/2 cup golden raisins
1 teaspoon kosher salt
grated zest of one orange
1 (14.5 ounce) can low sodium garbanzo beans, rinsed and drained
1 1/2 cups chicken broth
1/2 cup orange juice
1 1/2 cups couscous
3 tablespoons chopped fresh mint

Directions

Place a large, heavy bottomed pot over medium heat. Stir in the cumin, ginger, cloves, cayenne, cardamom, coriander, and allspice; gently toast until fragrant, about 2 to 3 minutes. Stir in oil and onion, cook until softened. Stir in the bell pepper, and zucchini; cook for 5 minutes. Stir in the raisins, salt, zest, and garbanzos.

Pour in the chicken broth and orange juice; turn heat to high and bring to a boil. When the mixture is boiling, stir in the couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork, and fold in chopped mint.

Creamed Chicken over Beans

Ingredients

1/4 cup butter or margarine
1/4 cup all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups water
1/4 cup milk
1 teaspoon chicken bouillon granules
2 cups cubed, cooked chicken
1 (16 ounce) package frozen cut green beans, cooked and drained
Paprika

Directions

In a saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually add water, milk and bouillon. Bring to a boil; boil and stir for 2 minutes. Add the chicken and heat through. Serve over beans. Sprinkle with paprika if desired.

Antojitos Minis

Ingredients

4 (12 inch) flour tortillas
3 ounces shredded white Cheddar cheese
3 ounces shredded Monterey Jack cheese
3 ounces shredded Cheddar cheese
1 tomato, diced
1 cup chopped red bell pepper
1/8 cup chopped green onions
1/3 cup black beans, drained
2 tablespoons hot salsa
1/8 teaspoon chili powder

Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly grease two 12 cup muffin pans.

Cut each tortilla into 6 smaller round pieces. Insert the pieces into the muffin tin cups. Arrange the white Cheddar cheese, Monterey Jack cheese, Cheddar cheese, tomato, red bell pepper, green onions, black beans, hot salsa and chili powder in the cups as desired.

Bake in the preheated oven 5 minutes, or until the cheeses are lightly browned and bubbly.

Chili with Ziti

Ingredients

1 1/2 pounds lean ground beef
1 onion, finely chopped
1 clove garlic, minced
1 (8 ounce) can tomato sauce
2 tablespoons chili powder
1/2 teaspoon dried oregano,
crushed
1/2 teaspoon ground cinnamon
1 (15 ounce) can kidney beans,
drained
1/2 cup water
salt and pepper to taste
16 ounces dry ziti pasta
1 cup shredded Cheddar cheese

Directions

In a medium pot over medium heat, brown the ground beef, onion and garlic until the meat is no longer pink; drain fat.

Pour in tomato sauce, chili powder, oregano and cinnamon; mix thoroughly. Pour in kidney beans and water; stir well. Salt and pepper to taste. Simmer on low for 30 minutes.

Bring a medium pot of lightly salted water to a boil. Pour in the ziti pasta and cook for 8 to 10 minutes or until al dente; drain.

Serve the chili over the ziti and top with cheddar cheese.

Crisscross Salad

Ingredients

1 pound fresh broccoli, chopped
1 (16 ounce) can kidney beans,
rinsed and drained
2 large tomatoes, chopped
1 medium red onion, chopped
1 cup shredded Cheddar cheese
1 (16 ounce) bottle Italian salad
dressing

Directions

In a large bowl, combine the first five ingredients. Drizzle with dressing; toss to coat. Serve immediately or refrigerate for 4 hours or overnight, stirring occasionally. Serve with a slotted spoon.

Red Kidney Beans (Rajma)

Ingredients

3 tablespoons canola oil
5 whole cloves
10 black peppercorns
1 (1 inch) piece cinnamon stick
1 bay leaf
1 whole cardamom pod (optional)
2 onion, chopped
6 roma (plum) tomatoes, chopped
4 cloves garlic, minced
2 tablespoons minced fresh ginger root
1 teaspoon powdered red pepper or dried Cajun pepper (optional)
1 (15 ounce) can kidney beans, drained
salt to taste
water
6 sprigs cilantro, minced

Directions

Heat oil in a large saucepan over a medium heat. Stir in the cloves, whole black peppercorn, cinnamon, cardamom and bay leaf. Cover the pan as the pepper tends to splutter right out of the pan and can cause burns! Let heat for 1 minute.

Reduce the heat to medium-low and add the sliced onions. Saute until the onions are soft and almost translucent. Mix in the tomatoes and saute well. (For a great taste, saute until almost dry.)

Raise the stovetop's temperature to a medium heat. Add the garlic and ginger and saute for 2 to 3 minutes. Mix in the chili powder, red kidney beans and salt; mix well. Slowly add water a small amount at a time. You are adding water to create a gravy, only add water until the gravy has reached the consistency that you would like. For a smoother gravy, cool and blend the sauteed mixture before adding the red kidney beans. Garnish with cilantro.

Taco Stuffed Shells

Ingredients

16 jumbo pasta shells
1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 cup water
1 (16 ounce) can refried beans
3/4 cup shredded Cheddar cheese
1 (16 ounce) jar salsa, divided
1/4 cup sliced green onion
1/4 cup shredded Cheddar cheese
1/2 cup sour cream (optional)

Directions

Bring a large pot of water to a boil over high heat. Stir in the shell pasta, and return to a boil. Cook the pasta uncovered, until just slightly firm to the bite, about 13 minutes. Drain well.

Brown the ground beef in a large skillet; drain fat. Stir in the taco seasoning and water; cook over low heat until thickened, about 5 minutes. Stir the refried beans and 3/4 cup Cheddar cheese into the taco meat. Spoon meat mixture into prepared pasta shells.

Spoon 1/4 cup salsa over the bottom of a 9x13 inch baking dish. Arrange filled shells over salsa. Spoon remaining salsa over shells.

Bake in preheated oven for 40 minutes. Remove from oven; sprinkle with sliced green onion and 1/4 cup shredded Cheddar cheese. Serve with sour cream.

Easy Chicken Enchiladas

Ingredients

1 (8 ounce) package cream cheese
1 cup salsa
2 cups chopped cooked chicken breast meat
1 (15.5 ounce) can pinto beans, drained
6 (6 inch) flour tortillas
2 cups shredded Colby-Jack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a small saucepan over medium heat, combine the cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and pinto beans. Fill tortillas with the mixture, roll and place into the prepared baking dish. Spread cheese over the top. Cover with aluminum foil.

Bake for 30 minutes, or until heated through. Garnish with your favorite toppings such as lettuce and tomatoes, or sour cream.

Moroccan Lentil Salad

Ingredients

1/2 cup dry lentils
1 1/2 cups water
1/2 (15 ounce) can garbanzo beans, drained
2 tomatoes, chopped
4 green onions, chopped
2 minced hot green chile peppers
1 green bell pepper, chopped
1/2 yellow bell pepper, chopped
1 red bell pepper, chopped
1 lime, juiced
2 tablespoons olive oil
1/4 cup chopped fresh cilantro
salt to taste

Directions

Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.

In a medium size mixing bowl combine lentils, chickpeas, tomatoes, green onions, green chilies, bell peppers, lime juice, olive oil, cilantro, and salt to taste. Toss well. Chill for 20 minutes. Serve chilled.

Tater Tot Casserole III

Ingredients

1/2 pound ground beef
1 (10.75 ounce) can condensed cream of mushroom soup
10 3/4 fluid ounces skim milk
1 teaspoon garlic salt
1 (14.5 ounce) can French style green beans
1/2 (32 ounce) package tater tots

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over high heat, brown the ground beef and drain fat. Stir in condensed cream of mushroom soup, skim milk, garlic salt and green beans. Pour the mixture into a medium-sized casserole dish and layer with the tater tots.

Bake in preheated oven for about 30 minutes, or until tater tots are browned and crispy.

Green Salad with Posole and Creamy Cilantro-

Ingredients

For the Creamy Cilantro-Lime Vinaigrette dressing:

1 (15 ounce) can cannellini beans, drained and rinsed
1/4 cup canned, diced green chilies
1/4 cup fresh lime juice
1/4 cup hot water
1/4 cup chopped cilantro
1 tablespoon olive oil
1 teaspoon hot-pepper sauce
1 clove garlic, halved
Kosher salt, to taste

For the salad:

1 (9 ounce) bag romaine lettuce mix
1 small head radicchio, cored and broken in bite-size pieces
36 grape tomatoes, halved
1 (15 ounce) can posole (whole hominy), drained and rinsed
1 cup shredded carrot
3 scallions (green onions), trimmed and sliced
1/3 cup canned, sliced ripe olives

Directions

To make the dressing, puree all of the dressing ingredients in a blender or food processor until smooth.

Toss the romaine, radicchio, tomatoes, posole, carrot, scallions, and olives in a large salad bowl. Toss with the dressing and serve.

Ultimate Green Beans

Ingredients

2 slices bacon, diced
1/2 white onion, minced
1 pound fresh green beans,
trimmed
1/2 teaspoon red pepper flakes
1/2 cup boiling water
1 tablespoon butter
1 teaspoon lemon juice
salt and pepper to taste

Directions

Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes. Remove the bacon with a slotted spoon and drain on a paper towel-lined plate; return the skillet with the reserved bacon grease to the stove.

Cook the onion in the bacon drippings until soft, 5 to 7 minutes. Stir in the green beans and red pepper flakes; cook another 2 minutes. Pour the boiling water into the skillet and cover the skillet immediately; steam for about 15 minutes, shaking the skillet occasionally to keep the beans from sticking to the bottom. Add the butter, lemon juice, salt, and pepper; cook and stir until the butter is melted, 3 to 5 minutes. Sprinkle the cooked bacon over the beans to serve.

Thai-Inspired Confetti Salad

Ingredients

1 Roma tomato, chopped
1 1/2 cups fresh green beans, cut into 1/2 inch pieces
1 cucumber, cut into 1/2 inch cubes
1 1/2 cups cubed papaya
2 cloves cloves garlic, minced
1 fresh Thai or Serrano chile, finely minced
1 lemon, juiced
2 limes, juiced
2 tablespoons fish sauce
1 tablespoon white sugar
1/2 cup roasted peanuts, chopped
1/4 cup cilantro leaves, chopped

Directions

Combine tomato, beans, cucumber, and papaya in a large bowl. Toss with garlic and chile pepper.

Stir together lemon juice, lime juice, fish sauce, and sugar in a small bowl. Pour over papaya mixture and toss. Sprinkle peanuts and cilantro on top and serve.

Chicken Soup With Black Beans and Corn

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans black beans,
drained
1 (10 ounce) package frozen corn
1 (14.5 ounce) can diced tomatoes
1 jalapeno pepper, stemmed,
seeded and minced
2 tablespoons ground cumin
2 teaspoons chili powder
1/2 cup chopped fresh cilantro
Salt and freshly ground black
pepper
tortilla chips
grated Monterey Jack cheese
fresh lime wedges

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans black beans, drained; 1 10-ounce package frozen corn; 1 14.5-ounce can diced tomatoes; 1 jalapeno pepper, stemmed, seeded and minced; 2 Tbs. ground cumin; 2 tsps. chili powder.

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with tortilla chips, grated Monterey Jack cheese and fresh lime wedges.

Yankee Beans

Ingredients

1 pound dried great Northern beans, soaked overnight
1 teaspoon canola oil
1 large onion, chopped
1/2 pound bacon, diced
3 cloves garlic, minced
1 teaspoon dried thyme
1 pinch red pepper flakes
1/4 cup pure maple syrup
1/4 cup tomato puree
2 tablespoons Worcestershire sauce
1 tablespoon mustard powder
1 ham bone with some meat
3 cups boiling water, or as needed
1 bay leaf
1 1/2 tablespoons apple cider vinegar
1 dash hot pepper sauce, or to taste
salt and pepper to taste

Directions

Heat oil in a large skillet over medium-high heat. Add onions and bacon, and cook until onions are tender and golden, about 5 minutes. Add garlic, thyme and red pepper flakes to the skillet, and cook for a minute to blend flavors.

Place the soaked beans in a 3 1/2 quart or larger slow cooker. Stir in the onion and bacon mixture, maple syrup, tomato puree, Worcestershire sauce, and mustard powder. Bury the ham bone in the beans, and fill the slow cooker with enough hot water to cover the beans. Add bay leaves to the top.

Cover and cook for 5 hours on High, or 10 to 11 hours on Low. Remove bay leaves, and season with vinegar, hot sauce, salt and pepper before serving.

Grilled Sausage Burrito

Ingredients

6 (4 ounce) links chorizo sausage
1 (15 ounce) can black beans
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1/2 head iceberg lettuce,
shredded
3/4 cup chunky salsa
2 cups sour cream
2 cups guacamole
6 (12 inch) flour tortillas

Directions

Preheat grill and lightly oil grate.

Place whole bell peppers on the grill. Cook, turning occasionally until evenly charred. Place into a plastic bag and allow to cool. Place sausages on the grill. Brown on all sides, then move over to indirect heat and allow them to cook through, about 10 minutes.

Heat black beans in a small saucepan over medium heat until heated through. Remove from heat and drain off liquid. When peppers are cool enough to touch, peel off skin, remove seeds and stem, and chop. Transfer peppers and beans to a medium bowl, and stir in salsa. Set aside.

When sausages are done, slice into 1/2 inch rounds, and stir into the pepper mixture. Place tortillas on the grill to warm, about 20 seconds. Spoon the sausage filling onto each tortilla, and sprinkle lettuce on top. Layer with sour cream and guacamole as desired.

Artichokes and Green Beans

Ingredients

1 1/4 pounds fresh green beans, trimmed
1/2 cup soft bread crumbs
2 tablespoons olive oil, divided
2/3 cup finely chopped onion
1 garlic clove, minced
1 (14 ounce) can water-packed artichoke hearts, rinsed, drained and quartered
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup shredded Parmesan cheese

Directions

Place beans in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Remove from the heat and set aside.

In a nonstick skillet, toast bread crumbs over medium heat in 1 tablespoon oil; set aside. In the same skillet, saute onion and garlic in remaining oil until tender. Add the artichokes, salt, pepper and reserved beans. Cook and stir over low heat until heated through. Before serving, sprinkle with cheese and toasted bread crumbs.

Taco Soup V

Ingredients

3/4 pound lean ground beef
1 teaspoon vegetable oil
2 (15 ounce) cans pinto beans
2 (15 ounce) cans kidney beans
2 (14.5 ounce) cans diced tomatoes
6 ounces tomato sauce
1 onion, finely diced
1 green bell pepper, chopped
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

In a medium sized stock pot, brown ground beef in oil. Add undrained pinto beans, undrained kidney beans, diced tomatoes, tomato sauce, onion, green bell pepper, taco seasoning mix and ranch salad dressing mix. Bring to a boil and then simmer for 10 to 15 minutes, or until heated through.

Savory Kale, Cannellini Bean, and Potato Soup

Ingredients

2 tablespoons extra-virgin olive oil
1 onion, diced
3/4 cup diced carrot
4 cloves garlic, minced
3 cups low-sodium chicken broth
2 cups water
1 cup white wine
3 potatoes, halved and sliced
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh sage
1/2 teaspoon chopped fresh thyme
1 (16 ounce) can cannellini beans, rinsed and drained
2 cups finely chopped kale leaves
1 small red chile pepper, seeded and chopped fine
ground black pepper to taste

Directions

Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and garlic, and cook for 5 minutes more.

Pour in the chicken broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Add the cannellini beans, kale, chile pepper, and black pepper, and simmer, covered, for 30 more minutes.

Taco Pies

Ingredients

2 (9 inch) deep dish frozen pie crusts, thawed
1 pound ground beef
1 (16 ounce) can refried beans
1 onion, chopped
1 cup crushed tortilla chips
1 cup shredded Cheddar cheese
2 cups shredded lettuce
1 large tomato, diced
sour cream
black olives

Directions

Preheat oven to 350 degrees F (175 degrees C). Bake pie crusts following package directions, but cutting the bake time in half.

In a large, heavy skillet over medium-high heat, cook the ground beef until evenly brown; drain excess fat.

Place half the refried beans in each pie shell, smearing over the bottom and the sides of the partially baked shells. Spread a layer of ground meat over the beans, and top with the onion, crushed tortilla chips, and cheese.

Bake 15 to 20 minutes, or until the crust is golden brown, and the cheese is bubbly. Top with lettuce, tomato, sour cream, and black olives.

Maple and Ginger Baked Beans

Ingredients

1 1/2 pounds dry great Northern beans
1 large onion, cut into wedges
4 ounces salt pork, diced
3/4 cup real maple syrup
1/4 cup molasses
1/4 cup brown sugar
1 teaspoon ground ginger
1 teaspoon mustard powder
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 cups boiling water

Directions

Soak the dried beans in a large pot of water overnight, then drain. Refill the pot with water, and bring to a boil. Simmer until beans are tender, about 1 hour.

While the beans are cooking, mix together the maple syrup, molasses, brown sugar, ginger, mustard powder, salt, pepper and water. Set aside.

Place onion wedges into the bottom of a 3 quart or larger slow cooker. Place salt pork cubes over the onion. Drain the beans, and transfer to the slow cooker. Pour the maple syrup mixture over the beans. If there is not enough liquid to cover the beans, add a little more hot water.

Cover, and cook on the Low setting for 10 to 12 hours, or cook on High for 5 to 6 hours. If cooking the beans on High, you will want to check occasionally in case they need a little bit more water. If the beans are too juicy for your liking, leave the lid off for the last 30 minutes to steam off some of the liquid.

Black Bean And Corn Salad II

Ingredients

1/3 cup fresh lime juice
1/2 cup olive oil
1 clove garlic, minced
1 teaspoon salt
1/8 teaspoon ground cayenne pepper
2 (15 ounce) cans black beans, rinsed and drained
1 1/2 cups frozen corn kernels
1 avocado - peeled, pitted and diced
1 red bell pepper, chopped
2 tomatoes, chopped
6 green onions, thinly sliced
1/2 cup chopped fresh cilantro (optional)

Directions

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

White Beans and Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/2 red bell pepper
1/2 onion, chopped
3 tablespoons chopped fresh cilantro
2 tablespoons capers
1/4 cup pickle relish
1/2 cup mayonnaise
1/2 cup Dijon-style mustard
1 teaspoon garlic powder
1/2 (15 ounce) can white beans, drained
2 tablespoons chopped fresh parsley, for garnish

Directions

In a food processor, blend the tuna, red bell pepper, onion, cilantro, capers, relish, mayonnaise, mustard, and garlic powder until smooth. Transfer to a bowl, and mix in the white beans. Garnish with parsley to serve.

White Bean Dip with Pine Nuts

Ingredients

2 tablespoons pine nuts
2 teaspoons chopped fresh basil
1 teaspoon chopped fresh oregano
1 cup cooked Great Northern beans
2 cloves garlic, cut in half
1 teaspoon lime juice
1 roma (plum) tomato, roughly chopped
sea salt to taste
black pepper to taste
1 tablespoon olive oil

Directions

Place the pine nuts, basil, and oregano into a food processor. Cover, and pulse 2 or 3 times to finely grind the nuts. Add beans and garlic; process until smooth, about 30 seconds to 1 minute. Pour in the lime juice, tomato, salt and pepper, and pulse 2 to 3 times until mixture is smooth and spreadable. With the food processor running, drizzle the oil into the dip. If mixture becomes too thick, add a tablespoon of water at a time until the dip is the right consistency.

Refrigerate at least 2 hours or overnight to blend the flavors before serving.

Summer Vegetarian Chili

Ingredients

2 tablespoons extra-virgin olive oil
1 cup chopped red onion
5 large cloves garlic, crushed or minced
2 tablespoons chili powder, or more to taste
2 teaspoons ground cumin
2 cups juicy chopped fresh tomatoes
1 (15 ounce) can no-salt-added black beans, drained
1 cup water (or red wine)
1 cup chopped bell pepper (any color)
1 cup chopped zucchini
1 cup corn kernels
1 cup chopped white or portobello mushrooms
1 cup chopped fresh cilantro, packed
1/8 teaspoon cayenne pepper, or more to taste
Salt and freshly ground black pepper, to taste

Directions

Heat oil in medium pot. Add onion, garlic, chili powder and cumin. Saute over medium heat until onion is soft, about 5 minutes. Add remaining ingredients (except garnishes) and stir. Bring to a boil, then lower heat and simmer 20 minutes or until vegetables are soft. Add more liquid if needed.

Serve alone or over rice (preferably brown). Garnish if desired with any of the following: reduced-fat cheddar cheese, onion, fat-free sour cream, guacamole, fresh cilantro.

Three Bean Potluck Casserole

Ingredients

- 1/2 pound bacon
- 1 pound ground beef
- 1 onion, chopped
- 1/2 cup ketchup
- 3/4 cup brown sugar
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- 1 (16 ounce) can baked beans
- 1 (15.25 ounce) can kidney beans
- 1 (15 ounce) can butter beans

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, break into medium pieces and set aside. In same skillet, brown beef and onion. Drain fat.

Preheat oven to 350 degrees F (175 degrees C).

Place bacon/beef mixture in a large bowl and stir in the ketchup, sugar, vinegar, mustard, baked beans, kidney beans (with liquid) and butter beans (with liquid). Mix well.

Spoon casserole mixture into a 9x13 inch baking dish and bake in the preheated oven for 1 hour, uncovered.

The Best Taco Dip

Ingredients

1 pound ground beef
1 (16 ounce) can refried beans
1/2 cup hot taco sauce
1 tablespoon chili powder
1 teaspoon ground cumin
1 (16 ounce) container sour cream
3/4 cup chopped onion
3/4 cup chopped tomatoes
3/4 cup black olives, chopped
3/4 cup sliced jalapeno peppers

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, brown beef. Drain well. Stir in beans, taco sauce, chili powder and cumin. Heat until warm.

Spread the meat and bean mixture into a 9x13-inch casserole. Spread sour cream over the beef and bean mixture, then sprinkle onions, tomatoes, olives and peppers. Top with cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve warm.

Spicy Roasted Red Pepper and Feta Hummus

Ingredients

1 (15 ounce) can garbanzo beans, drained
1/2 cup crumbled feta cheese
1 (4 ounce) jar roasted red bell peppers, drained
3 tablespoons lemon juice
1 tablespoon chopped fresh parsley
1/2 teaspoon cayenne pepper
1/4 teaspoon salt

Directions

Place the garbanzo beans, feta cheese, drained red peppers, lemon juice, parsley, cayenne pepper, and salt in the bowl of a food processor; blend until smooth.

Green Beans with Almonds

Ingredients

1 (16 ounce) package frozen
French-style green beans
1/2 cup slivered almonds
1/4 cup butter or margarine
2 teaspoons lemon juice
1/4 teaspoon salt

Directions

Place the beans in a saucepan and cover with water; cook until crisp-tender. Meanwhile, in a skillet over low heat, toast almonds in butter. Remove from the heat; stir in lemon juice and salt. Drain beans. Add almond mixture and toss to coat.

Grilled Sausage with Potatoes and Green Beans

Ingredients

3/4 pound fresh green beans,
trimmed and halved
1/2 pound red potatoes, quartered
1 large onion, sliced
1 pound smoked sausage, cut into
1 inch pieces
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon vegetable oil
1 teaspoon butter
1/3 cup water

Directions

Preheat an outdoor grill for high heat.

On a large sheet of foil, place the green beans, red potatoes, onion, and sausage. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.

Place foil packet on the prepared grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

Moroccan Lentil Soup

Ingredients

2 onions, chopped
2 cloves garlic, minced
1 teaspoon grated fresh ginger
6 cups water
1 cup red lentils
1 (15 ounce) can garbanzo beans, drained
1 (19 ounce) can cannellini beans
1 (14.5 ounce) can diced tomatoes
1/2 cup diced carrots
1/2 cup chopped celery
1 teaspoon garam masala
1 1/2 teaspoons ground cardamom
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin
1 tablespoon olive oil

Directions

In large pot saute; the onions, garlic, and ginger in a little olive oil for about 5 minutes.

Add the water, lentils, chick peas, white kidney beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin. Bring to a boil for a few minutes then simmer for 1 to 1 1/2 hours or longer, until the lentils are soft.

Puree half the soup in a food processor or blender. Return the pureed soup to the pot, stir and enjoy!

Avocado Steak

Ingredients

2 cups water
1 cup uncooked long-grain white rice
1 (16 ounce) can refried beans
salt to taste
garlic powder to taste
1 tablespoon olive oil
2 small onions, chopped
4 beef steaks
2 avocados - peeled, pitted and sliced

Directions

Preheat an outdoor grill for high heat, and lightly oil grate.

In a medium saucepan, bring water to a boil. Stir in rice, reduce heat, cover, and simmer for 20 minutes.

Place refried beans in a medium saucepan over medium heat, and season with salt and garlic powder. Cook, stirring occasionally, until heated through.

Heat oil in a medium skillet over medium heat. Saute onions until browned and tender.

On the prepared grill, cook steaks 7 to 10 minutes, to an internal temperature of 145 degrees F (65 degrees C).

Spread steaks with refried beans, and top with onions and avocado slices. Serve over rice.

Western Broccoli

Ingredients

4 cups fresh broccoli florets
1 medium tomato, chopped
1 (16 ounce) can kidney beans,
rinsed and drained
3/4 cup chopped sweet onion
1 cup shredded reduced-fat
Cheddar cheese
1/4 teaspoon salt
3/4 cup fat-free ranch salad
dressing

Directions

Place 1 in. of water and broccoli in a skillet; bring to a boil. Boil for 1 minute. Cover and remove from the heat; let stand for 3-4 minutes or until crisp-tender. Drain and pat dry. In a serving bowl, toss the broccoli, tomato, beans, onion, cheese and salt. Drizzle with dressing; toss to coat. Cover and refrigerate until serving.

Cola Beans

Ingredients

4 (28 ounce) cans baked beans,
drained
1/2 pound bacon
1 cup brown sugar
1 (12 fluid ounce) can cola-
flavored carbonated beverage

Directions

In a slow cooker, alternately layer the baked beans, bacon, and brown sugar. Pour in some of the cola with each layer, until all has been used.

Cover, and cook 8 to 10 hours on Low or 4 to 6 hours on High.

Mixed Vegetable Pulao

Ingredients

- 1/4 cup cooking oil
- 6 whole cloves
- 2 bay leaves
- 2 cinnamon sticks
- 2 black cardamom pods
- 1 teaspoon cumin seeds
- 1 onion, sliced thin
- 1 tablespoon ginger-garlic paste
- 3 carrots, peeled and cut into long strips
- 2 potatoes, peeled and cubed
- 1/3 pound fresh green beans, cut into long strips
- 1 cup frozen green peas
- 4 cups basmati rice, rinsed
- salt to taste
- 6 1/2 cups water

Directions

Heat the oil in a large skillet; fry the cloves, bay leaves, cinnamon sticks, cardamom pods, and cumin seeds in the hot oil until fragrant, 2 to 3 minutes. Stir the onion and ginger-garlic paste into the spice mixture and continue cooking until the onions are golden brown, 5 to 7 minutes. Add the carrots, potatoes, green beans, peas, and rice; cook and stir for 2 minutes. Pour the water over the mixture and season with salt; gently mix to incorporate.

Bring the mixture to a full boil; cover and reduce heat to low. Cook on low until the rice is tender, about 20 minutes. Remove the cover and cook another 15 minutes. Stir gently before serving.

Black Bean Salsa

Ingredients

3 (15 ounce) cans black beans, drained and rinsed
1 (11 ounce) can Mexican-style corn, drained
2 (10 ounce) cans diced tomatoes with green chile peppers, partially drained
2 tomatoes, diced
2 bunches green onions, chopped
cilantro leaves, for garnish

Directions

In a large bowl, mix together black beans, Mexican-style corn, diced tomatoes with green chile peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.

Zesty Rice 'N' Bean Casserole

Ingredients

2 medium green peppers,
chopped
1 1/2 cups sliced fresh
mushrooms
1 medium onion, chopped
2 garlic cloves, minced
1/2 cup water
1 teaspoon canola oil
1 (28 ounce) can diced tomatoes,
undrained
1 (16 ounce) can kidney beans,
rinsed and drained
3/4 cup uncooked long grain rice
2 teaspoons ground cumin
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
1 cup shredded part-skim
mozzarella cheese, divided

Directions

In a large nonstick skillet, saute the green peppers, mushrooms, onion and garlic in water and oil until onion is tender. Add the tomatoes, beans, rice and seasonings. bring to a boil. Reduce heat; cover and simmer for 25 minutes or until rice is tender and most of the liquid is absorbed. Remove from the heat; stir in 1/2 cup cheese.

Transfer to a 2-1/2-qt. baking dish coated with nonstick cooking spray. Sprinkle with remaining cheese. bake, uncovered, at 350 degrees F for 15-20 minutes or until cheese is melted.

Black and White Pizza

Ingredients

1 (12 inch) pre-baked pizza crust
1 tablespoon extra virgin olive oil
1 cup prepared Alfredo sauce
1/2 clove garlic, minced
1 (6 ounce) package frozen ready to eat chicken breast strips, thawed
1/2 cup canned black beans, drained
1 (6 ounce) package shredded mozzarella cheese
1 (4 ounce) can sliced jalapeno peppers
1 teaspoon dried parsley

Directions

Preheat the oven to 450 degrees F (230 degrees C).

Heat olive oil in a skillet over medium-low heat. Add garlic, and cook just until fragrant. Add chicken strips, and cook until heated through.

Spread Alfredo sauce over the pizza crust, and sprinkle on some of the shredded cheese. Arrange chicken strips and garlic over the cheese, and put on as many black beans as you like. Place jalapeno slices on top, then cover with remaining cheese. Garnish with a sprinkle of dried parsley flakes.

Place pizza directly on the oven rack. Bake for 15 minutes in the preheated oven, or until crust is crispy and cheese is melted.

Cuban Grilled Chicken Salad

Ingredients

3 cups chopped romaine lettuce
1 small red onion, diced
1 (6 ounce) avocado, diced
1/2 cup red or yellow bell pepper, diced
3/4 cup canned black beans, drained
3/4 cup diced fresh or canned pineapple
2 cups cooked chicken meat, chopped
2 tablespoons olive oil
2 teaspoons minced garlic
salt and pepper to taste
4 teaspoons fresh lime juice

Directions

Toss the romaine with the onion, avocado, and peppers in a large bowl. Divide among four salad plates. Top each salad with a mound of black beans, some pineapple chunks, and the chopped chicken meat.

Whisk together the olive oil with the garlic, salt, and pepper. Drizzle this dressing over each salad along with a little lime juice.

Tasty CheddarWurst® and Beans

Ingredients

1 (14 ounce) package Hillshire Farm® Cheddarwurst®
1 tablespoon vegetable oil
1 green pepper, seeded and chopped
1/2 cup chopped onion
1 (16 ounce) can baked beans
1/2 cup brown sugar
1/2 cup ketchup
1 tablespoon prepared yellow mustard

Directions

Cut each sausage into 3 sections; set aside. Heat oil in a large skillet over medium-high heat until hot. Add green pepper and onion; cook, stirring frequently for 3-4 minutes or until tender.

Stir in beans, brown sugar, ketchup, mustard and sausage. Bring to a boil, cover and reduce heat to medium. Cook 10-12 minutes or until sausages are hot.

Mexican Chocolate Chili

Ingredients

1 pound ground round
1 cup chopped onion
1 cup hot water
2 (14.5 ounce) cans diced tomatoes with garlic, undrained
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can whole kernel corn, drained
1/3 cup semisweet chocolate chips
2 teaspoons chili powder
1 tablespoon ground cumin
1/2 teaspoon dried oregano
1 teaspoon salt

Directions

Combine ground round and onion in a large saucepan over medium-high heat. Cook, stirring, until beef is browned, about 5 minutes.

Transfer cooked beef and onions to slow cooker. Stir in water, tomatoes, kidney beans, black beans, corn, chocolate chips, chili powder, cumin, oregano, and salt. Cook on High until chili begins to bubble, about 20 minutes. Reduce heat to Low, and cook until thick, about 2 hours.

Sun-Dried Tomato Hummus

Ingredients

- 4 cloves garlic
- 1 teaspoon salt
- 3 tablespoons tahini paste
- 1/4 cup fresh lemon juice
- 2 (15.5 ounce) cans garbanzo beans, drained
- 1/2 cup olive oil
- 1/2 cup oil-packed sun-dried tomatoes, drained
- 1/4 cup finely shredded fresh basil
- 2 tablespoons olive oil
- 1/8 teaspoon paprika (optional)

Directions

Place garlic, salt, tahini, and lemon juice into a food processor; process until smooth. Pour in the garbanzo beans and 1/2 cup olive oil; process until smooth again, scraping the sides of the bowl occasionally. Once smooth, add the sun-dried tomatoes, and pulse until they have been chopped to very small pieces and are incorporated into the hummus. Finally, add the basil, and pulse a few times until mixed in.

Spread the hummus into a shallow serving dish, and make a few decorative grooves on top. Refrigerate at least 1 hour, then drizzle with 2 tablespoons olive oil and sprinkle with paprika before serving.

White Bean with Fennel Soup

Ingredients

4 cups Swanson® Vegetable Broth (Regular or Certified Organic)
1/8 teaspoon ground black pepper
1 small bulb fennel, trimmed and sliced
1 medium onion, chopped
2 cloves garlic, minced
1 (10 ounce) package frozen leaf spinach, thawed
1 (14.5 ounce) can diced tomatoes, undrained
1 (16 ounce) can white kidney beans (cannellini), undrained

Directions

Stir the broth, black pepper, fennel, onion and garlic in a 5 1/2- to 6-quart slow cooker.

Cover and cook on LOW for 6 to 7 hours.

Add the spinach, tomatoes and beans. Turn the heat to HIGH. Cover and cook for 1 hour or until the vegetables are tender.

Ginger Chicken

Ingredients

2 cloves garlic
1 carrot, chopped
1/2 cup white wine
2 slices fresh ginger root
1 1/2 cups olive oil
1/4 cup olive oil
3 pounds skinless, boneless
chicken breast halves
8 small red potatoes
6 carrots, cut into 2 inch pieces
1 teaspoon ground black pepper
salt to taste
1 onion, chopped
1 cup fresh green beans, washed
and trimmed (optional)

Directions

Process garlic, chopped carrot, white wine, ginger, and 1 1/2 cups olive oil in food processor. Reserve.

Heat 1/4 cup oil in a Dutch oven pan. Brown chicken, then reduce heat to low, cover and simmer for approximately 20 to 30 minutes (depending upon size of chicken pieces).

Add potatoes, carrot chunks, onions, and ginger vermouth sauce. Cover, and cook until vegetables are done but not mushy. If you use fresh string beans, add only during last 5 to 6 minutes of cooking. Season to taste with salt and black pepper.

Chayote and Sausage Stew

Ingredients

- 2 Italian sausage links
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 chayote squashes, seeded and chopped
- 2 jalapeno peppers, seeded and diced
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup frozen corn
- 1/2 teaspoon ground thyme
- 1 teaspoon chili powder
- salt and pepper to taste

Directions

Place a large saucepan over medium-high heat; cook the sausage in the skillet until browned; remove the sausage to a plate lined with paper towels. Add the olive oil, onion, and garlic to the skillet; cook and stir until the onions are translucent, 3 to 5 minutes. Return the sausage to the pan along with the chayote squash and jalapeno peppers; cook and stir until the squash begins to soften, 10 to 15 minutes. Stir in the tomatoes, black beans, corn, thyme, and chili powder; season with salt and pepper. Cook until completely heated through, about 10 minutes more.

Beefy Beef Chili

Ingredients

2 pounds ground beef
1 large onion, chopped
2 (16 ounce) cans chili beans,
drained
1 (64 fluid ounce) bottle tomato
juice
1 (40 ounce) can prepared beef
stew
1 tablespoon chili powder, or to
taste
salt and pepper to taste

Directions

In a 6 quart stock pot over medium-high heat, brown the ground beef with the onion until no longer pink. Drain grease from the pan, and stir in the chili beans, tomato juice, and beef stew. Season with chili powder, salt, and pepper to taste. Cook over medium heat until simmering. Serve hot.

Kidney Bean and Chickpea Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can chickpeas
(garbanzo beans), drained and
rinsed
1 cup chopped tomatoes
1/2 cup julienned green pepper
1/4 cup thinly sliced onion
1/2 cup reduced-fat ranch salad
dressing

Directions

In a large bowl, combine the beans, chickpeas, tomatoes, green pepper and onion. Cover and refrigerate. Toss with dressing just before serving.

Ribollita (Reboiled Italian Cabbage Soup)

Ingredients

2 cups dry cannellini beans
4 cups water
3 (32 ounce) cartons chicken broth
5 cloves garlic, minced
4 sage leaves
2 bay leaves
1 teaspoon salt
1/2 cup olive oil
2 onions, diced
3 carrots, peeled and sliced
3 large stalks celery, chopped
2 potatoes, peeled and cut into chunks
1 1/2 cups cabbage, coarsely chopped
1 bunch Swiss chard, trimmed and chopped
1 bunch kale, trimmed and chopped
1 (14.5 ounce) can diced tomatoes
12 (1/2-inch-thick) slices French bread, lightly toasted
salt and freshly ground black pepper to taste
1 1/2 cups grated Parmesan cheese for topping
1/2 cup olive oil

Directions

Sort and rinse the beans before placing them in a large pot with the water. Bring to a boil over medium-high heat and cook 5 minutes. Turn off heat, cover, and let stand 1 1/2 hours. Drain.

Place the beans, chicken broth, garlic, sage leaves, bay leaves, and salt in a large pot. Bring to a boil over medium-high heat. Reduce heat to low and simmer until beans are tender, about 2 hours. Cool. Remove 1 cup of beans. Discard the bay leaves and sage leaves. Blend the remaining bean mixture with a hand mixer until smooth. Set aside.

Heat the olive oil in a large pot over medium-high heat. Add the onions; cook and stir until transparent, about 10 minutes. Combine the carrots, celery, potatoes, cabbage, Swiss chard, and kale with the onions. Stir in the tomatoes. Season with salt and pepper to taste. Cover, and cook until greens have wilted, stirring at least once, about 20 minutes. Stir in the pureed bean mixture, and cook 40 minutes until the mixture thickens. Stir in the reserved beans. Adjust seasonings to taste. Add the toasted bread slices; cook until bread is soaked, about 10 minutes longer. Cool, and refrigerate overnight.

Reheat the soup over low heat until heated through, about 20 minutes. Serve each serving garnished with 2 tablespoons Parmesan cheese and a drizzle of olive oil.

White Turkey Chili

Ingredients

2 cups cubed cooked turkey breast
2 (15 ounce) cans cannellini (white kidney) beans, rinsed and drained
1 (10.75 ounce) can reduced-fat, reduced-sodium cream of chicken soup, undiluted
1 1/3 cups fat-free milk
1 (4 ounce) can chopped green chilies, drained
1 tablespoon dried minced onion
1 tablespoon minced fresh cilantro
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon dried oregano
6 tablespoons fat free sour cream

Directions

In a large saucepan, combine the first 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until heated through. Garnish with sour cream.

Black Bean Avocado Salad

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 (11 ounce) can Mexicorn,
drained
1 1/3 cups chopped peeled
avocado
1 cup chopped seeded cucumber
1 cup chopped seeded tomatoes
1/2 cup thinly sliced green onions
1 small jalapeno pepper, seeded
and chopped
1 teaspoon lime juice
DRESSING:
2 tablespoons cider vinegar
1 tablespoon olive oil
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, combine the first eight ingredients. In a small bowl, whisk the dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour before serving.

Vegetarian Chili

Ingredients

2 (15 ounce) cans pinto beans,
drained and rinsed
1 (28 ounce) can crushed
tomatoes
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can yellow hominy,
drained
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green
chilies
2 small zucchini, halved and thinly
sliced
1 medium onion, chopped
1 1/2 cups water
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon sugar
1/2 cup shredded Monterey Jack
cheese

Directions

In a large kettle or Dutch oven, combine the first 15 ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer for 30-35 minutes. Sprinkle with cheese.

Extra Easy Hummus

Ingredients

1 (15 ounce) can garbanzo beans,
drained, liquid reserved
1 clove garlic, crushed
2 teaspoons ground cumin
1/2 teaspoon salt
1 tablespoon olive oil

Directions

In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

Butter Bean Burgers

Ingredients

1 (15 ounce) can butter beans,
drained
1 small onion, chopped
1 tablespoon finely chopped
jalapeno pepper
6 saltine crackers, crushed
1 egg, beaten
1/2 cup shredded Cheddar
cheese
1/4 teaspoon garlic powder
salt and pepper to taste
1/4 cup vegetable oil

Directions

In a medium bowl, mash butter beans. Mix in onion, jalapeno pepper, crushed crackers, egg, cheese, garlic powder, salt, and pepper. Divide into 4 equal parts, and shape into patties.

Heat oil in a large skillet over medium-high heat; use more or less oil to reach 1/4 inch in depth. Fry patties until golden, about 5 minutes on each side.

Chicken and Black Bean Chili

Ingredients

2 tablespoons cooking oil
3 large skinless, boneless chicken breast halves - cut into 1 inch pieces
sea salt to taste
1 tablespoon chili powder, or to taste
1/2 tablespoon ground cumin, or to taste
1 dried chipotle chili pepper, ground into powder
ground black pepper to taste
1/2 teaspoon ground cayenne pepper
1 small yellow onion, diced
1 medium green bell pepper, diced
1 medium yellow bell pepper, diced
5 cups water
1 (15 ounce) can kidney beans, undrained
1 (15 ounce) can black beans, undrained
1 (11 ounce) can whole kernel corn, drained
1 teaspoon green pepper sauce (e.g., Tabasco®)
1 (6 ounce) can roasted garlic tomato paste
1 bunch fresh cilantro, chopped

Directions

Heat the oil in a large pot over medium heat. Place chicken in the pot; brown on all sides. Season with sea salt, chili powder, cumin, ground chipotle, black pepper, and cayenne pepper. Mix in onion, green bell pepper, and yellow bell pepper. Pour in about 3 cups water, and continue cooking 10 minutes, until about 1/2 the water has evaporated.

Mix the kidney beans, black beans, and corn into the pot. Season with green pepper sauce. Reduce heat to low, and mix in remaining 2 cups water and tomato paste. Simmer, stirring occasionally 30 minutes, or until thickened. Top with cilantro to serve.

Mexican Lasagna Chip Dip

Ingredients

1 pound ground beef
1 cup diced onion
1 (16 ounce) jar salsa
2 (16 ounce) cans refried beans
2 (4 ounce) cans chopped green chile peppers
1 (2 ounce) can sliced black olives, drained
2 (8 ounce) packages cream cheese, sliced
2 cups shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place ground beef and onions in a large, deep skillet. Cook over medium high heat until onions are soft and ground beef is evenly brown. Remove from heat.

Drain beef and mix in salsa, refried beans, green chile peppers and black olives. Transfer mixture to a 9x13 inch baking dish. Layer with cream cheese slices. Top with Cheddar cheese.

Bake in the preheated oven 10 to 15 minutes, or until cheese is melted.

Italian Sausage and Tortellini Soup

Ingredients

1 (19 ounce) package Bob Evans® Italian Sausage, cut into bite-sized pieces
8 ounces dried cheese tortellini
3 (14 ounce) cans reduced sodium chicken broth
1 (10 ounce) package frozen green beans

Directions

In large saucepan over medium heat, brown sausage. Add tortellini, chicken broth and green beans. Bring to a boil. Reduce heat to low, and simmer 10 to 12 minutes or until pasta is tender and sausage is cooked through.

Raspberry French Silk Pie

Ingredients

Crust:

1 cup all-purpose flour
1/2 teaspoon salt
1/3 cup shortening
2 tablespoons beaten egg
1 tablespoon water
1 teaspoon lemon juice

Filling:

3 ounces semisweet chocolate
3/4 cup butter, softened
1 cup white sugar
1/2 teaspoon vanilla extract
3 eggs
1/3 cup seedless raspberry jam

Garnish:

fresh raspberries
fresh mint leaves
whipped topping

Directions

To make the crust, combine the flour and salt in a mixing bowl. Cut in the shortening with a knife or pastry blender until the mixture resembles coarse crumbs. Combine the egg, water, and lemon juice. Sprinkle wet ingredients over the flour mixture and toss lightly with a fork until the flour mixture is moistened. Wrap the dough in plastic and refrigerate for at least 1 hour or up to three days.

Roll the dough out to fit a 9 inch pie plate. Place the dough in the pie plate, trimming the edge to form a 1 inch overhang. Fold the extra dough under itself and decoratively crimp the edge of the crust. Chill the pastry-filled pie pan at least 20 minutes before baking to prevent shrinkage.

Preheat oven to 400 degrees F (205 degrees C). Line pastry with a double layer of aluminum foil and a layer of pie weights or dried beans. Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights and bake until the crust has set, about 5 minutes more. Cool completely before adding filling.

To make the filling, melt the chocolate in a double boiler. Let it cool until room temperature but still fluid. Meanwhile, beat the butter with an electric mixer until smooth. Gradually add the sugar, beating until the mixture is light and fluffy. It should be noticeably lighter in color. Blend in the cooled melted chocolate and the vanilla extract. Add the eggs one at a time, beating at high speed for 2 minutes and scraping down the sides of the bowl well after each addition.

Spread a thin layer (about 1/4 inch) of raspberry jam on the bottom of the cooled pie crust. Spoon the chocolate filling on top of the jam and smooth the surface. Refrigerate overnight.

Before serving, garnish each slice with a dollop of whipped topping, 3 fresh raspberries, and a mint leaf.

Cold Black Bean Salad

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
2 tomatoes, finely chopped
3 serrano chile peppers, seeded
and chopped
1 red bell pepper, seeded and
chopped
1/4 cup white wine vinegar
2 tablespoons vegetable oil
1/2 teaspoon salt

Directions

In a medium serving bowl, mix together the black beans, tomatoes, chilies, bell pepper, vinegar, oil and salt. Chill for 1 hour before serving.

Chili Cheese Dip IV

Ingredients

1 (15 ounce) can chili without beans
1 cup shredded Cheddar cheese
1 (8 ounce) jar chunky salsa
1 (2.25 ounce) can chopped black olives, drained
1 (18 ounce) package tortilla chips

Directions

In a medium microwave safe bowl, mix chili without beans, Cheddar cheese, chunky salsa, and black olives.

Microwave the mixture on High approximately 3 minutes, until cheese begins to melt. Stir the mixture, and return to microwave. Continue cooking in microwave in 1 to 3 minute intervals, until thoroughly blended and hot. Serve with tortilla chips.

Four-Bean Medley

Ingredients

8 bacon strips, diced
2 medium onions, quartered and sliced
3/4 cup packed brown sugar
1/2 cup vinegar
1 teaspoon salt
1 teaspoon ground mustard
1/2 teaspoon garlic powder
1 (16 ounce) can baked beans, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can butter beans, rinsed and drained
1 (14.5 ounce) can cut green beans, drained

Directions

In a skillet, cook bacon until crisp. Drain, reserving 2 tablespoons drippings; set bacon aside. Saute onions in drippings until tender. Stir in brown sugar, vinegar, salt, mustard and garlic powder. Simmer, uncovered, for 15 minutes or until onions are golden brown. Combine the beans in a slow cooker. Add onion mixture and bacon; mix well. Cover and cook on low for 6-7 hours or until the beans are tender. Serve with a slotted spoon.

Basil Green Beans

Ingredients

2 cups frozen French-style green beans
2 teaspoons butter or margarine
1/2 teaspoon dried basil
1/2 teaspoon lemon-pepper seasoning
salt to taste

Directions

Combine all ingredients in a saucepan. Cover and bring to a boil. Reduce heat; simmer for 6-8 minutes or until beans are tender.

Chocolate Espresso Cookies

Ingredients

3 (1 ounce) squares unsweetened chocolate
2 cups semisweet chocolate chips
1/2 cup butter
3 eggs
1 cup white sugar
2 1/4 teaspoons finely ground espresso beans
3/4 cup all-purpose flour
1/3 teaspoon baking powder
1 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets or line them with parchment paper.

In the top of a double boiler, melt together the unsweetened chocolate, 1 cup of the chocolate chips and the butter. This can also be done in a microwave oven on low setting. Stir occasionally until melted. In a medium bowl, beat the eggs and sugar until thick and light, about 3 minutes. Stir in the espresso. Add the chocolate mixture, mix well. Sift together the flour and baking powder, fold into the egg mixture. Carefully fold in the chopped nuts and remaining chocolate chips.

Drop dough by tablespoonfuls 2 inches apart onto the prepared cookie sheets. Bake for 10 to 12 minutes in the preheated oven. Cookies will have a crackled appearance when done. Cool on baking sheets.

Southwest Chicken

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves
1 (10 ounce) can diced tomatoes with green chile peppers
1 (15 ounce) can black beans, rinsed and drained
1 (8.75 ounce) can whole kernel corn, drained
1 pinch ground cumin

Directions

In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides. Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear. Add a dash of cumin and serve.

Dilly Green Beans

Ingredients

1/2 cup chopped onion
1 teaspoon butter
1 teaspoon canola oil
1 1/2 cups frozen cut green beans, thawed
3 tablespoons dill pickle juice
1 teaspoon sugar
1 teaspoon dill weed

Directions

In a small skillet, saute the onion in butter and oil until tender. Add green beans; cook for 2-3 minutes or until heated through. Stir in the pickle juice, sugar and dill; toss to coat. Serve with a slotted spoon.

Pakistani Spicy Chickpeas

Ingredients

2 tablespoons vegetable oil
1 teaspoon cumin seeds
1/2 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon lemon pepper
2 tomatoes, chopped
2 (15 ounce) cans garbanzo beans, drained
1 tablespoon lemon juice
1 onion, chopped

Directions

In a large pot over low heat, warm oil and cumin; heat until cumin turns a darker shade of brown.

Add salt, chili powder and lemon and pepper seasoning; mix well. Stir in tomatoes; once the juice begins to thicken add in chickpeas and mix well.

Add in lemon juice and mix well; add onions and stir until they become soft.

Remove from heat and place into a serving bowl; serve immediately.

Scallops with Spaghetti

Ingredients

- 1 (7 ounce) package spaghetti
- 1 pound sea scallops
- 4 garlic cloves, minced
- 2 tablespoons olive or vegetable oil
- 1 tablespoon butter
- 1 1/2 cups julienned carrots
- 1 1/2 cups frozen French-style green beans, thawed
- 1 sweet red pepper, julienned
- 2 tablespoons lemon juice
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh basil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet or wok, stir-fry scallops and garlic in oil and butter for 5 minutes or until scallops are opaque; remove and keep warm.

In the same skillet, stir-fry the carrots, beans and red pepper until crisp-tender. Stir in the lemon juice, parsley, basil, salt and pepper. Drain spaghetti. Add scallops and spaghetti to the vegetable mixture; toss to coat.

Pretty Picnic Salad

Ingredients

5 medium red potatoes
1/2 pound fresh green beans, cut into 2 inch pieces
1 medium red sweet pepper, cut into thin strips
1 cup frozen corn, thawed
1 celery rib, thinly sliced
1 medium carrot, shredded
3 green onions, thinly sliced
1 1/2 cups cubed mozzarella cheese

VINAIGRETTE:

2/3 cup olive oil
2 garlic cloves, minced
1/4 cup white wine vinegar
2 tablespoons minced fresh thyme
1 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Directions

Cut potatoes into 1/2-in. slices; cut each slice into four pieces. Place in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Meanwhile, place beans in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 8-10 minutes or until crisp-tender. Drain potatoes and beans.

In a large bowl, combine the red pepper, corn, celery, carrot, onions and cheese. Add potatoes and beans. In a small bowl, whisk the vinaigrette ingredients. Pour over vegetables; toss to coat. Serve at room temperature or chilled.

Garlicky Green Beans with Mushrooms

Ingredients

2 1/2 pounds fresh green beans,
trimmed
2 cups sliced fresh mushrooms
2 cloves garlic cloves, minced
4 teaspoons butter
1/2 teaspoon salt
1/2 teaspoon onion powder
1/4 teaspoon pepper

Directions

Place beans in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until crisp-tender. Meanwhile, in a large skillet, saute mushrooms and garlic in butter until tender. Drain beans; add to skillet. Stir in the salt, onion powder and pepper; heat through.

Uncle Buc's Coffee Meat Rub

Ingredients

2 tablespoons ground coffee beans
2 tablespoons ground black pepper
1 1/2 tablespoons kosher salt
1/2 teaspoon cayenne pepper
1 tablespoon ground cumin

Directions

Preheat the oven broiler. Place the ground coffee on a sheet of aluminum foil, and place about 6 inches from the heat source. Broil for about 45 seconds, shaking the foil about every 10 seconds, or whenever you see smoke.

In a small bowl, stir together the coffee, black pepper, salt, cayenne pepper, and cumin. Rub into steaks, or pound in with a meat mallet. Grill as desired.

Moroccan Chicken and Whole Grain Couscous

Ingredients

1 cup whole wheat couscous
1 tablespoon vegetable oil
1 medium onion, chopped
2 bay leaves
5 whole cloves, crushed
1/2 teaspoon cinnamon
1 teaspoon ground dried turmeric
1/4 teaspoon ground cayenne pepper
6 skinless, boneless chicken breast halves - chopped
1 (16 ounce) can garbanzo beans
1 (16 ounce) can crushed tomatoes
1 (48 fluid ounce) can chicken broth
2 carrots, cut into 1/2 inch pieces
1 zucchini, cut into 1/2-inch pieces
salt to taste

Directions

Prepare the couscous according to package directions.

Heat the oil in a large pot over medium heat, and cook onion until tender. Mix in bay leaves, cloves, cinnamon, turmeric, and cayenne pepper. Place chicken in the pot, and cook until well browned. Pour garbanzo beans, tomatoes, and broth into the pot, and bring to a boil. Reduce heat to low, and simmer 25 minutes.

Mix carrots and zucchini into pot. Season with salt. Continue cooking 10 minutes, or until vegetables are tender. Serve stew over cooked couscous.

Saskatchewan City Steak Soup

Ingredients

6 tablespoons butter
1/3 cup all-purpose flour
5 cups beef stock
2 beef bouillon cubes
1 cup vegetable juice (such as V8®)
3 dashes Worcestershire sauce
1/2 cup diced celery
1/2 cup peeled, diced carrots
1/2 cup chopped onion
1 head cabbage, shredded
1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can diced tomatoes
1 pound lean ground beef
1 teaspoon monosodium glutamate (such as Ac'cent®)
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons browning sauce (such as Kitchen Bouquet®)
salt, to taste

Directions

Melt the butter in a large saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the beef stock into the flour mixture and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Stir in the bouillon cubes, vegetable juice, and Worcestershire sauce. Bring to a boil over medium-high heat, then add celery, carrots, onion, shredded cabbage, green beans, and tomatoes. Allow soup to return to a boil, then reduce heat to medium-low. Cover and simmer until vegetables are tender, about 30 minutes.

Meanwhile, cook and stir ground beef in a skillet over medium-high heat until browned, about 10 minutes. Drain and set aside. When the vegetables in the soup are tender, stir in the ground beef and simmer for 15 minutes. Stir in monosodium glutamate, pepper, browning sauce, and salt to serve.

Sweet N Sour Beans

Ingredients

8 bacon strips, diced
2 medium onions, halved and thinly sliced
1 cup packed brown sugar
1/2 cup cider vinegar
1 teaspoon salt
1 teaspoon ground mustard
1/2 teaspoon garlic powder
1 (28 ounce) can baked beans, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can lima beans, rinsed and drained
1 (15.5 ounce) can black-eyed peas, rinsed and drained

Directions

In a large skillet, cook bacon over medium heat until crisp. Remove with slotted spoon to paper towels. Drain, reserving 2 tablespoons drippings. Saute onions in the drippings until tender. Add brown sugar, vinegar, salt, mustard and garlic powder. Bring to a boil.

In a 5-qt. slow cooker, combine beans and peas. Add onion mixture and bacon; mix well. Cover and cook on high for 3-4 hours or until heated through.

Ingredients

1 (14.5 ounce) can chickpeas (garbanzo beans), drained and rinsed
1/4 cup red wine vinegar
1 teaspoon ground coriander
1 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin
1/2 (16 ounce) package ditalini pasta
1 1/2 cups short-grain rice, rinsed cold water, to cover
1 1/2 cups dark brown lentils water, to cover
1 pinch salt and ground black pepper to taste
1 tablespoon olive oil
1 yellow onion, minced
3 cloves garlic, minced
1 (14 ounce) can crushed tomatoes
1 tablespoon butter
3 cups chicken stock
1 (3 ounce) can French-fried onions

Directions

Combine the chickpeas, vinegar, coriander, cayenne pepper, and cumin in a resealable bag or container with a tight-fitting lid. Store in refrigerator while prepping remainder of dish, shaking occasionally.

Bring a pot of lightly salted water to a rolling boil. Cook the ditalini pasta in the boiling water until cooked through yet firm to the bite, about 8 minutes; drain and set aside.

Combine the rice with enough cold water to cover; allow to soak for 20 minutes. Drain.

Meanwhile, combine the lentils with enough water to cover in a pot; season with salt and pepper. Bring the lentils to a boil and cook at a boil until tender, about 30 minutes. Drain.

Heat the olive oil in a saucepan over medium-high heat; cook and stir the onion and garlic in the hot oil until translucent, 5 to 7 minutes. Add the crushed tomatoes, season with salt and pepper, reduce heat to medium-low, and maintain at a simmer while preparing remainder of dish.

Melt the butter in a pot over medium-high heat. Add the rice to the butter, increase heat to high, and fry for 4 to 5 minutes, stirring constantly. Pour the chicken stock over the rice; bring to a boil. Season the rice mixture with salt and pepper, reduce heat to low, cover the pot, and cook until rice is tender, and the liquid has been absorbed, about 20 minutes.

Mix the rice and lentils together on a large serving platter. Spread the cooked ditalini over the rice and lentil mixture. Serve with the marinated chickpeas, the tomato sauce, and the French-fried onions as condiments.

Ice Cream Tiramisu Cake

Ingredients

1 cup white sugar
2/3 cup water
1 1/2 cups brewed espresso
1/3 cup coffee flavored liqueur
1 (9 inch) sponge cake
1/4 cup finely ground espresso
beans
2 pints espresso ice cream
2 pints coffee ice cream

Directions

In a small saucepan over medium heat, combine sugar and water. Bring to a boil, then remove from heat and stir in espresso and coffee liqueur. Let cool completely.

Split the sponge cake in half horizontally to make two layers. Place bottom layer in a serving dish. Brush with 3/4 cup coffee syrup. Sprinkle 2 tablespoons ground espresso evenly over surface of cake. Beat the espresso ice cream with the paddle attachment of an electric mixer until spreadable. Spread over bottom cake layer. Place the top cake layer over the ice cream. Brush with remaining coffee syrup. Place in freezer 30 minutes.

Beat the coffee ice cream until spreadable. Spread the ice cream over the frozen cake, and swirl to make pretty. Return cake to freezer until firm.

Rich Green Bean Casserole

Ingredients

8 ounces processed cheese food, cubed
1 (10.75 ounce) can condensed cream of chicken soup
2 (15 ounce) cans green beans, drained
1 teaspoon Cajun seasoning
1 teaspoon salt
1 teaspoon ground black pepper
1 (2.8 ounce) can French-fried onions

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the processed cheese into a large microwave-safe bowl along with the cream of chicken soup. Heat on full power for 2 minutes, stirring occasionally, or until cheese is melted. Season with salt, pepper, and Cajun seasoning. Stir in the green beans. Pour into a 1 1/2 quart casserole dish, and sprinkle the French fried onions over the top.

Bake for about 20 minutes in the preheated oven, or until the top is crispy.

Hash Brown Hot Dish Stuffed Bell Peppers

Ingredients

4 frozen hash brown patties
4 bell peppers, tops cut off,
seeded
1/2 pound ground beef
1 (15 ounce) can green beans,
drained
1 fresh jalapeno pepper, diced
(optional)
salt and pepper to taste
1 pinch cumin
1 cup shredded Cheddar cheese

Directions

Cook the hashbrown patties according to package directions.
Mash with a fork and set aside.

Bring a large pot of water to boil over high heat. Place the peppers in the boiling water and turn off the stove. After 10 minutes remove the peppers from the water and set aside.

In a large skillet, cook beef over medium heat until meat is no longer pink; drain. Mix in the hashbrowns, green beans, jalapeno, salt, pepper, cumin, and cheddar cheese.

Loosely stuff the beef mixture into the peppers. Place peppers onto a baking sheet. Bake 20 minutes in a 350 degrees F (175 degrees C) oven. Let cool 1 minute before serving.

Mango Quesadillas

Ingredients

- 1 (15 ounce) can black beans, drained
- 1 tablespoon vegetable oil
- 1/2 onion, chopped
- 1 red bell pepper, chopped
- 1 teaspoon chili powder
- 1 pinch cayenne pepper
- 1 pinch dried oregano
- 1 pinch dried basil
- 1 mango - peeled, seeded and diced
- 1 (6 ounce) package seasoned chicken-style vegetarian strips (such as Lightlife Smart Strips®)
- 6 (10 inch) flour tortillas
- 1 (8 ounce) package shredded Cheddar cheese
- 1 cup arugula leaves
- 1 (4 ounce) jar jalapeno pepper rings (optional)
- 1 (8 ounce) jar salsa

Directions

Place the beans in a saucepan over medium heat, and cook 5 minutes. Partially mash with a potato masher or large spoon. Reduce heat to low, and keep warm until ready to serve.

Heat the oil in a skillet over medium heat. Stir in the onion and red bell pepper. Season with chili powder, cayenne pepper, oregano, and basil. Cook and stir until vegetables are tender. Mix in mango and vegetarian chicken strips, and continue cooking about 2 minutes, until vegetarian chicken is heated through.

In a separate skillet over medium heat, place the tortillas one at a time until soft and warm, about 2 minutes per side. Spread warm tortillas with equal amounts of the the black beans, mango mixture, Cheddar cheese, arugula, and jalapenos. Fold tortillas over the filling and top with salsa to serve.

Spicy Roasted Edamame

Ingredients

1 1/4 cups frozen shelled
edamame (green soybeans),
thawed
2 teaspoons olive oil
1/2 teaspoon chili powder
1/4 teaspoon dried basil
1/4 teaspoon onion powder
1/4 teaspoon ground cumin
1/8 teaspoon paprika
1/8 teaspoon ground black
pepper

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place the thawed edamame into a mixing bowl, drizzle with the olive oil, then sprinkle with chili powder, basil, onion powder, cumin, paprika, and pepper. Toss until the edamame are evenly coated with the oil and spices. Spread into a 9x13 inch glass baking dish in a single layer.

Bake uncovered in the preheated oven until the beans begin to brown, 12 to 15 minutes. Stir once halfway through cooking.

Sweet Barbeque Beans

Ingredients

- 6 slices bacon, chopped
- 1 pound ground beef
- 2 (16 ounce) cans baked beans with pork
- 1 (15.5 ounce) can navy beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 3/4 cup ketchup
- 3/4 cup packed brown sugar
- 3 tablespoons distilled white vinegar
- 2 tablespoons honey garlic sauce
- 2 tablespoons sweet and sour sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce

Directions

Fry the bacon pieces in a large skillet until browned and crisp, remove from the pan and set aside. Crumble the ground beef into the pan; cook and stir until no longer pink, then drain off grease. Transfer the ground beef and bacon to a slow cooker.

Pour the baked beans, navy beans, kidney beans, ketchup, brown sugar and vinegar into the slow cooker. Season with honey garlic sauce, sweet and sour sauce, onion powder, garlic salt, mustard powder and Worcestershire sauce. Stir until everything is distributed evenly. Cover, and cook on High heat for 1 hour before serving.

Mexican-Style Taco Salad

Ingredients

- 2 teaspoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 pound ground turkey
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 dash cayenne pepper
- 1 (19 ounce) can kidney beans, rinsed and drained
- 1 cup salsa
- 2 cups shredded iceberg lettuce
- 2 small carrots, julienned
- 2 red bell peppers, cut into thin strips

Directions

Heat the olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the turkey, and stir until crumbly and no longer pink. Season with chili powder, cumin, oregano, cayenne pepper, kidney beans, and salsa. Cook over medium-high heat until the mixture is simmering and the beans are hot, about 5 minutes.

Divide the lettuce, carrots, and red bell peppers among 4 serving plates. Spoon the turkey mixture overtop to serve.

Mexican Medley

Ingredients

6 spears fresh asparagus,
trimmed and cut into 1/2 inch
pieces
1 cup bite-size cauliflower florets
2 stalks celery ribs, chopped
1/3 cup canned kidney beans,
drained
1/3 cup chopped hazelnuts
2/3 teaspoon chopped fresh dill
1/4 teaspoon dried basil
1/2 teaspoon minced garlic
2 tablespoons sunflower seed oil
1/3 teaspoon chili powder
1/4 teaspoon celery seed
1/2 teaspoon salt

Directions

Steam asparagus and cauliflower about 10 minutes. Remove to a bowl, and stir in celery; set aside.

Place into a blender the kidney beans, hazelnuts, dill, basil, and garlic. Pour in oil, and season with chili powder, celery seed, and salt. Puree until smooth. Pour sauce over asparagus mixture. Serve at room temperature.

Italian Chicken Stew

Ingredients

1 pound skinless, boneless chicken breast halves - cubed
4 medium potatoes, peeled and cut into 1/4-inch cubes
1 medium sweet red pepper, chopped
2 garlic cloves, minced
1 tablespoon olive oil or canola oil
1 (26 ounce) jar meatless spaghetti sauce
1 3/4 cups frozen cut green beans
1 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
pepper to taste

Directions

In a large skillet, cook the chicken, potatoes, red pepper and garlic in oil until chicken is no longer pink and vegetables are tender. Stir in the remaining ingredients; cook and stir until heated through.

Black Bean, Sausage, and Sweet Potato Soup

Ingredients

5 1/2 cups water
1 1/2 cups dry black beans
3 cloves garlic, minced
1 bay leaf
1/4 teaspoon ground allspice
2 cups chicken broth
1 tablespoon tomato paste
1 tablespoon water
1/4 pound Italian sausage, cut into
1/2 inch pieces
1/2 teaspoon Worcestershire
sauce
1 pound sweet potatoes
3 green onions
salt to taste
ground black pepper to taste

Directions

In a 4 quart saucepan, combine beans, garlic, bay leaf, allspice, broth and 5 1/2 cups water. Cook, partially covered, until beans are tender, about 50 minutes. Discard bay leaf.

In a blender puree 1 cup cooked beans with 1 cup cooking liquid, and return to pan.

In a small bowl, stir together tomato paste and 1 tablespoon water; stir into beans with sausage and Worcestershire sauce. Simmer soup, covered, for 15 minutes. Soup may be prepared up to this point 3 days ahead.

While soup is simmering, peel sweet potatoes and cut into 1/2 inch pieces. Steam until tender, about 10 minutes. Stir potatoes, 3 chopped scallions, and salt and pepper to taste into soup. Serve soup garnished with scallion greens.

Black Beans with Bacon

Ingredients

1 (8 ounce) package dry black beans
2 1/2 quarts water
3 tablespoons olive oil
3 cloves garlic, peeled and minced
1 large onion, chopped
1 tomato, cubed
1 carrot, cubed
1/2 pound bacon strips, diced
1 tablespoon chopped fresh parsley
salt and pepper to taste

Directions

Place beans in a pressure cooker with enough water to cover, and soak 12 hours, or overnight.

Add 2 1/2 quarts water to the beans, or enough to fill pressure cooker about 2/3 full. Cover, and cook 30 minutes at 10 pounds pressure. Remove from heat, and set aside.

Heat the oil in a medium saucepan over medium heat, and saute the garlic and onion until tender. Stir in the tomato and carrot. Cook about 5 minutes, and mix in the bacon. Cook and stir until bacon is crisp and evenly browned.

Mix the vegetable and bacon mixture into the pressure cooker with the black beans. Cover, and continue cooking approximately 10 minutes at 10 pounds pressure. Garnish with parsley, and season with salt and pepper to serve.

San Antonio Salad

Ingredients

1 pound lean ground beef
2 tablespoons chili powder
1/2 teaspoon ground cumin
salt and pepper to taste

1 head iceberg lettuce, shredded
1 (15.5 ounce) can pinto beans
2 tomatoes, cubed
1 cup shredded Cheddar cheese
1/4 cup chopped fresh cilantro
1 (12 ounce) package corn tortilla chips, broken
1 jalapeno pepper, seeded and chopped (optional)
1/2 cup chopped green onion (optional)
1 cup salsa (optional)

Directions

In a large skillet over medium-high heat, brown the ground beef. Season with chili powder, cumin, salt and pepper. Remove from heat when beef is cooked through.

In a large salad bowl, toss together the lettuce, tomato, Cheddar cheese, cilantro and pinto beans with their juice. Mix in the ground beef and corn chips. Toss in the jalapeno, green onion, and salsa, if desired.

Good Good Green Beans

Ingredients

1/2 cup white vinegar
1/2 cup salad oil
1/2 cup white sugar
1 teaspoon garlic powder
1 small red onion, sliced
2 (14.5 ounce) cans French-style green beans, drained
1 (14.5 ounce) can bean sprouts, drained

Directions

In a large bowl, combine vinegar, oil, sugar, garlic powder, onion, green beans and bean sprouts. Cover and marinate overnight in the refrigerator.

Garbanzo Bean and Quinoa Salad

Ingredients

1 cup quinoa
2 cups water
1 (15 ounce) can garbanzo beans, drained
1/2 cup dried cranberries
1/2 cup golden raisins
1/3 cup sliced almonds
1/4 cup mint leaves, chopped
3/4 teaspoon ground coriander
1/4 teaspoon ground cumin
1 tablespoon extra-virgin olive oil
salt and pepper to taste

Directions

Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, 15 to 20 minutes. Scrape the quinoa into a large bowl, and refrigerate until cold.

Stir the garbanzo beans, cranberries, raisins, almonds, mint, coriander, cumin, and olive oil into the quinoa. Season to taste with salt and pepper.

Cowboy Caviar

Ingredients

1 (15.5 ounce) can black beans, drained
1 (15.5 ounce) can black-eyed peas, drained
1 (14.5 ounce) can diced tomatoes, drained
2 cups frozen corn kernels, thawed
1/2 medium onion, chopped
1/4 green bell pepper, finely chopped
1/2 cup chopped pickled jalapeno peppers
1/2 teaspoon garlic salt
1 cup Italian salad dressing
3/4 cup chopped cilantro

Directions

Mix beans, peas, tomatoes, corn, onion, bell pepper, and jalapeno peppers in a large bowl. Season with garlic salt. Add dressing and cilantro; toss to coat. Refrigerate for 20 minutes or until ready to serve.

Espresso Chip Ice Cream

Ingredients

3 egg yolks
2 cups milk
2 1/2 cups whipping cream
2 teaspoons vanilla extract
1/2 cup brewed espresso, at room temperature
1/4 teaspoon salt
1 cup chocolate covered espresso beans, chopped
3/4 cup caramel topping

Directions

Stir the egg yolks, milk, and cream together in a large pan over medium heat. Continue stirring, and cook the mixture until small bubbles form around the edges of the surface, but do not boil. Remove from the heat, and stir in the vanilla extract, espresso, and salt. Cover, and refrigerate at least 6 hours.

Pour the cream mixture into an ice cream maker, and freeze for 20 minutes according to manufacturer's instructions. Stir in the espresso beans. Gently fold in the caramel sauce, and continue freezing until hard.

Zesty Succotash

Ingredients

2 cups fresh or frozen corn,
thawed
1 (16 ounce) can kidney beans,
rinsed and drained
1 cup frozen peas, thawed
1 small sweet red pepper,
chopped
1/2 cup chopped onion
2 tablespoons butter
1 teaspoon chili powder
1/4 teaspoon salt
1 dash hot pepper sauce

Directions

In a large skillet, cook and stir the corn, beans, peas, red pepper and onion in butter over medium heat for 8-10 minutes. Sprinkle with chili powder, salt and hot pepper sauce if desired.

Turkey Frame Vegetable Soup

Ingredients

1 turkey carcass
2 carrots, chopped
2 stalks celery, cut into 2 inch pieces
1 onions, chopped
4 cloves garlic, minced
4 sprigs fresh parsley
12 black peppercorns
2 bay leaves
1 teaspoon dried thyme
1 tablespoon chicken bouillon granules
8 cups water
water to cover
1 turnip, peeled and cubed
2 parsnips, peeled and sliced
3 carrots, chopped
1/2 cup frozen green beans
1/2 cup frozen green peas
1 (15 ounce) can red beans, drained and rinsed
1/4 cup chopped fresh parsley

Directions

Place turkey carcass in a large pot over high heat. Add the carrots, celery, onion, garlic, parsley sprigs, peppercorns, bay leaves, thyme, chicken bouillon granules, water and enough water to cover all. Bring to a boil, uncovered, then reduce heat to medium low and let simmer for 1 1/2 hours.

Remove the turkey carcass and allow it to cool. Remove any meat from the carcass, cut into bite-sized pieces and set aside. Strain the stock through a sieve OR a colander covered with cheesecloth into another large pot. Discard the unstrained ingredients. Place the turkey meat into the pot, cover and refrigerate overnight.

The next day, use a slotted spoon to remove the fat that has solidified on top of the stock. Return the stock to a large pot over high heat, add the turnip, parsnips and carrots and bring to a boil. Reduce heat to low, cover and simmer for one hour, or until vegetables are tender.

Add the green beans, peas and beans and allow to heat through, about 15 minutes. Finally add the chopped parsley and season with salt and pepper to taste.

Beef Heart en Mole

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 stalk celery, sliced
- 1 carrot, cubed
- 1 slice bacon, sliced into small strips
- 2 pounds beef heart, rinsed and cubed
- 2 teaspoons beef bouillon granules
- 1 teaspoon ground cumin
- 1/2 cup red wine
- 3 cups water, or as needed
- 1/4 cup prepared mole sauce
- 1 parsnip, cubed (optional)
- 2 large potatoes, peeled and cut into large chunks
- 1 cup canned lima beans

Directions

Heat the oil in a Dutch oven over low heat. Add onion, garlic, celery, carrots and bacon. Cover, and let the vegetables sweat for about 10 minutes.

Remove vegetables to a plate to make room, and place the beef heart in the pan, adding a bit more oil if necessary. Saute over medium heat until browned. Return the onion mixture to the pan, sprinkle in the cumin and beef bouillon. Pour in the red wine, mole sauce, and enough water to cover. Put the lid on the pan, and simmer over low heat for 2 hours.

Add the parsnip and potato to the stew, and stir in the beans. Continue to simmer for another 30 minutes, until vegetables are tender. I hope you enjoy making and eating my creation.

Diet Soup

Ingredients

1 medium head cabbage,
chopped
1 onion, chopped
3 large carrots, chopped
3 stalks celery, chopped
3 tomatoes, chopped
16 ounces frozen green beans
2 (1 ounce) packages dry onion
soup mix
6 cups water

Directions

Combine water, soup mix, and vegetables in a large stock pot. Bring to a boil. Reduce heat, and simmer until the vegetables are tender.

Tangy Four-Bean Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 (14.5 ounce) can cut green
beans, drained
1 (14.5 ounce) can wax beans,
drained
1 cup sliced fresh mushrooms
1 cup chopped green pepper
1 cup chopped onion
DRESSING:
1/2 cup cider vinegar
1/3 cup sugar
1/4 cup canola oil
1 teaspoon celery seed
1/2 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon dried basil
1/8 teaspoon dried oregano

Directions

In a large bowl, combine the beans, mushrooms, green pepper and onion. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well.

Pour dressing over bean mixture and stir to coat. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

Three Bean Dip

Ingredients

- 1 (15 ounce) can refried beans
- 1 (1 ounce) packet taco seasoning mix
- 1 (8 ounce) package cream cheese, softened
- 2 small tomatoes, chopped
- 3 bunches green onions, chopped
- 1 cubanella pepper, seeded and chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15.5 ounce) can navy beans, rinsed and drained

Directions

Spread the refried beans in a layer in the bottom of a 9 inch square baking dish. In a small bowl, stir together the taco seasoning mix and cream cheese. Spread the mixture over the refried beans. In a separate bowl, toss together the tomatoes, green onions, cubanella pepper, black beans and navy beans. Spread over the layer of cream cheese. Cover and refrigerate for at least 4 hours before serving to blend the flavors.

Herbed Vegetable Squares

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained
2 tablespoons vegetable oil
1 1/2 cups chopped zucchini
1 (10 ounce) package frozen cut green beans, thawed
1 large onion, chopped
1/4 cup water
1 garlic clove, minced
1 1/2 teaspoons dried basil
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/8 teaspoon ground nutmeg
4 eggs
1/4 cup grated Parmesan cheese
Paprika

Directions

Squeeze spinach dry. In a skillet, saute spinach in oil for 2 minutes. Stir in zucchini, beans, onion, water, garlic, basil, salt, pepper and nutmeg. Cover and simmer for 10 minutes, stirring occasionally. Remove from the heat. In a bowl, beat eggs; gradually stir in 1-1/2 cups vegetable mixture. Return all to pan and mix well. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Place in a 13-in. x 9-in. x 2-in. baking dish; fill the larger dish with hot water to a depth of 1 in. Bake at 350 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Sprinkle with the Parmesan cheese and paprika. Let stand 10 minutes before cutting.

Sean's Falafel and Cucumber Sauce

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained
1 onion, chopped
1/2 cup fresh parsley
2 cloves garlic, chopped
1 egg
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 dash pepper
1 pinch cayenne pepper
1 teaspoon lemon juice
1 teaspoon baking powder
1 tablespoon olive oil
1 cup dry bread crumbs
oil for frying

1 (6 ounce) container plain yogurt
1/2 cucumber - peeled, seeded, and finely chopped
1 teaspoon dried dill weed
salt and pepper to taste
1 tablespoon mayonnaise

Directions

In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.

In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.

Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.

In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes.

Calabacitas

Ingredients

1 tablespoon olive oil
1 large onion, chopped
3 cloves garlic, minced
4 small zucchini, diced
1 fresh poblano chile pepper,
seeded and chopped
1 cup frozen whole kernel corn
1 (15 ounce) can black beans,
rinsed and drained
1/2 teaspoon salt, or to taste

Directions

Heat olive oil in a large skillet over medium-high heat. Add onion and garlic, and cook, stirring until translucent. Add zucchini and poblano pepper, and saute until soft. Stir in corn and beans, and heat through. Season with salt to taste.

SwansonB® Chicken and Vegetable Bake

Ingredients

1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Celery Soup (Regular or 98%
Fat Free)
1/2 cup milk
1 cup cooked broccoli flowerets
or cauliflowerets
1 cup cooked sliced carrot
1 cup cooked cut green beans
2 (4.5 ounce) cans SwansonB®
Premium Chunk Chicken Breast in
Water, drained
dash ground black pepper
1 (2.8 ounce) can French'sB®
French Fried Onions
1/4 cup cooked red pepper strips
(optional)

Directions

Stir the soup, milk, broccoli, carrots, beans, chicken, black pepper, 1/2 can onions and red pepper, if desired, in a 1 1/2-quart casserole. Bake at 350 degrees F for 25 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture.

Sprinkle the remaining onions over the chicken mixture. Bake for 5 minutes or until the onions are golden brown.

Bean & Pasta Soup

Ingredients

1 tablespoon vegetable oil
1/2 pound ground beef
1 large onion, chopped
1 clove garlic, minced
1 envelope dry vegetable soup mix
1 cup water
1 (28 ounce) can diced tomatoes
1 (14.5 ounce) can red kidney beans, drained
1/4 cup uncooked star-shaped pasta

Directions

Heat oil in a large stockpot over medium-high heat. Crumble ground beef into pot and cook, stirring frequently, until well browned. Remove meat, leaving excess oil in pot.

Cook onion and garlic in oil over medium-high heat until translucent. Stir in tomatoes, kidney beans, vegetable soup mix, and water. Reduce heat, and simmer 40 minutes.

Add pasta stars, cover, and simmer 20 minutes more, or until pasta is tender. You may add more water at any time to adjust consistency.

Simple Baked Beans

Ingredients

2 (16 ounce) cans baked beans
with pork
1/4 cup molasses
1/4 cup chopped onions
4 tablespoons brown sugar
1 tablespoon prepared mustard
2 tablespoons ketchup
2 slices bacon, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix baked beans with pork, molasses, onions, brown sugar and ketchup together and put in a greased casserole dish. Top with bacon, cover and bake for 3 hours or until thick.

Chickpea and Couscous Delight

Ingredients

1 cup water
1 cup uncooked couscous
1 (15 ounce) can garbanzo beans, drained
2 roma (plum) tomatoes, thinly sliced
1 cucumber, peeled and sliced
1/4 teaspoon olive oil
1/4 teaspoon white vinegar
garlic powder to taste
salt and pepper to taste

Directions

Bring water to boil in a medium saucepan. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

In a large bowl, mix couscous and garbanzo beans. Toss in tomatoes and cucumbers. Stir olive oil and vinegar into the mixture. Season with garlic powder, salt, and pepper.

Funky Beans

Ingredients

1 pound dry pinto beans
1 pound bulk pork sausage
1 pound ground beef
1 onion, chopped
1 green bell pepper, chopped
1 (10 ounce) can diced tomatoes
and green chiles, undrained
1/2 cup ketchup
chili powder to taste

Directions

Pick over and rinse the dried beans, and place them in a large saucepan of water with a lid. Bring to a boil over high heat, cover, turn off the heat, and let the beans sit for 1 hour. Drain and rinse the beans in a colander, return to the saucepan, cover with water, and simmer for 2 hours, until the beans are tender.

Meanwhile, place the sausage, beef, onion, and green pepper in a skillet over medium heat, and cook and stir for about 10 minutes, until the3 sausage and beef are evenly brown.

Stir the meat mixture into the beans, and mix in the tomatoes with chiles, ketchup, and chili powder. Bring the mixture to a boil, reduce the heat, and simmer for about 20 minutes to thicken.

Tim's Green Bean Casserole Extraordinaire

Ingredients

1/4 cup butter
1/4 cup all-purpose flour
2 cups sour cream
2 cups shredded Swiss cheese
4 (14.5 ounce) cans French-style green beans, drained
2 cups cornflakes cereal, crushed
1/4 cup butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart casserole dish.

Melt 1/4 cup of butter in a large skillet. Stir flour into the butter to make a paste. Blend sour cream into the flour paste, stirring constantly. When the mixture is hot and bubbly, remove from heat, and stir in Swiss cheese. When the cheese has melted, add the green beans, stirring until they are coated. Pour the entire mixture into the prepared casserole dish.

In a small bowl, mix together the cornflakes and melted butter. Sprinkle over the top of the green beans.

Bake uncovered for 30 minutes in the preheated oven, or until bubbly and golden brown.

Peanutty Green Beans

Ingredients

1/3 pound trimmed fresh green beans
5 tablespoons smooth peanut butter
1 teaspoon brown sugar
1/2 teaspoon soy sauce
1/3 cup chopped peanuts
1 teaspoon miso paste (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add the green beans and cook uncovered until tender, about 3 minutes. Drain in a colander and immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the green beans are cold, drain well and cut into 2-inch pieces.

While the green beans are cooking, stir together the peanut butter, sugar, soy sauce, peanuts, and miso paste in a mixing bowl. Once the green beans have been cut, stir into the peanut sauce and serve.

Tangy Bean Soup

Ingredients

2 (14.5 ounce) cans chicken broth
1 (16 ounce) package frozen mixed vegetables
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 medium onion, chopped
1 tablespoon chili powder
1 tablespoon minced fresh cilantro
4 garlic cloves, minced
1/4 teaspoon pepper
CORNMEAL DUMPLINGS:
1/2 cup all-purpose flour
1/2 cup shredded Cheddar cheese
1/3 cup cornmeal
1 tablespoon sugar
1 teaspoon baking powder
1 egg
2 tablespoons milk
2 teaspoons vegetable oil

Directions

In a slow cooker, combine the first 10 ingredients. Cover and cook on high for 4-5 hours.

For dumplings, combine the flour, cheese, cornmeal, sugar and baking powder in a bowl. In another bowl, combine the egg, milk and oil; add to dry ingredients just until moistened (batter will be stiff). Drop by heaping tablespoons onto soup. Cover and cook on high 30 minutes longer (without lifting cover) or until a toothpick inserted in a dumpling comes out clean.

Emily's Famous Chili

Ingredients

2 pounds lean ground beef
1 onion, chopped
2 red bell peppers, seeded and diced
2 jalapeno peppers, seeded and diced
4 cloves garlic, minced
1/2 cup chili powder
1/4 cup ground cumin
1 teaspoon salt
1 teaspoon ground black pepper
1 (6 ounce) can tomato paste
4 (15 ounce) cans kidney beans with liquid
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (7 ounce) can chipotle peppers in adobo sauce
1 quart water, divided
1/4 cup all-purpose flour
1 tablespoon rice vinegar

Directions

In a large pot over medium-high heat, cook beef until brown. Drain and return to pot. Stir in onions, bell peppers and jalapenos and cook until tender. Stir in garlic and cook 1 minute more. Season with chili powder, cumin, salt and pepper. Stir in the tomato paste and kidney beans with their liquid.

In a food processor or blender, puree the tomatoes with the chipotle peppers until smooth. Stir into the pot with 3 cups of water.

Combine the remaining 1 cup water with the flour in a jar and shake to combine. Pour into the chili and stir in the vinegar. Simmer about 45 minutes before serving.

Mexican Orzo Salad

Ingredients

1 (16 ounce) package orzo pasta
1 small red bell pepper, chopped
1 small yellow bell pepper,
chopped
1 bunch green onions, chopped
1 small red onion, finely chopped
1 (15 ounce) can chickpeas,
rinsed and drained
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (8.75 ounce) can whole kernel
corn, drained
1 cup chopped cilantro leaves
salt to taste
pepper to taste
5 limes, juiced
6 tablespoons canola oil

Directions

Fill a large pot with lightly salted water and bring to a boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain.

Place the drained orzo in a large salad bowl, and fold in the red pepper, yellow pepper, green onions, red onion, chickpeas, kidney beans, black beans, corn, cilantro, and salt and pepper to taste. Pour the lime juice and oil over the salad, toss to coat, and refrigerate at least 2 hours to chill before serving.

Basil Beans

Ingredients

1 pound fresh green beans,
trimmed
1 tablespoon minced fresh basil
1 tablespoon butter or margarine
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. Place beans in a serving dish. Add the basil, butter, salt and pepper. Toss until butter is melted and beans are evenly coated. Serve immediately.

Beer Simmered Beans

Ingredients

1 (15 ounce) can pinto beans,
rinsed and drained
1 (15 ounce) can kidney beans,
rinsed and drained
1 cup light beer
2 jalapeno peppers, minced
2 cloves garlic, minced
1 1/2 teaspoons cumin
1/4 teaspoon salt

Directions

Combine pinto beans, kidney beans, beer, jalapenos, garlic, cumin, and salt in a large saucepan. Simmer for 10 minutes. Serve warm or chilled.

Sinigang na Baka

Ingredients

2 tablespoons canola oil
1 large onion, chopped
2 cloves garlic, chopped
1 pound beef stew meat, cut into 1 inch cubes
1 quart water
2 large tomatoes, diced
1/2 pound fresh green beans, rinsed and trimmed
1/2 medium head bok choy, cut into 1 1/2 inch strips
1 head fresh broccoli, cut into bite size pieces
1 (1.41 ounce) package tamarind soup base

Directions

Heat oil in medium stock pot. Saute onion and garlic until tender. Add beef to pot, and saute until browned. Pour in water. Bring to a boil, reduce heat, and simmer 20 to 30 minutes.

Place tomatoes and green beans in pot, and continue to simmer for 10 minutes. Stir in bok choy, broccoli and tamarind soup mix. Simmer for an additional 10 minutes.

One-Pot Dinner

Ingredients

1/2 pound ground beef
1 medium onion, chopped
1 cup chopped celery
3/4 cup chopped green pepper
2 teaspoons Worcestershire sauce
1 teaspoon salt
1/2 teaspoon dried basil
1/4 teaspoon pepper
2 cups uncooked medium egg noodles
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes
3/4 cup water
1 beef bouillon cube

Directions

In a large saucepan or skillet, cook meat until no longer pink; drain. Add onion, celery and green pepper; cook for 5 minutes or until vegetables are crisp-tender. Add Worcestershire sauce, salt if desired, basil and pepper. Stir in noodles, beans, tomatoes, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until noodles are tender, stirring occasionally.

Easy Mexican Casserole

Ingredients

1 pound lean ground beef
2 cups salsa
1 (16 ounce) can chili beans,
drained
3 cups tortilla chips, crushed
2 cups sour cream
1 (2 ounce) can sliced black
olives, drained
1/2 cup chopped green onion
1/2 cup chopped fresh tomato
2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium-high heat, cook ground beef until no longer pink. Stir in salsa, reduce heat, and simmer 20 minutes, or until liquid is absorbed. Stir in beans, and heat through.

Spray a 9x13 baking dish with cooking spray. Spread crushed tortilla chips in dish, and then spoon beef mixture over chips. Spread sour cream over beef, and sprinkle olives, green onion, and tomato over the sour cream. Top with Cheddar cheese.

Bake in preheated oven for 30 minutes, or until hot and bubbly.

Baked Falafel

Ingredients

1/4 cup chopped onion
1 (15 ounce) can garbanzo beans,
rinsed and drained
1/4 cup chopped fresh parsley
3 cloves garlic, minced
1 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon salt
1/4 teaspoon baking soda
1 tablespoon all-purpose flour
1 egg, beaten
2 teaspoons olive oil

Directions

Wrap onion in cheese cloth and squeeze out as much moisture as possible. Set aside. Place garbanzo beans, parsley, garlic, cumin, coriander, salt, and baking soda in a food processor. Process until the mixture is coarsely pureed. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes.

Preheat an oven to 400 degrees F (200 degrees C).

Heat olive oil in a large, oven-safe skillet over medium-high heat. Place the patties in the skillet; cook until golden brown, about 3 minutes on each side.

Transfer skillet to the preheated oven and bake until heated through, about 10 minutes.

Pudina (Mint) Pacchadi

Ingredients

1 teaspoon cooking oil
1 1/2 cups fresh mint leaves
2 teaspoons cooking oil
6 dried red chile peppers
1 tablespoon skinned split black lentils (urad dal)
1 tablespoon coriander seed
1 teaspoon chana dal beans
1 teaspoon mustard seed
1 teaspoon tamarind paste
salt to taste

Directions

Heat 1 teaspoon oil in a pan over medium heat. Add the mint leaves and fry until slightly wilted, 3 to 5 minutes. Remove from heat and set aside.

Heat 2 teaspoons oil in a skillet (or a kadhai, if you have one). Add the red chile peppers, black lentils, coriander seed, chana dal, and mustard seed; cook in the hot oil until the lentils brown and the seeds start to splatter; remove from heat and allow to cool slightly. Grind the mixture into a coarse powder using a mortar and pestle; add the mint leaves, tamarind paste, and salt; continue crushing until the mint is completely integrated.

Navy Bean Pie

Ingredients

1 (9 inch) pie shell
2 eggs, beaten
1 cup evaporated milk
2 cups cooked and mashed navy beans
2/3 cup white sugar
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine eggs, evaporated milk, and mashed navy beans. Mix well. Add sugar, salt, cinnamon, ginger, nutmeg, and cloves. Mix until all ingredients are thoroughly combined. Pour mixture into pastry shell.

Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake an additional 35 minutes.

Smokey Black Beans

Ingredients

1 pound dry black beans, soaked overnight
4 teaspoons bacon drippings
1 onion, chopped
2 teaspoons hickory-flavored liquid smoke
2 tablespoons dark molasses
1/2 cup packed brown sugar
4 slices pickled jalapeno peppers

Directions

Drain the black beans from their soaking water and place in a slow cooker. Fill with enough fresh water to cover them. Cover and set to High.

Heat bacon drippings in a skillet over medium heat. Add onions; cook and stir until tender. Stir this into the beans along with the brown sugar, liquid smoke, molasses and jalapeno slices. Stir to blend, then cover and cook on High for 5 to 6 hours, or until beans are tender.

Refried Bean Salad

Ingredients

1 (16 ounce) can vegetarian refried beans
1/2 cup fat free sour cream
1/2 cup fat-free creamy salad dressing (ie: Fat Free Miracle Whip TM)
1/2 (1.25 ounce) package taco seasoning mix
1/2 cup shredded sharp Cheddar cheese
1/2 head iceberg lettuce - rinsed, dried, and chopped
1 large tomato, chopped
2 green onions, chopped
4 large pitted black olives, sliced
1/4 cup salsa
1 (14.5 ounce) package low-fat baked tortilla chips

Directions

Spread the refried beans on a large flat platter.

Wisk together the sour cream, creamy salad dressing and taco seasoning mix. Spread on top of beans and follow with a layer of cheese, lettuce, and a mixed layer of the tomato, green onions and olives.

Lightly dot the top with salsa and insert chips, standing up, around the edge of the dish. Use the chips to scoop into the dish and serve extra chips on the side.

Fusion Hummus

Ingredients

2 sprigs fresh rosemary
1 clove garlic, peeled
2 (15.5 ounce) cans garbanzo beans, drained
1/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup cold water
salt and pepper to taste

Directions

Strip rosemary leaves from stems, discard stems, and place leaves in the bowl of a food processor. Add garlic and pulse until finely chopped. Pour in the garbanzo beans; process until evenly blended.

With food processor running, slowly pour in the olive oil, scraping sides of the bowl as necessary. Pour in balsamic vinegar and process until evenly blended. Taste, and add more vinegar, 1 tablespoon at a time, as desired. Pour in the water and process to make a spreadable consistency. Add more water, 1 tablespoon at a time, if necessary. Season with salt and pepper to taste. Chill before serving.

Portuguese Soup

Ingredients

1/4 cup vegetable oil
2 cups chopped onion
1 pound smoked sausage, sliced
1 medium head cabbage,
chopped
6 potatoes, peeled and cubed
2 (15 ounce) cans kidney beans
2 cups ketchup
1 (10.5 ounce) can beef
consomme
2 2/3 quarts water
2 teaspoons garlic powder
2 teaspoons ground black pepper
1 teaspoon salt
1/2 cup vinegar

Directions

In a large pot over medium heat, cook onions in oil until just tender. Stir in sausage and cook 5 minutes more. Place cabbage, potatoes, beans, ketchup, consomme and water in the pot. Season with garlic powder, pepper and salt. Bring to a boil, then reduce heat and simmer 30 to 45 minutes.

Stir in vinegar and simmer 1 hour more. Add more water if needed.

Texas Black Bean Soup

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes, or Mexican stewed
tomatoes, cut up
1 (14.5 ounce) can diced
tomatoes, or diced tomatoes with
green chilies
1 (14.5 ounce) can chicken broth
1 (11 ounce) can Mexicorn,
drained
2 (4 ounce) cans chopped green
chilies
4 green onions, thinly sliced
3 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon dried minced garlic

Directions

In a slow cooker, combine all ingredients. Cover and cook on high for 4-5 hours or until heated through.

Bacon Baked Beans

Ingredients

6 slices bacon
2 (16 ounce) cans baked beans
1 onion, diced
1/4 cup yellow mustard
3/4 cup ketchup
1 cup packed brown sugar
1 Granny Smith apple - peeled,
cored and diced

Directions

Preheat the oven to 350 degrees F (175 degrees C). Cook bacon in a large skillet or in the microwave until much of the grease has been released, but the bacon is still flexible. Drain on paper towels and set aside.

In a 9 inch square baking dish, stir together the baked beans, onion, mustard, ketchup, brown sugar and apple. Top with slices of bacon.

Bake uncovered for 45 minutes in the preheated oven, until the bacon is crisp and beans are bubbling hot.

Mexican Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, drained
2 cups frozen corn kernels
1/2 onion, finely diced
1 tablespoon chopped fresh cilantro
2 jalapeno peppers, seeded and minced (optional)
1 red bell pepper, diced
1/4 cup olive oil
3 tablespoons fresh lime juice
1 teaspoon ground black pepper
salt to taste
1/2 teaspoon honey

Directions

In a large bowl, combine the black beans, garbanzo beans, corn, onion, cilantro, jalapenos, bell pepper, olive oil, lime juice, pepper, salt and honey. Mix well; refrigerate and allow flavors to blend.

Cabbage and Smoked Sausage Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 pound smoked sausage, sliced
3 cups water
1 head cabbage, cored and coarsely chopped
3 carrots, sliced
3 stalks celery, sliced
1/3 cup uncooked long grain white rice
1 (15 ounce) can red beans, with liquid
1 (8 ounce) can tomato sauce
1 (28 ounce) can crushed tomatoes
2 cubes chicken bouillon
salt to taste
1 bay leaf
1/2 teaspoon crushed dried thyme

Directions

Heat the vegetable oil in a large pot over medium heat, and cook the onion until lightly browned. Place sausage in the pot, and pour in water. Mix in cabbage, carrots, celery, rice, beans, tomato sauce, and crushed tomatoes. Dissolve bouillon in the mixture. Season with salt, bay leaf, and thyme. Bring to a boil. Reduce heat to low, and cook at least 1 hour, until vegetables are tender and rice is cooked.

Tasty Green Beans

Ingredients

2 pounds fresh green beans,
rinsed and trimmed
1/2 cup margarine
1/2 onion, chopped
1 tablespoon minced garlic
1/2 cup soy sauce
2 tablespoons beef bouillon
1/4 cup water
salt and pepper to taste

Directions

Bring a large pot of water to a boil. Add green beans and cook for 5 minutes. Drain and rinse with cold water.

Melt margarine in a large saucepan over high heat. Mixing well, add green beans, onions and garlic. Stir in soy sauce. While stirring, add bouillon and water. Reduce heat to low and simmer, stirring occasionally, for 20 minutes. Season with salt and pepper to taste.

Green Bean Egg Salad

Ingredients

1 pound fresh green beans, cut
into 1 1/2 inch pieces
3 hard-cooked eggs, chopped
1/2 cup chopped sweet onion
3/4 cup mayonnaise
3/4 teaspoon prepared mustard
3/4 teaspoon salt
1/8 teaspoon pepper

Directions

Place beans in a steamer basket. Place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 8-10 minutes or until crisp-tender. Transfer to a bowl; cool. Add the eggs and onion.

In a small bowl, combine the mayonnaise, mustard, salt and pepper. Add to bean mixture and mix well. Cover and refrigerate for at least 2 hours before serving.

Navy Bean Soup

Ingredients

1 pound dry navy beans
2 quarts water
1 1/2 pounds smoked ham hocks
1 cup chopped onion
1/4 cup chopped fresh parsley
1 1/2 teaspoons salt
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg
1 bay leaf
2 cups thinly sliced carrots
1 cup chopped celery
3/4 cup instant mashed potato flakes

Directions

Place beans and enough water to cover in a Dutch oven or soup kettle. Bring to a boil; boil for 2 minutes. Remove from the heat; let stand for 1 hour. Drain beans and discard liquid. Return beans to kettle; add water, ham hocks, onion, parsley and seasonings. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender. Add carrots, celery and potato flakes; mix well. Cover and simmer for 30 minutes or until vegetables are tender. Remove bay leaf. Remove ham hocks; allow to cool. Remove meat from bones and cut into bite-size pieces. Discard bones. Return meat to kettle; heat through.

Slow Cooker Taco Soup

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix
1 (14.5 ounce) can diced tomatoes and green chiles, undrained
1 (15.5 ounce) can corn, undrained
1 (15.5 ounce) can black beans, undrained
1 (15 ounce) can sliced black olives
1 onion, diced
1 green bell pepper, diced
1 cup tomato juice

Directions

Heat a large skillet over medium-high heat; cook and stir beef until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Transfer beef to a slow cooker and sprinkle with the taco seasoning mix and ranch dressing mix.

Add the diced tomatoes and green chiles, corn, and black beans, all with their liquid, to the slow cooker. Stir the black olives, onion, bell pepper, and tomato juice into the ground beef mixture. Cook on Low until the vegetables are completely tender, about 5 hours.

Fiesta Macaroni

Ingredients

1 (16 ounce) package elbow macaroni
1 pound ground beef
1 (16 ounce) jar salsa
10 ounces processed cheese food (eg. Velveeta), cubed
1 (15 ounce) can chili-style beans

Directions

Cook macaroni according to package directions. Meanwhile, in a skillet, cook beef over medium heat until no longer pink; drain. Drain macaroni; set aside.

In a microwave-safe bowl, combine salsa and cheese. Microwave, uncovered, on high for 3-4 minutes or until cheese is melted. Stir into the skillet; add the macaroni and beans. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 30-35 minutes or until heated through.

San Antonio Taco Salad

Ingredients

CRISCO® Corn Oil* for deep frying
4 (6 inch) flour tortillas
1 pound ground beef or ground turkey
1/2 medium onion, finely chopped
1 cup salsa
1 (15.25 ounce) can kidney beans
2 teaspoons chili powder
2 teaspoons cumin
1 teaspoon salt
1/8 teaspoon pepper
4 cups shredded iceberg lettuce
1 cup shredded Cheddar cheese
Optional garnish: sour cream, chopped tomato, sliced black olives and additional salsa

Directions

Heat 3 inches CRISCO® Oil to 365 degrees F in deep fryer or deep saucepan. Place one tortilla in oil. Let float 5 seconds. Press center of tortilla into oil with metal ladle to form bowl.

Holding ladle in place, fry 1 - 2 minutes, or until lightly golden brown. Drain on paper towel. Repeat with remaining tortillas.

Brown ground meat and onion in a large heavy skillet over medium-high heat; drain.

Add salsa, beans, chili powder, cumin, salt and pepper. Cook over medium heat, stirring frequently, for 5 minutes. Divide lettuce equally between tortilla bowls. Top with meat mixture. Sprinkle with cheese. Top with desired garnishes; serve.

Chili For Two

Ingredients

1/4 pound ground beef
1/4 cup chopped onion
1 garlic clove, minced
1 (15.5 ounce) can chili beans,
undrained
1 (14.5 ounce) can diced
tomatoes, undrained
1 1/2 teaspoons chili powder
1/2 teaspoon ground cumin

Directions

In a saucepan, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until heated through.

Green Bean Turkey Bake

Ingredients

2 cups frozen cut green beans,
thawed
1 1/2 cups cubed cooked turkey
breast
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1 cup shredded Cheddar cheese
1/3 cup milk
3 cups mashed potatoes
1/2 cup crushed cheese flavored
crackers

Directions

In a 2-qt. microwave-safe dish, combine the green beans, turkey, soup, cheese and milk. Cover and microwave on high for 5-6 minutes or until bubbly, stirring once.

Carefully spread mashed potatoes over turkey mixture; sprinkle with cracker crumbs. Cover and cook on high for 2-4 minutes or until heated through. Let stand for 5 minutes before serving.

Laura's Quick Slow Cooker Turkey Chili

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
2 (10.75 ounce) cans low sodium tomato soup
2 (15 ounce) cans kidney beans, drained
1 (15 ounce) can black beans, drained
1/2 medium onion, chopped
2 tablespoons chili powder
1 teaspoon red pepper flakes
1/2 tablespoon garlic powder
1/2 tablespoon ground cumin
1 pinch ground black pepper
1 pinch ground allspice
salt to taste

Directions

Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.

Coat the inside of a slow cooker with cooking spray, and mix in turkey, tomato soup, kidney beans, black beans and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice and salt.

Cover, and cook 8 hours on Low or 4 hours on High.

Mexican Bean Pie

Ingredients

1 (15 ounce) can black beans,
drained and rinsed
1 (15 ounce) can pinto beans,
drained
1 (16 ounce) can refried beans
1 (2 ounce) can sliced black olives
1/2 (15.25 ounce) can whole
kernel corn, drained
1/2 cup chopped green bell
pepper
1 jalapeno pepper, seeded and
minced
1 tablespoon ground cumin
1 tablespoon chili powder
ground black pepper to taste
5 (10 inch) whole wheat tortillas
1 1/2 cups shredded Cheddar
cheese
1/2 cup salsa (optional)
1/2 cup sour cream (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10 inch round cake pan or springform pan.

In a large saucepan over medium-high heat, mix black beans, pinto beans, refried beans, olives, corn, bell pepper, and jalapeno pepper. Season with cumin, chili power, and black pepper. Cook and stir until thickened, about 10 minutes.

Lay one tortilla flat on the bottom of the prepared baking pan. Spread 1/4 of the bean mixture on the tortilla. Sprinkle 1/4 cup Cheddar cheese lightly over the bean mixture. Repeat layering, ending with a tortilla. Top with remaining Cheddar cheese.

Bake 20 minutes in the preheated oven. Allow to cool slightly before serving. Serve with salsa and sour cream for garnish.

Over the Top Nachos

Ingredients

1 pound ground beef
1 onion, finely diced
salt and pepper to taste
2 cups shredded Cheddar cheese
1 (16 ounce) can refried beans
1 (14.5 ounce) package tortilla chips
1 fresh jalapeno pepper, sliced

Directions

In a large frying pan, brown ground beef with onion, salt and pepper over medium heat. Break the meat into very small pieces while it is cooking. After the meat is thoroughly cooked, drain off the grease.

Arrange chips on a microwavable platter. Spread beans over the chips. Layer with 1/2 of the cheese, the ground beef mixture, and remaining cheese. Arrange jalapeno peppers on top.

Microwave on medium-high until cheese has melted. Serve immediately.

White Bean Tuna Salad

Ingredients

1/4 cup red wine vinegar
3 garlic cloves, minced
2 teaspoons Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
2 (15 ounce) cans white kidney or cannellini beans, drained and rinsed
2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
3/4 cup sliced black olives
1/2 cup chopped red onion

Directions

In a small bowl, combine the vinegar, garlic, mustard, sugar, salt and pepper; gradually whisk in oil. In a large bowl, combine the beans, tuna, olives and onion; add dressing and toss gently. Cover and refrigerate until serving.

Hawaiian Beef Casserole

Ingredients

2 tablespoons cooking oil
1 onion, chopped
1 pound ground beef
1 (19 ounce) can kidney beans with liquid
1 (19 ounce) can pineapple chunks with juice
1 cup ketchup
1/2 cup brown sugar
1 tablespoon cornstarch
2 teaspoons ground mustard
1 teaspoon salt

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat; cook the onion in the hot oil until softened, about 5 minutes. Crumble the ground beef into the skillet and cook and stir until completely browned, 5 to 7 minutes. Drain.

Stir the kidney beans with liquid, pineapple with juice, ketchup, brown sugar, cornstarch, mustard, and salt together in a large bowl. Add the ground beef and onions to the mixture and stir to coat. Pour into a large casserole dish.

Bake in the preheated oven until completely heated through, about 45 minutes.

Smoky Bean Stew

Ingredients

1 (16 ounce) package miniature
smoked sausage links
1 (16 ounce) can baked beans
2 cups frozen cut green beans
2 cups frozen lima beans
1/2 cup packed brown sugar
1/2 cup thinly sliced fresh carrots
1/2 cup chopped onion
1/2 cup ketchup
1 tablespoon cider vinegar
1 teaspoon prepared mustard

Directions

In a 3-qt. slow cooker, combine all ingredients. cover and cook on high for 4-5 hours or until vegetables are tender.

Easy Veggie Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can cut green
beans, drained
1 small cucumber, halved and
thinly sliced
2 cups thinly sliced carrots
1/2 cup chopped green pepper
1/4 cup sliced radishes
1/2 cup cider or red wine vinegar
1/3 cup sugar
2 tablespoons vegetable oil
1 teaspoon ground mustard
1 teaspoon salt
Dash pepper

Directions

In a large bowl, combine the beans, cucumber, carrots, green pepper and radishes. In a small bowl, combine the remaining ingredients; mix well. Pour over vegetables and toss to coat. Serve with a slotted spoon. Refrigerate leftovers up to 2 days.

Thai Coffee

Ingredients

2 tablespoons ground coffee
beans
1/4 teaspoon ground cardamom
water
2 tablespoons sweetened
condensed milk

Directions

Place coffee and cardamom in the filter of your coffee machine.
Place enough water to make 2 cups of coffee in the machine. Turn
on the coffee machine.

Pour brewed coffee into 2 coffee cups, and stir 1 tablespoon
sweetened condensed milk into each cup. Serve.

Rainbow Veggie Chili

Ingredients

2 tablespoons olive oil
1 zucchini, sliced
1 yellow squash, sliced
1 red bell pepper, diced
1 green bell pepper, diced
1 fresh jalapeno pepper, diced
4 cloves garlic, minced
1 onion, chopped
1 (28 ounce) can crushed tomatoes, with liquid
1 (6 ounce) can tomato paste
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can chili beans in spicy sauce, undrained
1 tablespoon chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/4 teaspoon cayenne pepper, or to taste

Directions

Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, red bell pepper, green bell pepper, jalapeno, garlic, and onion. Cook 5 minutes, just until tender.

Mix tomatoes with liquid, tomato paste, black beans, corn, and chili beans in spicy sauce into the pot. Season with chili powder, oregano, black pepper, and cayenne pepper. Bring to a boil. Reduce heat to low and simmer 1 hour, stirring occasionally.

Sausage Green Bean Bake

Ingredients

1 (28 ounce) jar spaghetti sauce
1 1/2 pounds Italian sausage links,
cooked and cut into 1/2 inch
pieces
1 (16 ounce) package frozen cut
green beans
2 (4.5 ounce) jars sliced
mushrooms, drained
2 cups shredded mozzarella
cheese

Directions

In a large bowl, combine the spaghetti sauce, sausage, beans and mushrooms; mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish; sprinkle with mozzarella cheese. Bake, uncovered, at 350 degrees F for 40-45 minutes or until cheese is melted.

Authentic Kicked-Up Syrian Hummus

Ingredients

5 unpeeled garlic cloves
1 tablespoon extra-virgin olive oil
1 (15 ounce) can garbanzo beans,
drained
1/2 cup tahini
1/3 cup fresh lemon juice
1 teaspoon ground cumin
1 teaspoon salt
1 tablespoon extra-virgin olive oil

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place unpeeled garlic cloves in the middle of a large square of aluminum foil. Drizzle cloves with 1 tablespoon of olive oil; wrap in foil. Roast in preheated oven for 10 to 15 minutes until golden brown. Remove from the oven, and allow to cool. When slightly cooled, squeeze roasted garlic out of peels.

Combine roasted garlic, garbanzo beans, tahini, lemon juice, cumin, salt, and the remaining 1 tablespoon olive oil in the work bowl of a food processor. Process until very creamy.

Black Bean Hummus with Tahini

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1/4 cup tahini paste
1/4 cup plain yogurt
1 tablespoon minced garlic
1 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon olive oil, for drizzling

Directions

Combine the black beans, tahini, yogurt, garlic, lemon juice, 1 tablespoon olive oil, and salt in the bowl of a blender or food processor; blend until smooth. Chill 1 hour before serving. Drizzle with 1 teaspoon olive oil to garnish.

Pork Chops O'Brien with Creamy Gravy

Ingredients

6 pork chops
1/2 teaspoon seasoned salt, or to taste
1 (10.75 ounce) can condensed cream of celery soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup sour cream
1/2 teaspoon rubbed sage, or to taste
2 (15 ounce) cans green beans, drained
2 cups frozen O'Brien potatoes mix

Directions

Season the pork chops with seasoned salt on both sides. Heat a large, nonstick skillet over medium-high heat, and grease with cooking spray. Cook the pork chops until golden brown on both sides, 6 to 8 minutes. Remove from the skillet and set aside.

Stir the cream of celery soup, cream of mushroom soup, sour cream, and sage together in the skillet until combined. Stir in the green beans and O'Brien potatoes, then place the pork chops on top of the vegetables. Bring to a simmer, then reduce heat to medium-low, cover, and cook until the pork chops are no longer pink in the center, 15 to 20 minutes.

Coffee Flavored Liqueur III

Ingredients

2 cups water
1 1/4 cups white sugar
2 tablespoons vanilla extract
2 tablespoons fresh ground coffee
beans
2 1/2 cups vodka

Directions

In a saucepan over medium heat, combine water, sugar, vanilla and ground coffee. Bring to a boil, reduce heat to low, and simmer for 10 minutes, stirring occasionally. Allow to cool, then remove grounds through a strainer.

When cool, stir in vodka. Pour into a liquor bottle, and keep in a cool place.

Ham and Bean Soup I

Ingredients

- 1 pound Italian sausage
- 2 smoked ham hocks
- 3 potatoes, peeled and cubed
- 3 stalks celery, chopped, with leaves
- 2 tablespoons dried parsley
- 3 (15 ounce) cans kidney beans
- 1 (15 ounce) can tomato sauce
- 2 (14.5 ounce) cans stewed tomatoes
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon hot pepper sauce
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 2 cloves crushed garlic

Directions

Boil sausage to remove excess fat, and cut into bite-size pieces.

Skin ham hocks, and remove excess fat. In a large pot, brown sausage and ham hocks over medium heat. Drain off excess fat.

Add potatoes, celery, parsley, beans, tomato sauce, tomatoes, salt, pepper, chili sauce, bay leaves, garlic, and Worcestershire sauce to the meat; add just enough water to cover. Bring to boil, then reduce to simmer. Cover, and continue to cook for 2-3 hours.

Remove ham hocks and cut meat into bite-size pieces. Return meat to pot. Serve.

Crispy Green Beans with Horseradish-Wasabi Dip

Ingredients

1/2 cup buttermilk ranch dressing
1/4 cup peeled, seeded, and finely chopped cucumber
1 tablespoon milk
1 1/2 teaspoons prepared horseradish
1 teaspoon wasabi powder (optional)
1/8 teaspoon salt
1 pinch cayenne pepper

4 cups vegetable broth
1/2 pound fresh green beans, trimmed
1 egg, lightly beaten
1 cup milk
1 cup all-purpose flour
1 cup dry bread crumbs
3/4 tablespoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
vegetable oil for frying

Directions

Make the dip by combining the buttermilk ranch dressing, cucumber, milk, horseradish, wasabi, salt, and cayenne pepper into a blender. Blend on low until well mixed. Pour into a small bowl and refrigerate. The dip will thicken as it chills.

Place the broth in a saucepan over medium-high heat. Add the beans, cover, and bring to a boil; reduce heat to medium and simmer until beans are bright green and tender, about 8 minutes. Immediately drain beans into a colander and rinse under cold water. Set aside to cool.

Combine the beaten egg with milk in a shallow bowl. Place the flour in another shallow bowl. In a third shallow bowl, combine the bread crumbs, salt, black pepper, garlic powder, and onion powder. Working with a handful of beans at a time, dip each bean first into flour, then into the egg mixture, and then into the bread crumb mixture. Place beans on a plate until all are coated.

Heat 1 1/2 inches of oil in a deep skillet (or use a deep fat fryer) over medium-high heat to 350 degrees F (175 degrees C). Fry the beans several at a time, without crowding, until golden brown. Drain on paper towels and cool. Serve with horseradish-wasabi dip.

Four Seasons Enchiladas

Ingredients

1 (4 ounce) can chopped green chile peppers, drained
4 ounces cream cheese, softened
1/2 teaspoon ground cumin
2 cups chopped cooked turkey
8 (8 inch) flour tortillas
1 (16 ounce) jar salsa
1 (16 ounce) can chili beans, undrained
1 cup shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a medium bowl, mix chile peppers, cream cheese, and cumin. Stir in chopped turkey.

Place the tortillas in a microwave oven. Heat for 1 minute, or until the tortillas are softened. Spread about 2 heaping tablespoons of the chile pepper mixture on each tortilla, and roll up. Place the rolled tortillas, seam-side down, in single layer in the prepared baking dish.

In a medium bowl, combine the salsa and beans. Spoon the mixture over the enchiladas. Sprinkle the top with cheese.

Bake 20 minutes in the preheated oven, or until bubbly and lightly browned.

Mock Tuna Salad

Ingredients

1 (19 ounce) can garbanzo beans,
drained and mashed
2 tablespoons mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
salt and pepper to taste

Directions

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well.

Italian Meatball and Cheese Tortellini Soup

Ingredients

2 tablespoons butter
1 onion, diced
1 tablespoon minced fresh garlic
2 quarts beef stock
1 (12 ounce) can diced tomatoes
1/2 cup green beans
1/2 cup diced carrot
1/2 cup chopped kale
1 tablespoon Italian seasoning
1 bay leaf
1 pound frozen, cooked Italian-style meatballs - thawed
1 pound fresh cheese tortellini
2 tablespoons grated Parmesan cheese

Directions

Melt the butter in a large pot over medium-high heat; cook the onion and garlic in the melted butter until tender, 5 to 7 minutes. Pour the beef stock into the pot; add the tomatoes, green beans, carrot, kale, Italian seasoning, and bay leaf. Bring the mixture to a boil. Stir in the meatballs and tortellini; return to a boil and cook another 5 minutes. Ladle into bowls and top each with about 1 teaspoon Parmesan cheese to serve.

Black Bean Pasta Salad

Ingredients

8 ounces rigatoni or penne pasta
1 (16 ounce) jar salsa
1 (15 ounce) can black beans,
rinsed and drained
2 cups (8 ounces) shredded
reduced-fat Mexican-blend
cheese
1/2 cup chopped green pepper
1 small onion, chopped
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a bowl; stir in the remaining ingredients. Cover and refrigerate for 30 minutes before serving.

Habichuelas Guisadas

Ingredients

1 tablespoon olive oil
1/4 cup tomato sauce
2 tablespoons sofrito sauce
1 (.18 ounce) packet sazón seasoning
1/4 teaspoon black pepper
2 cups cooked pinto beans, drained
1 1/2 cups water
salt to taste

Directions

Heat oil in a saucepan over low heat. Add tomato sauce, sofrito, sazón, and pepper. Cook, stirring for about 3 minutes. Stir in beans, water, and salt. Increase heat to medium, and cook for 15 minutes, or until sauce has thickened.

Hariton's 'Famous' Vegetarian Casserole

Ingredients

8 large eggplants
8 large potatoes
8 green bell peppers
8 large onions
8 summer squash
6 tomatoes
1 pound fresh green beans
1 pound whole fresh mushrooms
2 bulbs garlic, cloves separated and peeled
1/4 cup chopped fresh dill weed
1/4 cup chopped fresh oregano
1/4 cup chopped fresh basil
1 (15 ounce) can tomato sauce
3/4 cup olive oil
salt and pepper to taste

Directions

Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant. Let this sit for about 3 hours.

Preheat oven to 375 degrees F (190 degrees C).

Cut the potatoes, green bell peppers, onion, squash and tomatoes into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.

Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan. Pour the tomato sauce and olive oil over all.

Bake at 375 degrees F (190 degrees C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

Southern Fried Green Beans

Ingredients

5 slices bacon, diced
2 (15 ounce) cans green beans,
drained
1 tablespoon white sugar
salt and pepper to taste

Directions

Place the bacon in a skillet; cook over medium-high heat, turning occasionally, until evenly browned and crisp. Mix the sugar and green beans into the bacon. Cook over medium-high heat until green beans become soft and limp and start to caramelize.

Italian Sausage Stew

Ingredients

1 pound Bob Evans® Italian Sausage Roll
2 (14.5 ounce) cans Italian-style diced tomatoes
2 (14.5 ounce) cans beef broth
1 (15 ounce) can red kidney beans, drained and rinsed
1 (16 ounce) package frozen Italian blend vegetables
shredded Parmesan cheese to taste

Directions

In a Dutch oven, crumble and cook sausage over medium heat until browned; drain. Add tomatoes, beef broth, beans, frozen vegetables. Bring to a boil. Reduce heat to low and simmer. Cook 7 to 10 minutes or until vegetables are tender, stirring occasionally.

Best Yet Turkey Chili

Ingredients

1 1/2 pounds ground turkey
1 green bell pepper, chopped
1 (19 ounce) can black beans,
with liquid
1 (28 ounce) can diced tomatoes,
with liquid
1 (15.25 ounce) can whole kernel
corn, with liquid
1 pinch ground cumin, or to taste
1 pinch chili powder, or to taste
1 pinch red pepper flakes, or to
taste
1 pinch ground cinnamon, or to
taste

Directions

Place turkey and bell pepper in a large saucepan over medium heat, and cook until turkey is evenly brown. Mix in beans, tomatoes, and corn. Season with cumin, chili powder, red pepper flakes, and cinnamon. Bring to a boil, reduce heat to low, and simmer 30 minutes. Add water if you want a more liquid chili.

Frijoles de Olla

Ingredients

10 cups water
2 tablespoons lard
2 cups dry pinto beans, rinsed
2 teaspoons salt

Directions

Measure water and lard into a large pot. Bring to a boil and add beans. Cook over medium heat for 2 to 2 1/2 hours. Season with salt and continue cooking until tender, about 30 more minutes.

Clemons Family Bean Dip

Ingredients

1 pound ground beef
1 (11 ounce) can condensed
cheese soup
1 (16 ounce) can refried beans
1 (16 ounce) jar picante sauce
1 (12 ounce) jar sliced jalapeno
peppers
1/2 pound processed cheese
food, cubed

Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain beef and place in a large, heavy saucepan with condensed cheese soup, refried beans, picante sauce, jalapeno peppers and processed cheese food. Cook on high until boiling, then reduce heat to low. Stirring constantly, cook until mixture is melted and bubbly.

Garbanzo Bean and Pepper Salad

Ingredients

1 (19 ounce) can garbanzo beans, drained and rinsed
2 large red bell peppers, diced
2 large yellow bell peppers, diced
1 jalapeno pepper, diced
1 large red onion, diced
1/4 cup chopped fresh parsley
salt to taste
ground black pepper to taste
1 lime, juiced
1 lemon, juiced
1/4 cup extra virgin olive oil

Directions

In a large bowl, mix the garbanzo beans, red bell peppers, yellow bell peppers, jalapeno pepper, red onion, and parsley. Season with salt and pepper.

In a small bowl, whisk together the lime juice, lemon juice, and olive oil. Drizzle over the salad, and toss to coat. Refrigerate salad at least 4 hours before serving.

Black Bean Nacho Bake

Ingredients

1 (7 ounce) package shell or elbow macaroni, cooked and drained
1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can condensed nacho cheese soup, undiluted
1/3 cup milk
1/2 cup crushed tortilla chips
1/2 cup shredded Cheddar cheese

Directions

In a bowl, combine macaroni and beans. Combine soup and milk; stir into macaroni mixture. Transfer to a greased 8-in. square baking dish. Cover and bake at 350 degrees F for 25 minutes. Uncover; sprinkle with tortilla chips and cheese. Bake 5-10 minutes longer or until cheese is melted.

Italian Sausage Soup

Ingredients

1 pound Italian sausage
1 clove garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups spinach - packed, rinsed and torn
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Directions

In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Skillet Chili

Ingredients

1 1/2 pounds lean ground beef
1 onion, finely diced
1/4 cup chopped green bell pepper
1 (15 ounce) can tomato sauce
6 ounces tomato paste
1 (16 ounce) can chili beans, drained
1 tablespoon chili powder
1 teaspoon hot pepper sauce
1/2 teaspoon seasoning salt
1/2 teaspoon ground cayenne pepper
1/4 teaspoon garlic powder

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain excess fat, and crumble. Stir in onion, green pepper, tomato sauce, tomato paste and chili beans. Season with chili powder, hot sauce, seasoning salt, cayenne pepper and garlic powder.

Cook over low heat, stirring occasionally, until desired consistency (at least 1 hour for best flavor).

Hobart's Chicken and Red Bean Soup

Ingredients

1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 1/2 quarts water
1/4 cup diced onion
1 pound boneless chicken breast halves, cooked and cubed
1 (16.5 ounce) can red beans, drained and rinsed
1 cup chopped broccoli
1 cup diced carrots
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon Cajun seasoning
1 pinch garlic powder

Directions

In a large saucepan over medium-high heat, combine diced tomatoes, tomato sauce, water and onion. Bring to a boil, then stir in cooked chicken, beans, broccoli, carrots, salt, pepper, Cajun seasoning and garlic powder. Let boil 5 minutes, then reduce heat and simmer 20 minutes more.

Kidney Bean Coleslaw

Ingredients

4 cups shredded cabbage
1/2 cup real bacon bits
1 (16 ounce) can kidney beans,
rinsed and drained
2 celery ribs, thinly sliced
2/3 cup chopped onion
4 teaspoons minced fresh parsley
1/2 cup mayonnaise
2 tablespoons cider vinegar
1/4 teaspoon pepper
1/8 teaspoon salt

Directions

In a large bowl, combine the cabbage, bacon, beans, celery, onion and parsley. In a small bowl, combine the mayonnaise, vinegar, pepper and salt; pour over cabbage mixture and toss to coat. Cover and refrigerate for 2-3 hours. Stir before serving.

Mexican Potato Stew

Ingredients

1 pound ground beef
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (15 ounce) can ranch-style
beans
garlic salt to taste
4 potatoes, sliced
salt and ground black pepper to
taste

Directions

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain. Stir in the diced tomatoes, ranch-style beans, and garlic salt. Bring to a boil; reduce the heat to low.

Layer the sliced potatoes evenly over the ground beef mixture; season with salt and black pepper. Cover; simmer until potatoes are tender, about 30 minutes.

Rio Grande Quesadillas

Ingredients

2 cups shredded cooked chicken
3/4 cup water
1 (1.25 ounce) package taco seasoning
1 cup refried beans
6 flour tortillas (7 inches)
1 (2 ounce) jar diced pimientos, drained
1/4 cup chopped green onions
1/4 cup minced fresh cilantro
1 1/2 cups shredded Monterey Jack cheese
1 tablespoon vegetable oil

Directions

In a saucepan, bring the chicken, water and taco seasoning to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in the beans.

Spoon about 1/2 cup chicken mixture over half of each tortilla; top with pimientos, onion, cilantro and cheese. Fold over. In a large skillet over medium heat, cook quesadilla in 1 tablespoon oil for 1-2 minutes on each side or until cheese is melted, using additional oil as needed. Cut into wedges.

Spicy African Yam Soup

Ingredients

1 teaspoon vegetable oil
1 small onion, chopped
1 large sweet potato, peeled and diced
1 clove garlic, minced
4 cups chicken broth
1 teaspoon dried thyme
1/2 teaspoon ground cumin
1 cup chunky salsa
1 (15.5 ounce) can garbanzo beans, drained
1 cup diced zucchini
1/2 cup cooked rice
2 tablespoons creamy peanut butter

Directions

Heat the oil in a stockpot over medium heat. Saute onion, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent burning.

Stir in the chicken broth, thyme and cumin. Bring to a boil, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes.

Stir in the cooked rice and peanut butter until the peanut butter has dissolved. Serve hot with pita chips and a green salad.

Fiery Baked Beans

Ingredients

1/2 cup chopped onion
2 tablespoons maple syrup
1 tablespoon Dijon mustard
4 teaspoons canned chipotle chile peppers in adobo sauce, finely chopped
2 (16 ounce) cans no-salt-added navy beans
1 cup no-salt-added ketchup
1 teaspoon ground cinnamon
salt and pepper, to taste

Directions

Preheat oven to 350 degrees. In a large bowl combine all ingredients. Spray a 7x11 shallow baking dish. Add bean mixture. Bake 45 minutes.

Venison Burger and Steak Chili

Ingredients

1/2 pound bulk mild Italian sausage
1 pound cubed lean venison
2 pounds ground venison
2 tablespoons olive oil
8 ounces sliced crimini mushrooms
1 large onion, diced
2 tablespoons minced garlic
1 green pepper, diced
1 red peppers, diced
2 red chile peppers, seeded and chopped
2 jalapeno peppers, seeded and minced
1 (6 ounce) can tomato paste
1 (28 ounce) can tomato sauce
2 (15.5 ounce) cans black beans, rinsed and drained
2 (28 ounce) cans diced tomatoes, with liquid
1 cup water, or as needed
1/4 teaspoon chili powder
2 tablespoons paprika
1 dash cayenne pepper
2 tablespoons dried oregano
Salt and pepper to taste
1/4 cup minced fresh parsley
1 (8 ounce) package shredded Cheddar cheese

Directions

Cook sausage in a large skillet over medium-high heat until crumbled and browned; place into a large Dutch oven. Sear venison cubes until well browned; add to sausage. Add ground venison, and cook until crumbly and no longer pink; place into Dutch oven.

Heat olive oil in the skillet over medium-high heat. Stir in the mushrooms, and cook until soft, about 2 minutes. Stir in onion and garlic, cook until the onion is translucent, about 2 minutes. Add the green and red peppers, red chile pepper, and jalapeno; cook until softened, then add to Dutch oven.

Stir in tomato paste, tomato sauce, black beans, diced tomatoes, and water. Season with chili powder, paprika, cayenne, and oregano. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the venison pieces are tender, about 2 hours.

Season to taste with salt and pepper, and stir in parsley before serving. To serve, sprinkle with shredded Cheddar cheese.

Blister Beans

Ingredients

1 (15 ounce) can black beans
1 (15.5 ounce) can black-eyed
peas
1/4 teaspoon garlic powder
1/4 teaspoon ground cumin
1/4 teaspoon ground ginger
1/4 teaspoon salt
1 teaspoon dried onion flakes
1/2 teaspoon prepared brown
mustard
1 tablespoon hot pepper sauce, or
to taste

Directions

In a saucepan over medium heat, combine the black beans and black-eyed peas with their juices. Season with garlic powder, cumin, ginger, salt, onion flakes, mustard, and hot pepper sauce. Bring to a boil, then reduce heat to medium-low, and simmer for about 20 minutes to combine the flavors.

Cheesy Brat Stew for the Slow Cooker

Ingredients

6 bratwurst links, browned and cut into 1/2 inch slices
4 medium potatoes, peeled and cubed
1 tablespoon dried minced onion
1 (15 ounce) can green beans, drained
1 small red bell pepper, seeded and chopped
2 cups shredded Cheddar cheese
1 (10.75 ounce) can cream of mushroom soup
2/3 cup water

Directions

Place the bratwurst, potatoes, minced onion, green beans, red pepper, Cheddar cheese, mushroom soup and water into a slow cooker. Cover, and cook on medium for 3 hours, or until potatoes are fork-tender.

Wieners and Beans

Ingredients

8 beef frankfurters
4 tablespoons barbeque sauce
2 teaspoons dry mustard
2 (16 ounce) cans baked beans
with pork

Directions

In a saucepan filled with water, boil the frankfurters for about 5 minutes.

In another saucepan, combine barbeque sauce, dry mustard and baked beans. Stir and heat.

When the frankfurters are cooked, combine them with the sauce mixture for about 10 to 15 minutes or until heated through.

Saucy Lima Beans

Ingredients

1 (10 ounce) package frozen lima beans
1/4 cup chopped onion
1 tablespoon butter or margarine
2/3 cup half-and-half cream
1 1/2 teaspoons minced fresh parsley
1/2 teaspoon dill weed
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a small saucepan, cook lima beans according to package directions; drain, reserving 1 tablespoon cooking liquid. In a small skillet, saute onion in butter. Stir in the cream, parsley, dill, salt, pepper and reserved cooking liquid. Cook 1-2 minutes longer or until butter is melted.

Greek-Style Green Beans

Ingredients

2 cups fresh green beans (2-inch pieces)
1/2 small sweet onion, cut into thin wedges
1 tablespoon olive oil
1 small tomato, cut into eighths
1/2 teaspoon dried oregano
1/4 teaspoon salt
Dash pepper

Directions

Place the beans in a saucepan and cover with water; bring to a boil. Cook for 3-4 minutes or until crisp-tender; drain.

In a small skillet, saute onion in oil for 3 minutes. Add the beans; saute for 5 minutes or until tender. Reduce heat. Add the tomato, oregano, salt and pepper; cook 1 minutes longer or until heated through.

Garbanzo Bean Salad II

Ingredients

1 (15 ounce) can garbanzo beans,
drained and rinsed
5 tablespoons tomato sauce
1 cup sliced celery
1 clove garlic, minced
1/2 small onion, thinly sliced
1/2 small onion, diced
3 tablespoons distilled white
vinegar
1 tablespoon dill
ground black pepper to taste

Directions

In a bowl, gently toss the beans, tomato sauce, celery, garlic, sliced onion, diced onion, distilled white vinegar, dill, and pepper.

Ham with Vegetables

Ingredients

4 medium potatoes, cut into 1 inch cubes
4 cups fresh green beans (2-inch pieces)
4 medium carrots, halved
1 cup chicken broth
1 teaspoon dried minced onion
1/2 teaspoon salt
1 pound fully cooked ham steak

Directions

Place cooking rack in pressure cooker. Add the potatoes, beans, carrots, broth, onion and salt. Place ham over vegetables. Close cover securely; place pressure regulator on vent pipe.

Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 4 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.) Immediately cool according to manufacturer's directions until pressure is completely reduced.

Brown Rice and Black Bean Casserole

Ingredients

1/3 cup brown rice
1 cup vegetable broth
1 tablespoon olive oil
1/3 cup diced onion
1 medium zucchini, thinly sliced
2 cooked skinless boneless chicken breast halves, chopped
1/2 cup sliced mushrooms
1/2 teaspoon cumin
salt to taste
ground cayenne pepper to taste
1 (15 ounce) can black beans, drained
1 (4 ounce) can diced green chile peppers, drained
1/3 cup shredded carrots
2 cups shredded Swiss cheese

Directions

Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes, or until rice is tender.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

Heat the olive oil in a skillet over medium heat, and cook the onion until tender. Mix in the zucchini, chicken, and mushrooms. Season with cumin, salt, and ground cayenne pepper. Cook and stir until zucchini is lightly browned and chicken is heated through.

In large bowl, mix the cooked rice, onion, zucchini, chicken, mushrooms, beans, chiles, carrots, and 1/2 the Swiss cheese. Transfer to the prepared casserole dish, and sprinkle with remaining cheese.

Cover casserole loosely with foil, and bake 30 minutes in the preheated oven. Uncover, and continue baking 10 minutes, or until bubbly and lightly browned.

Black Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
2 (15 ounce) cans whole kernel corn, drained
8 green onions, chopped
2 jalapeno peppers, seeded and minced
1 green bell pepper, chopped
1 avocado - peeled, pitted, and diced
1 (4 ounce) jar pimentos
3 tomatoes, seeded and chopped
1 cup chopped fresh cilantro
1 lime, juiced
1/2 cup Italian salad dressing
1/2 teaspoon garlic salt

Directions

In a large bowl, combine the black beans, corn, green onions, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and Italian dressing. Season with garlic salt. Toss, and chill until serving.

Tuna Tostadas I

Ingredients

1 (16 ounce) can nonfat refried beans
1/3 cup low-fat milk
2 (6 ounce) cans tuna in water, drained
1 tomato, diced
1 fresh jalapeno pepper, seeded and chopped
1 fresh lime
1/2 cup shredded lettuce
4 tostada shells
1 cup salsa
1 avocado - peeled, pitted and sliced

Directions

Place beans in pot over medium heat. Gradually add milk, stirring constantly, until beans are warmed through. Mix tuna fish, tomatoes, jalapenos, and lime juice together in a bowl.

To assemble, spread beans over tostada shells. Top with tuna mixture, lettuce, and avocado, and enjoy!

Best Apple Salad

Ingredients

2 medium sweet apples, cored and cubed
1 green bell pepper, diced
1/4 cup chopped red onion
1 (15 ounce) can kidney beans, rinsed and drained
2 tablespoons white wine vinegar
1 tablespoon honey
2 teaspoons Dijon mustard
ground black pepper to taste

Directions

In a medium bowl, combine the apples, bell pepper, red onion and kidney beans. In a separate bowl, whisk together the vinegar, honey, mustard and pepper. Pour over the salad, and stir gently to coat.

Sesame Tempura Green Beans

Ingredients

2 quarts oil for deep frying
1 cup all-purpose flour
1/4 cup sesame seeds
1 (12 fluid ounce) can or bottle
beer
3/4 pound fresh green beans,
rinsed and trimmed
salt to taste
3 tablespoons soy sauce
3 teaspoons lime juice
1 teaspoon white sugar

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

In a medium bowl, mix the flour, sesame seeds and beer until smooth. Roll the beans in the flour mixture to coat.

Deep fry the coated beans in small batches until golden brown, about 1 1/2 minutes per batch. Drain on paper towels. Salt to taste.

In a small bowl, whisk together the soy sauce, lime juice and sugar to use as a dipping sauce.

Taco-Stuffed Pepper Cups

Ingredients

2 medium green bell peppers
1/2 pound ground beef or lean ground turkey
2 tablespoons chopped onion
1 (16 ounce) can kidney beans, rinsed and drained
1 (8 ounce) can tomato sauce
3 tablespoons taco seasoning mix
1/4 cup sour cream
1/4 cup shredded Cheddar cheese
1/4 cup chopped tomato

Directions

Cut peppers in half lengthwise and remove seeds. Cook in boiling water for 5 minutes; drain and set aside. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the beans, tomato sauce and taco seasoning; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Place pepper halves in an ungreased 8-in. square baking dish. Fill with meat mixture. Bake, uncovered, at 350 degrees F for 10 minutes or until peppers are tender. Top with sour cream, cheese and tomato.

Southern Ham and Brown Beans

Ingredients

1 pound dry pinto beans
8 cups water
1 large, meaty ham hock
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste

Directions

Place the beans and water in a large stockpot. Add the ham hock, onion and garlic. Season with chili powder, salt and pepper. Bring to a boil, and cook for 2 minutes. Cover, and remove from heat. Let stand for one hour.

Return the pot to the heat, and bring to a boil once again. Reduce heat to medium-low, and simmer for at least 3 hours to blend flavors. The longer you simmer, the thicker the broth will become. I like to cook mine for about 6 hours.

Remove the ham hock from the broth, and let cool. Remove the meat from the bone, and return the meat to the stockpot, discarding the bone. Adjust seasonings to taste.

Kielbasa Bean Soup

Ingredients

4 1/2 cups water
2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2 medium green peppers, chopped
2 medium onions, chopped
2 celery ribs, chopped
1 medium zucchini, sliced
2 teaspoons chicken bouillon granules
2 garlic cloves, minced
2 1/2 teaspoons chili powder
2 teaspoons dried basil
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 bay leaves
3/4 pound fully cooked kielbasa or Polish sausage, halved lengthwise and sliced

Directions

In a soup kettle or Dutch oven, combine all ingredients except the sausage. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add sausage and heat through. Discard bay leaves.

Zesty Cheese Soup

Ingredients

1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can chicken broth
1 (10 ounce) can diced tomatoes and green chilies, undrained
1 (10 ounce) can premium chunk white chicken, drained
1 (4.5 ounce) can chopped green chilies
1 pound process American cheese, cubed
crushed tortilla chips

Directions

In a 3-qt. saucepan, combine the first seven ingredients. Cook and stir until cheese is melted. Garnish with tortilla chips if desired.

Roasted Veggie Platter

Ingredients

1 medium sweet red pepper, cut into 1-1/2 inch pieces
1 medium red onion, cut into wedges
1 medium yellow summer squash, cut into 1/2 inch slices
1/2 pound whole fresh mushrooms
1/4 pound fresh green beans, trimmed
1/4 cup Italian salad dressing
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary, crushed

Directions

Place the vegetables in a greased 15-in. x 10-in. x 1-in baking pan. Drizzle with salad dressing and sprinkle with herbs. Bake, uncovered, at 425 degrees F for 15-20 minutes or until vegetables are crisp-tender.

Kid-Friendly Taco-Burritos

Ingredients

- 1 (17.5 ounce) package burrito-size flour tortillas
- 3 green onions, sliced
- 1 large tomato, diced
- 1 (4.5 ounce) can sliced black olives, drained
- 6 torn lettuce leaves
- 1 ripe avocado, sliced
- 1 (16 ounce) can refried beans
- 2 teaspoons dried onion flakes
- 1/2 teaspoon dried, minced garlic
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon dried oregano
- 2 teaspoons water
- 1 (16 ounce) package shredded Cheddar cheese
- 1 (8 ounce) container sour cream

Directions

In a large serving dish, arrange green onions, diced tomato, sliced olives, lettuce and avocado. Set aside.

Empty the can of refried beans into a microwave-safe bowl. Season with onion flakes, garlic, salt, cumin, chili powder and oregano. Stir in water, cover, and cook in microwave, on high, for about 2 minutes.

Take a tortilla and spread a thin layer of beans on half of it. Sprinkle on the cheese, and whatever toppings you would like. Spread sour cream over the other half of the tortilla.

Fold the tortilla in half, and then into quarters, and serve.

Mushroom Green Beans

Ingredients

1 1/4 pounds fresh green beans
1/2 pound fresh mushrooms,
sliced
2 tablespoons olive or vegetable
oil
5 teaspoons lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Place beans in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 7-8 minutes or until crisp-tender. Meanwhile, in a skillet, saute mushrooms in oil for 5-7 minutes or until tender. Drain beans; add mushrooms. In a small bowl, combine the lemon juice, mustard, salt and pepper. Drizzle over vegetables and toss to coat.

Sweet Tart Pastry

Ingredients

1 1/2 cups all-purpose flour
3 tablespoons white sugar
1/4 teaspoon salt
2/3 cup unsalted butter, cubed
1 egg, beaten
1/2 teaspoon vanilla extract

Directions

Sift together the flour, sugar, and salt into a bowl.

Toss butter through flour mixture to coat pieces. Using fingertips, rub fat into flour, working it until you have created a coarse meal with a few pea-size particles of fat.

Empty crumbs onto a cool surface. Form mixture into a mound. Make a 4 to 5 inch well in center of the mound. Combine egg and vanilla and pour mixture into the well. Using a fork, draw crumbs into egg mixture, about 1 - 2 tablespoons at a time. When all crumbs are added, toss mixture a few times with a pastry blender to form large clumps, then scrape into a mound.

Using the heel of your hand, push 2 - 3 tablespoons of the dough at a time, outward in 6 to 8 inch sweeps. This will blend fat and flour and give crust a delicate texture. If your hand becomes sticky, flour it as needed. Repeat process until all dough has been worked. Gather dough into a mound again. Repeat procedure 2 more times.

After third time, flour your hands. Gently knead the dough 5 or 6 times to make it smooth. Shape into a 5 inch disk. Dust disk lightly with flour, score with side of your hand, cover with plastic wrap, refrigerate for 20 minutes before shaping. **DO NOT LET DOUGH BECOME TOO HARD** or it will be difficult to roll. If this happens, let pastry soften at room temperature.

Roll out to 1/8 inch thickness. After dough has been rolled, position rolling pin 4 inches from top of the pastry. Lift dough over top of rolling pin and gently roll dough toward you. Lift pastry up. Make sure you keep a finger pressed against barrel of rolling pin to keep it from slipping. Position pastry, leaving about 1 1/2 inches of dough hanging over edge of pan on side closest to you. Then unroll pastry over an ungreased tart pan, moving pin away from you. Immediately lift overhang into pan to prevent sharp edge of the pan from cutting dough.

Working a small portion of the dough at a time, mold it into crease of the pan. Trim excess pastry from top edge of pan. Chill pastry in refrigerator or freezer for up to 30 minutes. Tear an 18 inch square of tin foil. Make a buttered circle in center of foil 2 inches larger than size of pan. Place foil buttered side down, centering it into the baking pan. Using your hand, press foil flush against the sides.

Slow Cooker Chili II

Ingredients

1 pound ground beef
3/4 cup diced onion
3/4 cup diced celery
3/4 cup diced green bell pepper
2 cloves garlic, minced
2 (10.75 ounce) cans tomato puree
1 (15 ounce) can kidney beans with liquid
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans with liquid
1/2 tablespoon chili powder
1/2 teaspoon dried parsley
1 teaspoon salt
3/4 teaspoon dried basil
3/4 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/8 teaspoon hot pepper sauce

Directions

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease.

Place the beef in a slow cooker, and mix in onion, celery, green bell pepper, garlic, tomato puree, kidney beans, and cannellini beans. Season with chili powder, parsley, salt, basil, oregano, black pepper, and hot pepper sauce.

Cover, and cook 8 hours on Low.

Artichoke Bean Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can cut green
beans, drained
1 (6.5 ounce) jar marinated
artichoke hearts, undrained
1 1/2 cups chopped red onion
1/2 cup chopped green pepper
1/2 cup Italian salad dressing

Directions

In a large bowl, toss all ingredients. Cover and refrigerate until serving.

Slow Cooker Ham and Beans

Ingredients

1 pound dried great Northern beans, soaked overnight
1/2 pound cooked ham, chopped
1/2 cup brown sugar
1 tablespoon onion powder
1 tablespoon dried parsley
1/2 teaspoon garlic salt
1/2 teaspoon black pepper
1/4 teaspoon cayenne pepper
water to cover

Directions

Combine the beans, ham, brown sugar, onion powder, parsley, garlic salt, black pepper, and cayenne pepper in a slow cooker. Pour enough water into the slow cooker to cover the mixture by about 2 inches. Set slow cooker to Low; simmer 12 hours, stirring occasionally.

Creamy Green Bean Soup

Ingredients

8 cups water
2 pounds chopped fully-cooked ham
4 cups fresh green beans, trimmed and cut into 3/4-inch pieces
3 cups cubed potatoes
2 onions, sliced
1 cup cream
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste

Directions

Place the water, ham, green beans, potatoes, and onions into a large saucepan or soup pot, bring to a boil, and reduce heat to medium-low. Simmer until the ham and vegetables are very tender, about 45 minutes. Skim off any excess fat. Pour in the cream, season to taste with salt and pepper, and serve.

PHILLY No-Fuss Mexican Dip

Ingredients

1 (250 g) package PHILADELPHIA
Light Cream Cheese Spread,
softened
1 tablespoon taco seasoning mix
1 cup salsa
1 cup drained canned black
beans, rinsed
1/2 cup chopped green onions
1 cup KRAFT Double Cheddar
Shredded Cheese Light- Made
with 2% Milk
1 cup shredded lettuce
2 tablespoons sliced ripe olives
Baked tortilla chips

Directions

Beat cream cheese spread with electric mixer on medium speed until creamy. Add seasoning mix; beat until well blended. Spread onto bottom of 9 inch pie plate or quiche dish.

Layer remaining ingredients over cream cheese mixture; cover.

Refrigerate at least 1 hour before serving. Serve with tortilla chips.

Vegetarian Black Bean Chili

Ingredients

1/2 cup applesauce
1 tablespoon brown sugar
1 tablespoon ground coriander
1 teaspoon ground cayenne pepper
1 teaspoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon ground cloves
1/2 teaspoon dried rosemary
1/2 teaspoon dried sage
1/4 teaspoon dried thyme
1 pinch asafoetida powder (optional)
1 (15 ounce) can black beans
1 (6 ounce) can tomato paste
2 cloves garlic, minced
1 onion, chopped
1 yellow squash, chopped
2 carrots, chopped
1 sweet potato, peeled and diced
1 cup chopped fresh mushrooms
1 quart water, or as needed

Directions

In a large pot over medium-low heat, mix the applesauce, brown sugar, coriander, cayenne pepper, cumin, oregano, cloves, rosemary, sage, thyme and asafoetida powder. Cook just until heated through. Stir in black beans and tomato paste. Mix in garlic, onion, squash, carrots, sweet potato and mushrooms. Pour in enough water to cover. Bring to a boil, reduce heat to low and simmer 45 minutes, stirring occasionally.

Surprise Chocolate Fudge

Ingredients

1 (15 ounce) can pinto beans,
rinsed and drained
1 cup baking cocoa
3/4 cup butter or stick margarine,
melted
1 tablespoon vanilla extract
7 1/2 cups confectioners' sugar
1 cup chopped walnuts

Directions

In a microwave-safe dish, mash beans with a fork until smooth; cover and microwave for 1-1/2 minutes or until heated through. Add cocoa, butter and vanilla. (Mixture will be thick.) Slowly stir in sugar; add nuts. Press mixture into a 9-in. square pan coated with nonstick cooking spray. Cover and refrigerate until firm. Cut into 1-in. pieces.

Classy Green Bean Casserole

Ingredients

3 (14.5 ounce) cans French cut green beans, drained
1 cup sour cream
1/2 (10.75 ounce) can condensed cream of mushroom soup
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup coarsely crushed buttery round crackers
1 tablespoon butter, melted

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the green beans, sour cream, condensed soup, salt and pepper. Spoon into a 2 quart casserole dish. Stir melted butter into the crushed crackers, then sprinkle over the top of the casserole.

Bake for 30 minutes in the preheated oven, until lightly browned and bubbly.

Pumpkin Black Bean Soup

Ingredients

3 (15 ounce) cans black beans,
rinsed and drained
1 (16 ounce) can diced tomatoes
1/4 cup butter
1 1/4 cups chopped onion
4 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black
pepper
4 cups beef broth
1 (15 ounce) can pumpkin puree
1/2 pound cubed cooked ham
3 tablespoons sherry vinegar

Directions

Pour 2 cans of the black beans into a food processor or blender, along with the can of tomatoes. Puree until smooth. Set aside.

Melt butter in a soup pot over medium heat. Add the onion and garlic, and season with salt and pepper. Cook and stir until the onion is softened. Stir in the bean puree, remaining can of beans, beef broth, pumpkin puree, and sherry vinegar. Mix until well blended, then simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon. Stir in the ham, and heat through before serving.

Vegetable Cutlets

Ingredients

2 large potatoes, peeled and diced
1 carrot, peeled and diced
1/2 cup fresh green beans, trimmed and snapped
1/4 cup frozen green peas
1 egg
1 1/2 cups bread crumbs
1/2 teaspoon garam masala
1/4 teaspoon cayenne pepper
salt to taste
1/4 cup vegetable oil for frying

Directions

Place the potatoes, carrot, green beans, and peas in a pot with enough water to cover. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until potatoes are tender. Drain vegetables, transfer to a bowl, and mash with a potato masher, leaving a few small chunks.

Mix the egg, 3/4 cup bread crumbs, garam masala, cayenne pepper, and salt into the bowl with the mashed vegetables. Form the mixture into small patties about 1/2 inch thick. Dredge the patties in the remaining bread crumbs to coat.

Heat the oil in a large skillet over medium heat, and fry the coated patties until golden brown. Drain on paper towels.

Hot Mexican Dip

Ingredients

1 (15 ounce) can chili without beans
1 (8 ounce) jar salsa
1 (8 ounce) jar taco sauce
2 chopped green chile peppers
crushed red pepper to taste
2 pounds processed cheese, cubed

Directions

In a slow cooker set for low heat, place chili without beans, salsa, taco sauce, green chile peppers, crushed red pepper and processed cheese. Stirring occasionally, heat until processed cheese is melted and all ingredients are well blended.

Mulholland's Idaho Chili

Ingredients

3 cups dried red beans
9 cups water
4 ounces jalapeno peppers, thinly sliced
1 tablespoon garlic powder
1 tablespoon ground cumin
1 1/2 teaspoons dried oregano

2 pounds ground beef
1 large onion, chopped
1 teaspoon salt
4 (14.5 ounce) cans diced tomatoes
1 (12 ounce) can tomato paste

Directions

Sort and rinse beans, then place into a large pot along with the water, jalapeno peppers, garlic powder, cumin, and oregano. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beans are tender, 1 1/2 to 2 hours.

Heat a large skillet over medium-high heat, and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir the beef into the simmering beans along with the salt, diced tomatoes, and tomato paste. Return to a simmer, and cook for 15 minutes. Remove from the heat, and allow to stand for a few minutes before serving.

Pork Loin with Lima Beans

Ingredients

7 pounds boneless pork loin roast
1 (15 ounce) can lima beans,
undrained
1 (16 ounce) can canned boiling
onions, undrained
3 (15 ounce) cans whole new
potatoes, undrained
1/4 cup molasses

Directions

Preheat oven to 325 degrees F (165 degrees C).

Place the pork roast in a 9x11 inch roasting pan and bake in preheated oven for 3 hours (25 minutes per pound).

In a bowl, combine lima beans, onions, potatoes (including all the liquid) and molasses. One hour before roast is done, pour mixture into pan and continue cooking one more hour, until internal temperature has reached 160 degrees F (70 degrees C).

Bean 'N' Beef Crescent Pie

Ingredients

1 1/4 pounds ground beef
1 (1.25 ounce) package taco seasoning
1/3 cup salsa
1 (8 ounce) package refrigerated crescent rolls
4 ounces cream cheese, softened
1/2 cup refried beans
1 cup shredded Mexican blend cheese or Cheddar cheese

Directions

In a large skillet, cook the beef over medium heat until no longer pink; drain. Add taco seasoning and salsa; simmer, uncovered, until thickened. Meanwhile, unroll crescent roll dough. Press onto the bottom and up the sides of an ungreased 13-in. x 9-in. x 2-in. baking dish; seal perforations. Spread cream cheese over the dough.

Stir the refried beans into beef mixture. Spoon over cream cheese layer. Bake, uncovered, at 375 degrees F for 20-25 minutes or until crust is golden brown. Sprinkle with cheese; bake 5 minutes longer or until the cheese is melted.

Savory Herb-Crusted Chicken Pot Pie

Ingredients

1 sheet Pepperidge Farm® Puff Pastry
1 eggs
1 tablespoon water
1 1/2 pounds diced cooked chicken
1 (24 ounce) bag frozen mixed vegetables (corn, peas, carrots, green beans and lima beans)
2 tablespoons butter
1/2 cup all-purpose flour
2 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
2 tablespoons coarsely chopped fresh herbs (parsley, thyme and/or oregano)

Directions

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Stir the egg and water with a fork in a small bowl.

Stir the chicken and vegetables in a 13x9 inch shallow baking dish. Set aside.

Heat the butter in a 2 quart saucepan over medium heat. Add the flour and cook for 3 minutes, stirring constantly. Gradually stir the broth into the saucepan and heat to a boil, stirring constantly. Reduce the heat to a low and cook for about 3 minutes or until the mixture thickens. Pour over the chicken mixture.

Unroll the pastry sheet on a lightly floured surface. Roll the sheet to a 13x9 inch rectangle. Place the pastry over the chicken mixture, gently pressing the pastry to the edge of the dish to seal. Flute the edges if desired. Brush with the egg mixture and sprinkle with the herbs. Cut several 2 inch long slits on the top.

Bake for 25 minutes or until golden and filling is bubbly.

Creamy Succotash with Bacon, Thyme and Chives

Ingredients

4 ounces thick sliced bacon, cut into 1/2-inch pieces
1 medium onion, cut into medium dice
1 (10 ounce) package frozen baby lima beans
Salt and freshly ground black pepper, to taste
1 (10 ounce) package frozen sweet corn
1/2 cup heavy cream
1 1/2 teaspoons minced fresh thyme leaves
2 teaspoons snipped fresh chives

Directions

Fry bacon over medium-high heat in a Dutch oven until crisp, 7 to 8 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate.

Pour off all but 2 Tbs. of the bacon drippings. Add onions; saute until tender, about 5 minutes. Add lima beans, 1/2 cup water, salt and pepper, and bring to a boil. Reduce heat and continue to simmer, covered, until partially cooked, about 5 minutes. Add corn, cream, and thyme; return to a simmer, and warm until vegetables are fully cooked and cream doesn't pool, about 5 minutes longer. (Can be refrigerated at this point up to 2 days ahead.)

When ready to serve, stir bacon and chives into warm succotash. This recipe doubles easily.

Yam Taeng (Spicy Cucumber Salad)

Ingredients

3 cucumbers - peeled, seeded, and grated
3 tablespoons crushed dried shrimp
2/3 pound long beans, sliced thin and mashed
5 cherry tomatoes, halved

5 Thai chilies, sliced thin
1 tablespoon palm sugar
2 tablespoons fish sauce
juice of 1 lime, or more to taste

3 tablespoons roasted peanuts, chopped

Directions

Toss the cucumbers, dried shrimp, beans, and tomatoes together in a bowl.

Stir the Thai chilies, palm sugar, fish sauce, and lime juice together in a small bowl; pour over the cucumber mixture. Toss to combine. Adjust seasoning to your taste. Sprinkle chopped peanuts over the mixture to serve.

Flatlander Chili

Ingredients

2 pounds lean ground beef
1 (46 fluid ounce) can tomato juice
1 (29 ounce) can tomato sauce
1 1/2 cups chopped onion
1/2 cup chopped celery
1/4 cup chopped green bell pepper
1/4 cup chili powder
2 teaspoons ground cumin
1 1/2 teaspoons garlic powder
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano
1/2 teaspoon white sugar
1/8 teaspoon ground cayenne pepper
2 cups canned red beans, drained and rinsed

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Add all ingredients to a large kettle. Bring to boil. Reduce heat and simmer for 1 to 1 1/2 hours, stirring occasionally.

Cabbage Patch Stew

Ingredients

1 pound lean ground beef
1 onion, chopped
1 (15 ounce) can ranch-style beans
1/4 teaspoon ground cumin
3 cloves garlic, minced
2 1/2 cups chopped cabbage
1 green bell pepper, chopped
1 (14.5 ounce) can stewed tomatoes, with liquid
2 stalks celery, chopped
1/4 cup picante sauce
1 cup water
salt to taste
freshly ground pepper, to taste

Directions

In a skillet over medium heat, brown the ground beef with the onion. Drain fat.

Combine ranch-style beans, cumin, garlic, cabbage and green pepper in crock pot. Stir in stewed tomatoes, celery, picante sauce, water, and beef mixture. Salt and pepperr to taste.

Cover and cook for 6 to 8 hours.

Seven Layer Dip III

Ingredients

3 cups shredded lettuce
1 (15 ounce) can black beans,
rinsed and drained
2 chopped fresh red chile peppers
1/4 cup sliced green onions
1 (8 ounce) container sour cream
2 fresh jalapeno peppers, finely
diced
1 teaspoon grated lime zest
1 cup chunky salsa
1/2 avocado - peeled, pitted and
diced
2/3 cup shredded Monterey Jack
cheese
1/3 cup chopped black olives,
drained
1 tablespoon chopped fresh
cilantro

Directions

Layer shredded lettuce on a 12 inch serving platter.

In a medium bowl, stir together black beans, red chile peppers and green onions. Spoon the mixture on top of the lettuce. Gently spread sour cream over beans. Sprinkle with jalapeno peppers and lime zest.

Drain excess liquid from salsa. Place salsa in a medium bowl. Stir in avocado. Spoon the mixture over sour cream layer. Sprinkle with Monterey Jack cheese. Top with black olives and cilantro. Serve immediately, or chill in the refrigerator.

Pat's Baked Beans

Ingredients

6 slices bacon
1 cup chopped onion
1 clove garlic, minced
1 (16 ounce) can pinto beans
1 (16 ounce) can great Northern beans, drained
1 (16 ounce) can baked beans
1 (16 ounce) can red kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
3/4 cup ketchup
1/2 cup molasses
1/4 cup packed brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon yellow mustard
1/2 teaspoon pepper

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving 2 tablespoons of drippings, crumble and set aside in a large bowl. Cook the onion and garlic in the reserved drippings until onion is tender; drain excess grease and transfer to the bowl with the bacon.

To the bacon and onions add pinto beans, northern beans, baked beans, kidney beans and garbanzo beans. Stir in ketchup, molasses, brown sugar, Worcestershire sauce, mustard and black pepper. Mix well and transfer to a 9x12 inch casserole dish.

Cover and bake in preheated oven for 1 hour.

Black Bean Poppers

Ingredients

2 tablespoons extra-virgin olive oil
1 small onion, finely chopped
1 green bell pepper, finely chopped (optional)
1 (15 ounce) can black beans, rinsed and drained
2 roma (plum) tomatoes, diced
2 jalapeno peppers, minced
1 (16 ounce) package wonton wrappers
1 quart vegetable oil for frying

Directions

Heat the olive oil in a skillet over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Add the bell pepper and black beans, bring to a simmer, then stir in the tomato and jalapeno peppers. Cook and stir until the tomatoes are hot and beginning to soften.

To make the wontons: Separate and place the wonton wrappers onto your work surface. Spoon about 1 tablespoon of the filling onto the center of each wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with water. Fold one corner of the wrapper over the filling onto the opposite corner to form a triangle. Press the edges together to seal.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Fry the poppers a few at a time until golden brown, 1 to 2 minutes. Drain on a paper towel-lined plate, and serve within 15 minutes.

Bird's Nests III

Ingredients

4 cups chow mein noodles
3 cups miniature marshmallows
3 tablespoons butter
30 small jellybeans

Directions

Line a cookie sheet with foil and grease with spray-on cooking oil.

Pour noodles into a large bowl. Melt the butter and marshmallows over medium heat, stirring until smooth. Pour marshmallow mixture over noodles, stirring until well coated.

Rub some butter on hands and form noodle mixture into six round balls. Place balls on prepared cookie sheet. With the back of a teaspoon, press the center of each ball to make a hollow indentation.

Let nests set until they are firm. Fill each with small jelly beans. (Other small candies of your choice may be substituted, such as M & M's, small gumdrops, chocolate covered raisins, chocolate covered peanuts, etc.)

Azuki Ice Cream (Japanese Red Beans Ice Cream)

Ingredients

1 cup dry adzuki beans
1/3 cup white sugar
2 teaspoons lemon juice
3 1/2 cups water

1 cup milk
1 cup heavy cream
4 egg yolks
2/3 cup white sugar
1 teaspoon vanilla extract

Directions

In a saucepan, combine the azuki beans, 1/3 cup of sugar, lemon juice and water. Bring to a boil, and boil uncovered for 3 minutes. Reduce the heat to low, and simmer for 2 1/2 to 3 hours, or until the beans are very tender. When done, the beans and liquid should amount to 3 cups. If not, add more water to compensate.

Strain the bean mixture through a sieve - I use a wooden paddle for this, and discard the bean skins. Refrigerate for about 2 hours, or until cold.

In a saucepan, combine the milk and cream. Bring to a boil over medium heat. While you wait for that to boil, whisk together the egg yolks and 2/3 cup of sugar in a medium bowl. When the cream and milk come to a boil, ladle about 1/4 cup of the hot liquid into the bowl with the egg yolks, and whisk until smooth. Pour the yolk mixture into the pan with the cream, and cook over low heat until thick enough to coat the back of a metal spoon. This should take about 5 minutes. Do not cook too long, or you will get lumps. Remove from the heat, and stir in the vanilla. Refrigerate until cold.

Once both of the mixtures are cold, stir them together. Pour into an ice cream maker, and freeze according to the manufacturer's instructions.

Greek-alicious Pasta Salad

Ingredients

2 1/2 cups bow tie (farfalle) pasta
1 cup Greek salad dressing
2 1/2 tablespoons mayonnaise
4 radishes, finely chopped
1/2 cucumber, peeled and chopped
1 (15 ounce) can garbanzo beans, drained
3/4 cup crumbled feta cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

Place the Greek dressing and mayonnaise into a large salad bowl, and whisk together until smooth and well blended. Add the cooked pasta, and stir lightly to coat the pasta. Sprinkle on the radishes, cucumber, garbanzo beans, and crumbled feta cheese, and fold in gently.

Cover the salad and refrigerate until ready to serve.

Classic Chili

Ingredients

1 medium green pepper, chopped
2 medium onions, chopped
1/2 cup chopped celery
1 tablespoon cooking oil
2 pounds ground beef
2 (28 ounce) cans tomatoes, undrained, cut up
1 (8 ounce) can tomato sauce
1 cup water
2 tablespoons Worcestershire sauce
1 tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon pepper
2 (16 ounce) cans kidney beans, rinsed and drained

Directions

In a Dutch oven or large soup kettle, saute green pepper, onions and celery in oil until tender, about 5 minutes. Add ground beef and cook until browned; drain. Stir in tomatoes, tomato sauce, water, Worcestershire sauce and seasonings. Bring to a boil; reduce heat. Cover and simmer for 1-1/2 hours, stirring occasionally. Add kidney beans. Simmer, uncovered, 10 minutes longer.

Butter Bean Soup

Ingredients

4 medium red potatoes, diced with peel
1/2 onion, chopped
1 (10.75 ounce) can condensed cream of celery soup
1 cup cubed cooked ham
1 (15.5 ounce) can butter beans, drained
1/4 teaspoon ground cumin, or to taste
1/4 teaspoon ground coriander, or to taste

Directions

Place the potatoes into a saucepan, and fill with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain, leaving one inch of liquid in with the potatoes. Place over low heat, and add the onion. Simmer until onion is soft. Stir in the cream of celery soup, ham and butter beans. Season with cumin and coriander. Simmer for 5 or 10 minutes, until heated through.

Breaded Chicken Limone

Ingredients

4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
2 eggs, lightly beaten
1 cup all-purpose flour
2 cups bread crumbs
salt and pepper to taste
1 teaspoon cayenne pepper

1 tablespoon olive oil
4 tablespoons butter, divided
3 cloves garlic, minced
1 (10 ounce) package frozen Brussels sprouts, thawed and diced
2 tablespoons all-purpose flour
3/4 cup water
2 tablespoons lemon juice
1 (16 ounce) can navy beans, drained
1 tablespoon white sugar
1/4 cup grated Parmesan cheese
1 teaspoon salt
ground black pepper to taste
1 tablespoon chopped fresh parsley, for garnish
2 tablespoons grated Parmesan cheese for topping

Directions

Preheat oven to 400 degrees F (200 degrees C).

Season flour, eggs, and bread crumbs with salt and pepper. Mix cayenne pepper into the flour only. Dip each breast into flour, then into the beaten eggs, and then into the bread crumbs, coating evenly. Place onto a greased cookie sheet. Bake for 15 minutes on each side or until brown and crispy.

While chicken bakes, heat oil and 2 tablespoons of the butter in a skillet over medium heat. Add garlic and Brussels sprouts and stir until garlic releases its fragrance and sprouts are heated through, about 2 minutes.

Stir in the flour. Then add the water, lemon juice, drained beans, and sugar. Stir over medium heat until sauce thickens, about 8 minutes. Add additional water if sauce is too thick. Remove from the heat and stir in remaining butter, 1/4 cup Parmesan cheese, salt and pepper.

Place each piece of chicken onto a serving plate. Spoon the sauce over it and garnish with chopped parsley and remaining Parmesan cheese.

Tomato Topped PHILLY Bean Dip

Ingredients

1 (19 ounce) can chickpeas
(garbanzo beans), drained
1 1/2 cups KRAFT 3 Cheese
Mexicana Finely Shredded
Cheese, divided
125 grams PHILADELPHIA Brick
Cream Cheese, softened
1/2 cup sour cream
1/4 teaspoon ground red pepper
(cayenne)
2 green onions, chopped
1/2 cup chopped tomato
CHRISTIE Wheat Thins Crackers

Directions

Heat oven to 350 degrees F. Place chickpeas, 1 cup of the cheese, cream cheese, sour cream and ground red pepper in blender or food processor container; cover.

Blend until smooth. Stir in green onions.

Spread into 9-inch pie plate.

Bake 20 min. or until light golden brown. Top with remaining 1/2 cup cheese and tomato. Serve with crackers.

Belle's Baked Beans

Ingredients

1/2 pound fresh, ground pork
sausage
1 small onion, chopped
2 (16 ounce) cans baked beans
with pork
1/2 teaspoon mustard powder
1/2 cup brown sugar
1/4 cup white sugar
2 tablespoons ketchup
2 tablespoons barbeque sauce
2 tablespoons Worcestershire
sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook sausage and onions in a skillet until sausage is browned.
Drain excess fat.

Add to browned sausage: baked beans with pork, mustard powder,
brown sugar, white sugar, ketchup, barbeque sauce and
Worcestershire sauce; mix well. Pour into a casserole dish and bake
40 to 50 minutes.

Aunt Peg's Chowder

Ingredients

1 tablespoon vegetable oil
1 large onion, sliced
1/4 pound zucchini, chopped
1 (8 ounce) can garbanzo beans,
with liquid
1 (8 ounce) can whole peeled
tomatoes with liquid, chopped
3/4 cup dry white wine
3 tablespoons butter, melted
1 teaspoon minced garlic
1 teaspoon dried basil
1 bay leaf
1/2 cup heavy cream
1/2 cup shredded Monterey Jack
cheese
1/2 cup grated Romano cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat oil in a medium saucepan over medium heat, and saute onion until tender and lightly browned.

In a medium baking dish, mix onion, zucchini, garbanzo beans with liquid, tomatoes with liquid, wine, butter, garlic, basil, and bay leaf.

Cover, and bake in the preheated oven 30 minutes. Uncover, stir, and continue baking 30 minutes.

Stir heavy cream, Monterey Jack cheese, and Romano cheese into the vegetable mixture, and continue baking 10 minutes, until cheeses are melted and bubbly.

Polish Chili

Ingredients

2 pounds ground beef
1 pound fully cooked Polish sausage or kielbasa, chopped
1 large onion, chopped
3 cloves garlic, minced
4 Anaheim chilies, stemmed, seeded, and chopped
3 yellow wax peppers, seeded and chopped
3 jalapeno peppers, seeded and chopped
4 medium tomatoes, chopped
4 tomatillos, husked and chopped
1/2 cup distilled white vinegar
1/4 cup tomato sauce
1 (4 ounce) jar chopped pimentos, drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained

Directions

Place the ground beef into a large pot over medium-high heat. Cook, stirring to crumble, until beef is no longer pink. Drain off excess grease, leaving just enough to coat the bottom of the pot. Add the polish sausage, onion and garlic to the pot; cook and stir until onion is tender. Mix in the Anaheim, yellow and jalapeno peppers, tomatoes and tomatillos. Simmer over medium heat for about 20 minutes.

Pour in the vinegar, tomato sauce and pimentos and then mix in the pinto beans and kidney beans; cover and simmer over medium heat for 30 minutes.

Aunt Wanda's Turkey Carcass Soup

Ingredients

1 carcass
3 large carrots, chopped
1 (15 ounce) can cut green beans, drained
1 cup chopped celery
1 cup chopped fresh spinach
1 cup chopped cabbage
2 cups white rice

Directions

Pick your Thanksgiving turkey nearly clean. (Turkey salad is great for a few days, or even turkey pot pies.) We are not real concerned about the choice meat here. Dump the turkey and all of its debris, including the juices, into a large pot. Add green beans, celery, spinach, cabbage, and white rice. Pour in enough water to cover everything.

Bring soup to a boil. Reduce heat, and simmer for an hour or so. Add more water as needed.

Remove all turkey bones and unwanted debris (i.e., skin, cartilage, etc.). There you have it. It's kind of a culinary scrapbook of your Turkey Day.

Mediterranean Couscous Salad

Ingredients

1/4 cup lemon juice
2 tablespoons olive oil
3 tablespoons tahini paste
1/4 cup chopped fresh mint leaves
1/2 teaspoon asafoetida powder
1/4 cup chopped fresh parsley
salt and pepper to taste

1 1/2 cups water
1 teaspoon salt
2 tablespoons olive oil
1 1/2 cups couscous
1/2 cup diced tomato
1/4 cup diced red bell pepper
1/4 cup diced green bell pepper
1/4 cup canned green beans, diced
1/2 cup cooked chickpeas
1/2 cup diced Persian cucumbers
1/4 cup green olives, pitted and quartered
1/4 cup roasted peanuts

Directions

Make a dressing by whisking together the lemon juice, 2 tablespoons olive oil, tahini paste, mint, asafoetida powder, and parsley; season with salt and pepper. Set aside.

Combine the water with 1 teaspoon salt and 2 tablespoons olive oil in a saucepan; bring to a boil over medium heat. Remove from heat and stir the couscous into the water; cover for 10 minutes.

Place the couscous in a large bowl. Mix the diced tomato, red bell pepper, green bell pepper, green beans, chickpeas, cucumber, olives, and peanuts into the couscous. While stirring, slowly pour the dressing into the mixture. Serve immediately.

Pickled Green Beans

Ingredients

2 pounds fresh green beans,
rinsed and trimmed
4 cloves garlic, peeled
8 sprigs fresh dill weed
4 teaspoons salt
2 1/2 cups white vinegar
2 1/2 cups water

Directions

Cut green beans to fit inside pint canning jars.

Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, for 3 minutes. Plunge beans into ice water. Drain well.

Pack the beans into four hot, sterilized pint jars. Place 1 clove garlic and 2 sprigs dill weed in each jar, against the glass. Add 1 teaspoon of salt to each jar.

In a large saucepan over high heat, bring vinegar and water to a boil. Pour over beans.

Fit the jars with lids and rings and process for 10 minutes in a boiling water bath.

Slow Cooker Latin Chicken

Ingredients

1 tablespoon olive oil
3 pounds skinless chicken thighs
salt and ground black pepper to taste
1/4 cup loosely packed cilantro leaves
2 large sweet potatoes, cut into chunks
1 red bell pepper, cut into strips
2 (15.5 ounce) cans black beans, rinsed and drained
1/2 cup chicken broth
1/4 cup loosely packed cilantro leaves
1 cup hot salsa
2 teaspoons ground cumin
1/2 teaspoon ground allspice
3 large cloves garlic, chopped
lime wedges, for garnish

Directions

Heat the olive oil in a large skillet; season the chicken thighs with salt and pepper. Sprinkle 1/4 cup cilantro over the chicken thighs; brown the chicken in the frying pan, 3 to 5 minutes each side.

Arrange the chicken in the bottom of a slow cooker. Place the sweet potatoes, red bell pepper, and black beans on top of the chicken. Mix together the chicken broth, 1/4 cup cilantro leaves, salsa, cumin, allspice, and garlic together in a bowl; pour into the slow cooker. Set slow cooker to LOW and cook for 4 hours. Garnish with lime wedges to serve.

Bourbon Barbecue Slow Cooker Beans

Ingredients

1 (16 ounce) package dry 15 bean mix for soup
1 bay leaf
1 pound bacon
1 pound ground beef
1 pound kielbasa sausage, sliced
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
2 (10.5 ounce) cans chicken broth
1 (16 ounce) bottle hickory flavored barbeque sauce (such as Open Pit®)
1 1/2 teaspoons Worcestershire sauce
1/3 cup honey
1/4 cup real maple syrup
2/3 cup bourbon whiskey
3 tablespoons coarse-grain mustard

Directions

Rinse the beans, and place in a very large pot. Cover beans with water, add the bay leaf, and bring to a boil. Simmer until all of the water is absorbed, 45 minutes to 1 hour. Remove the bay leaf.

Place the chopped bacon in a large, deep skillet; cook over medium-high heat, stirring, until evenly browned, about 5 minutes. Drain the bacon on a paper towel-lined plate. Return the skillet to the heat, and add the ground beef; cook until the beef is cooked through and browned, about 5 minutes. Drain fat.

Combine the beans, bacon, ground beef, sliced kielbasa, onion, green pepper, red pepper, chicken broth, barbeque sauce, Worcestershire sauce, honey, maple syrup, bourbon, and mustard in the crock of a slow cooker, and stir well to combine. Turn the slow cooker to Low heat, and cook until the beans are tender, 8 to 10 hours.

Easy Pork Roast

Ingredients

1 (4 pound) pork shoulder roast
2 (16 ounce) cans cannellini beans
1 (12 fluid ounce) can beer
1 (28 ounce) can stewed tomatoes, drained
2 large onions, coarsely chopped
10 shallots, peeled
10 cloves garlic, peeled
salt and black pepper to taste
2 bay leaves
3 sprigs fresh rosemary

Directions

Preheat oven to 275 degrees F (135 degrees C).

In a large skillet over medium-high heat, brown the roast on all sides, about 10 minutes. Place roast into a large roasting pan. Pour beans, beer, and tomatoes over roast. Arrange onions, shallots, garlic, bay leaves and sprigs of rosemary around the roast, and season with salt and pepper.

Cover, and bake for 4 hours. Raise the temperature to 425 degrees F (220 degrees C), and roast 1 hour more.

White Beans with Rigatoni

Ingredients

8 ounces rigatoni or large tube pasta
1/2 cup chopped onion
1 clove garlic, minced
1 tablespoon olive oil
1 (8 ounce) package sliced fresh mushrooms
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
2 tablespoons minced fresh sage
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups chopped kale
1/4 cup shredded Parmesan cheese

Directions

Cook pasta according to package directions. In a large saucepan, saute onion and garlic in oil until tender. Stir in the mushrooms; cook about 5 minutes longer or until mushrooms are almost tender.

Stir in the beans, tomatoes, sage, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in the kale. Return to boil. Cover and cook for 3-4 minutes or until kale is wilted and tender. Drain pasta; add to bean mixture and heat through. Sprinkle with Parmesan cheese.

Slow Cooker Beef Vegetable Soup

Ingredients

1 pound cubed beef stew meat
1 (15.25 ounce) can whole kernel corn, undrained
1 (15 ounce) can green beans
1 (15 ounce) can carrots with juice
1 (15 ounce) can sliced potatoes with juice
1 (28 ounce) can crushed tomatoes
1 (1.25 ounce) package beef with onion soup mix
salt and pepper to taste

Directions

Place meat, corn, green beans, carrots, potatoes, tomatoes, soup mix, and salt and pepper to taste into the slow cooker; stir to combine.

Cook on LOW for at least 6 hours. Add water if necessary.

Caldo Gallega

Ingredients

8 cups chicken stock
1 medium onion, diced
1 pound diced cooked ham
2 chorizo sausage links, sliced
1 (15.5 ounce) can white beans, drained
1 pound potatoes, diced
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 teaspoons chopped garlic

Directions

Pour the chicken stock into a large pot. Add the onion, ham, chorizo sausage, white beans, potatoes, spinach and garlic. Bring to a boil, then simmer over medium heat for 45 minutes. Serve and enjoy!

Easy Chili II

Ingredients

1 pound ground beef
1 (16 ounce) can chili beans,
undrained
1 (14.5 ounce) can peeled and
diced tomatoes with juice
1 small onion, chopped
1/4 cup chopped green bell
pepper

Directions

In a medium saucepan over medium heat, cook beef until brown. Stir in beans, tomatoes, onion and bell pepper; reduce heat and simmer 30 minutes.

Mom's Great Green Beans

Ingredients

2 (15 ounce) cans green beans
1 cube beef bouillon cube
1 tablespoon Worcestershire
sauce
1 teaspoon soy sauce
1 tablespoon butter
1 pinch garlic pepper seasoning

Directions

Drain the green beans, reserving 1/2 of the liquid. Dissolve the bouillon cube in the reserved liquid.

Place green beans and liquid in a saucepan. Add Worcestershire sauce, soy sauce, butter or margarine and garlic pepper seasoning to taste. Simmer gently for 15 minutes.

Remove to serving bowl leaving beans sitting in their liquid. Use a slotted spoon to serve.

John's Chili

Ingredients

1 tablespoon olive oil
1 red bell pepper, finely chopped
1 yellow bell pepper, finely chopped
1 green bell pepper, finely chopped
1 orange bell pepper, finely chopped
1 large red onion, finely chopped
1 stalk celery, chopped
2 pounds ground pork
2 pounds ground beef
8 serrano chile peppers, diced
3 (14.5 ounce) cans diced tomatoes
1 (4.5 ounce) can diced green chile peppers
3 (6 ounce) cans tomato paste
2 (15 ounce) cans kidney beans
6 tablespoons minced garlic
1 fluid ounce key lime juice
4 fluid ounces tequila
16 fluid ounces beer
2 1/2 tablespoons chili powder
salt and pepper to taste

Directions

Heat the olive oil in a large pot over medium heat. Stir in the red bell pepper, yellow bell pepper, green bell pepper, orange bell pepper, onion, and celery. Cook until tender. Place pork and beef in the pot, and cook until evenly brown. Drain grease.

Mix serrano chile peppers, diced tomatoes, green chile peppers, tomato paste, kidney beans, garlic, lime juice, tequila, and beer into the pot. Season with chili powder, salt, and pepper. Bring to a boil. Reduce heat to medium-low, and simmer 5 hours.

Green Beans and Hot Sauce

Ingredients

2 pounds fresh green beans,
washed and trimmed
2 onions, chopped
1 (14.5 ounce) can diced tomatoes
with juice
2 hot yellow banana peppers,
diced
1 green bell pepper, chopped
1/2 cup water
6 slices bacon

Directions

Place green beans, onions, tomatoes, banana peppers, bell pepper, and water in a large pot. Bring to a boil over high heat, then reduce heat to low. Cover pot and simmer approximately 10 minutes, until green beans are tender.

While green beans are steaming, arrange bacon slices in a medium skillet. Fry over medium heat until crispy, approximately 10 minutes. Drain on paper towels. Crumble and set aside.

Spoon green bean mixture and juice into a serving dish. Sprinkle crumbled bacon over top and serve immediately.

Cowboy Stew I

Ingredients

1 1/2 pounds ground beef
1 onion, chopped
1 (14.75 ounce) can cream-style corn
1 (15 ounce) can chili with beans
1 (15 ounce) can baked beans with pork
1 (15 ounce) can tomato sauce
1 (4 ounce) can diced green chiles

Directions

Crumble the ground beef into a large skillet or Dutch oven over medium-high heat. Add onion; cook and stir until beef is no longer pink. Drain off grease. Reduce heat to medium-low and stir in the corn, chili with beans, baked beans, tomato sauce and green chilies. Cover and simmer for 30 minutes, stirring occasionally.

Vegetable Seasoning Mix

Ingredients

2 tablespoons garlic salt
2 tablespoons garlic powder
2 tablespoons dried minced onion
2 tablespoons onion powder
2 tablespoons salt

ADDITIONAL INGREDIENTS:

2 cups fresh-cut green beans
1 tablespoon butter or margarine
1 tablespoon slivered almonds,
toasted

Directions

In a bowl, combine the first five ingredients. Store in an airtight container in a cool dry place for up to 1 year.

Leah's Chicken with Chickpeas

Ingredients

1 (3 pound) whole chicken, cut into pieces
1 tablespoon vegetable oil
1 onion, chopped
1 teaspoon ground turmeric
1 (15 ounce) can garbanzo beans, drained
1 lemon, juiced
3 cloves garlic, minced
salt to taste
ground black pepper to taste
2 cups water

Directions

In a large skillet, saute onion in oil until golden.

Sprinkle turmeric in pan, and mix well. Put chicken on top, and brown on all sides.

Add about 2 cups water, chickpeas, lemon juice, garlic, and salt and pepper. Bring to a boil. Simmer gently for about 1 hour, or until the chicken is tender and the liquid is reduced. Taste to adjust seasonings.

Quick and Easy Dip

Ingredients

1 (16 ounce) can refried beans
1 (8 ounce) container sour cream
1 (8 ounce) jar medium salsa
2 cups shredded Cheddar-Monterey Jack cheese blend

Directions

Spread the refried beans on the bottom of a casserole dish. Layer the sour cream, salsa and shredded cheese into the casserole dish. Serve with corn chips.

Green Bean Bundles of Joy

Ingredients

6 cups water
1/2 pound fresh green beans,
trimmed
4 bacon strips
3/4 cup Italian salad dressing

Directions

In a saucepan, bring water to a boil. Add beans; cover and cook for 3 minutes. Drain and set aside. Cut bacon in half lengthwise; place on a microwave-safe plate.

Microwave on high for 2-1/2 to 3 minutes or until edges curl. Place four or five beans on each bacon strip; wrap bacon around beans and tie in a knot.

Place bundles in an 8-in. square baking dish. Drizzle with salad dressing. Bake, uncovered, at 350 degrees F for 10-15 minutes or until beans are crisp-tender. Broil 4 in. from the heat for 2-3 minutes or until bacon is crisp.

White Chicken Chili

Ingredients

1 medium yellow onion, chopped
6 cups water
1 teaspoon lemon pepper
2 teaspoons ground cumin
1 (15 ounce) can hominy, drained
1 (15 ounce) can Great Northern beans, drained and rinsed
1 (7 ounce) can white corn
1 tablespoon light olive oil
2 (10 ounce) cans Hormel® Premium Chunk Breast of Chicken
6 Herb-Ox® Chicken Flavored Bouillon Cubes
1 (4.25 ounce) can Chi-Chi's® Diced Green Chilies, drained

Directions

In large saucepan or Dutch oven, heat oil over medium-high heat. Add onion. Cook 4 to 5 minutes or until softened. Add water, chicken, bouillon, cumin and lemon pepper. Bring to a boil; reduce heat to medium-low. Cover. Simmer 5 minutes.

Add hominy, beans, corn and chiles to saucepan. Cook 10 to 12 minutes or until hot and flavors are blended. Top with crushed tortilla chips and shredded cheese, if desired.

Ryan's Favorite Beans

Ingredients

6 slices bacon
1 pound ground beef
1 1/2 cups chopped onion
1 (31 ounce) can pork and beans, drained
1 (31 ounce) can pork and beans, with liquid
2 (15 ounce) cans kidney beans, drained
1 (15 ounce) can lima beans, drained
1 1/2 cups barbeque sauce
1/3 cup packed brown sugar
2 tablespoons cider vinegar
1 teaspoon liquid smoke flavoring (optional)
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a Dutch oven. Cook over medium high heat until evenly brown. Drain, crumble, and set aside. Place the ground beef and onion in the Dutch oven. Cook until beef is evenly brown and onion is tender.

Return bacon to the Dutch oven. Mix in the drained pork and beans, pork and beans with liquid, kidney beans, and lima beans. Stir in the barbeque sauce, brown sugar, vinegar, and liquid smoke. Season with salt and pepper.

Cover Dutch oven, and bake 1 hour in the preheated oven.

Escarole Soup

Ingredients

1 tablespoon olive oil
2 pounds bulk Italian sausage
2 (32 ounce) cartons chicken
broth
2 (15 ounce) cans cannellini
beans, rinsed and drained
1 head escarole, chopped
1 (15 ounce) can tomato sauce

Directions

Heat the olive oil in a stockpot over medium heat. Cook the sausage in the oil until evenly browned, 5 to 10 minutes. Add the chicken broth, beans, escarole, and tomato sauce; simmer another 15 to 20 minutes.

My Navy Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
water to cover
7 cups chicken stock
1/2 cup margarine
4 carrots, chopped
1 onion, chopped
1/2 pound bacon

Directions

Clean and sort the beans. Place them in a large bowl with water to cover and soak for 3 hours.

In a large pot over medium heat, combine the beans and the chicken stock and allow to simmer.

Meanwhile, melt the butter or margarine in a large skillet over medium heat. Add the carrots and onion and saute for 10 minutes, or until onion is caramelized. Add this mixture to the pot.

In the same skillet over medium high heat, saute the bacon for 10 to 15 minutes, or until it is crisp. Drain the grease and add the bacon to the pot. Continue to simmer the soup over medium heat, stirring frequently, until the beans are tender and the soup has thickened.

Green Bean Cheddar Chicken

Ingredients

1/2 pound bacon
4 skinless, boneless chicken breast halves
1 tablespoon butter
20 ounces fresh green beans, washed and trimmed
1 (10.75 ounce) can condensed cream of Cheddar cheese soup
1 pinch ground cayenne pepper
1/2 cup seasoned dry bread crumbs
2 cups shredded Cheddar cheese

Directions

Place the bacon in a skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. Melt the butter in a skillet, and saute the chicken breasts 10 to 12 minutes on each side, until the exterior is golden, the meat is no longer pink, and the juices run clear.

Place the green beans in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender.

Preheat the oven broiler. Lightly grease a 9x13 inch baking dish.

Arrange the beans in the bottom of the prepared baking dish. Top with the chicken, and cover evenly with the soup. Sprinkle with bread crumbs and bacon, and top with Cheddar cheese.

Broil 10 minutes, or until browned and bubbly.

Red Beans and Rice Burrito

Ingredients

1 (8 ounce) box red beans & rice mix (such as Zatarains ®)
8 (10 inch) whole wheat tortillas
1/2 cup sour cream
1 cup shredded Cheddar cheese
4 teaspoons Creole seasoning (such as Tony Chachere's®)

Directions

Cook rice as instructed on package. Place tortillas in microwave and heat on High for 10 seconds.

Spoon 1/4 cup rice and beans down the center of each tortilla. Top each with 1 tablespoon sour cream, 2 tablespoons Cheddar cheese, and 1/2 teaspoon Creole seasoning. Fold edges over to enclose filling.

Turkey Potato Casserole

Ingredients

1 pound cooked turkey meat,
shredded
1 onion, chopped
1 (14.5 ounce) can green beans,
drained
1 (10.75 ounce) can condensed
cream of mushroom soup
8 ounces cubed Cheddar cheese
8 ounces shredded Cheddar
cheese
4 cups prepared mashed potatoes

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place turkey in an even layer on the bottom of a 9x13 inch baking dish. Top with a layer of onion and a layer of green beans so that the turkey is no longer visible. Pour the condensed soup over the onion layer, then sprinkle with shredded cheese. Stir together the cubed cheese and mashed potatoes; spoon over the top of the casserole, and spread to cover.

Bake for 30 to 40 minutes in the preheated oven, until heated through.

Corn and Bean Soup

Ingredients

1 1/3 cups reduced sodium chicken broth
2 medium carrots, diced
2 celery ribs, diced
1 small potato, peeled and diced
1 small onion, chopped
1 1/2 cups frozen corn
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 cup fat-free milk
1 teaspoon dried thyme
1/4 teaspoon garlic powder
pepper to taste

Directions

In a large saucepan, combine the broth, carrots, celery, potato and onion. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender. Stir in the remaining ingredients; simmer 5-7 minutes longer or until corn is tender.

Black Bean Huevos Rancheros

Ingredients

1 1/2 cups fresh tomatoes, seeded and finely chopped
1/4 cup sliced green onions
1/4 cup chopped fresh cilantro
2 tablespoons fresh lime juice
1 fresh jalapeno pepper, seeded and finely chopped
1 clove garlic, minced
salt, to taste

2 teaspoons canola oil
2 cloves garlic, minced
1 (19 ounce) can black beans, drained and rinsed
1/2 cup chicken broth
1 teaspoon chopped chipotle chiles in adobo sauce
8 (7 inch) corn tortillas
1/2 cup shredded Monterey Jack cheese
4 eggs

Directions

To make the salsa, stir the tomatoes, green onions, cilantro, lime juice, jalapeno pepper, 1 clove minced garlic, and salt to taste, together in a bowl until well blended. Cover, and refrigerate until needed.

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.

Place 1 teaspoon canola oil in a skillet, and heat over medium heat. Stir in the garlic, and cook 1 minute until light brown. Mix in the black beans, chicken broth, and chiles; simmer until beans are heated through, about 5 minutes. Turn off heat, and keep warm.

Place four tortillas on the prepared baking sheet. Sprinkle the cheese evenly over the tortillas. Top with the remaining four tortillas. Cover the baking sheet with aluminum foil.

Bake tortillas in preheated oven until cheese melts, about 5 minutes.

Place the remaining 1 teaspoon canola oil in a skillet, and heat over medium heat. Crack eggs into skillet, and cook to desired firmness.

To assemble huevos rancheros, place filled tortillas on four serving plates. Top each tortilla with black bean mixture, a layer of salsa, and an egg. Serve immediately.

Southwestern Chicken Barley Soup

Ingredients

1 medium onion, chopped
1 garlic clove, minced
1 tablespoon olive or vegetable oil
3 cups water
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes, undrained
1 (14.5 ounce) can chicken broth
1/2 cup medium pearl barley
1 (4 ounce) can chopped green chilies, drained
1 tablespoon chili powder
1/2 teaspoon ground cumin
3 cups cubed cooked chicken

Directions

In a Dutch oven or soup kettle, saute onion and garlic in oil until tender. Add the next 10 ingredients. Bring to a boil. Reduce heat; cover and simmer after 45 minutes.

Stir in the chicken; cook 15 minutes longer or until chicken is heated through and barley is tender.

Sassy Spaghetti

Ingredients

1 (16 ounce) package spaghetti
1 tablespoon olive oil
1/2 onion, chopped
1 (15 ounce) can black beans,
drained
1 (11 ounce) can sweet corn,
drained
1 tablespoon ground cumin
salt and pepper to taste
2 dashes hot sauce
3 tablespoons grated Parmesan
cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat the oil in a skillet over medium heat. Stir in the onion, beans, and corn. Season with cumin, salt, and pepper, and sprinkle with hot sauce. Cook and stir until onion is tender. Toss with cooked spaghetti and sprinkle with Parmesan cheese to serve.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans,
drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

Slow Cooker Barbecue Beans

Ingredients

1 pound lean ground beef
3/4 cup chopped raw bacon
1 small onion, finely chopped
2 (16 ounce) cans baked beans with pork
1 (15.25 ounce) can red kidney beans, with liquid
1 (15 ounce) can lima beans, partially drained
1 cup ketchup
1 tablespoon liquid smoke flavoring
1 tablespoon salt
1 tablespoon hot sauce
1/4 tablespoon garlic powder

Directions

Place beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a slow cooker combine ground beef, bacon, onion, baked beans, kidney beans, lima beans, ketchup, liquid smoke, salt, hot sauce and garlic powder. Cook on low for 4 to 6 hours.

Triple Bypass

Ingredients

1 pound ground beef
2 (15 ounce) cans chili with beans
1 (32 ounce) package extra crispy frozen potato rounds (such as Tater Tots®)
4 slices bacon (optional)
1 (8 ounce) package processed cheese food (such as Velveeta®)
4 green onions, chopped (optional)

Directions

Preheat an oven to 450 degrees F (230 degrees C).

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the chili and mix thoroughly. Spread the chili mixture into a 9x13-inch baking pan then top with a single layer of the frozen potato rounds.

Bake in the preheated oven until heated through and potato rounds are crisp, 18 to 22 minutes. Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble bacon and set aside.

Melt the processed cheese food in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, for 1 to 3 minutes (depending on your microwave). Pour melted cheese food over the potato rounds and top with bacon and chopped green onions.

Spicy Red Beans With Fennel Seed

Ingredients

2 cups dry kidney beans
2 teaspoons salt
1 1/2 teaspoons fennel seed
1/2 teaspoon cayenne pepper
freshly ground mixed peppercorns
to taste

Directions

Place beans into a pressure cooker and fill with enough water to cover the beans by 1 inch. Bring to a boil, and boil for 2 minutes. Remove from the heat, drain and cool for 1 hour.

Add water to the beans again, filling just enough to cover the beans by 1/2 inch. Season with salt, fennel seed, cayenne pepper and mixed peppercorns. Put the lid on and set the pressure to high, or 15 pounds depending on your indicator. Bring to a boil and cook for 35 minutes. Release the pressure according to the manufacturer's instructions before attempting to open the pot. Do not open right away. Serve hot.

Quick and Easy Chili Dip

Ingredients

2 (15 ounce) cans chili with beans
2 (8 ounce) packages cream
cheese, softened
1 cup chunky salsa
1 (13 ounce) can roast beef,
shredded
1 (14.5 ounce) package tortilla
chips

Directions

Place chili, cream cheese, salsa, and roast beef in a large saucepan. Heat slowly, stirring occasionally until the mixture comes to a slow boil. Serve with chips and enjoy!

Hearty Beans with Beef

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (16 ounce) can baked beans,
undrained
1 (15.5 ounce) can butter beans,
rinsed and drained
1/2 cup ketchup
1/3 cup packed brown sugar
1 tablespoon barbecue sauce
1/4 teaspoon Worcestershire
sauce

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to slow cooker. Stir in the remaining ingredients. Cover and cook on high for 3-4 hours or until heated through.

Pinto Bean Pie III

Ingredients

1 cup pinto beans, drained and
mashed
1 cup dark corn syrup
1 cup white sugar
1 tablespoon cornstarch
1 teaspoon vanilla extract
3 egg, beaten
1 (9 inch) unbaked pie crust

Directions

Preheat oven to 375 degrees F (190 degrees C.)

In a large bowl, combine beans, corn syrup, sugar, cornstarch and vanilla. Beat in the eggs. Pour into pie crust.

Bake in the preheated oven for 30 minutes, or until filling is set and crust is golden brown.

Simple Garbanzos

Ingredients

1 (15.5 ounce) can garbanzo beans, drained and rinsed
1/4 onion, grated
1/2 lemon, juiced
1 clove garlic, crushed
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper
5 tablespoons olive oil
1/4 cup frozen green peas, thawed

Directions

In a bowl, mix the garbanzo beans, onion, lemon juice, garlic, oregano, salt, black pepper, and cayenne pepper. Stir in the olive oil, and adjust seasonings to taste. Mix in the peas. Cover, and marinate in the refrigerator at least 1 hour.

Southwestern Style Fifteen Bean Soup

Ingredients

1 (8 ounce) package 15 bean soup mix
12 cups water
1 pound bacon
2 (4 ounce) cans canned green chile peppers, chopped
1 tablespoon chili powder
1 tablespoon crushed red pepper flakes
1 onion, chopped
2 cloves garlic, minced

Directions

Rinse and sort the beans in the mix. Place them in a slow cooker on low setting with the water. Cook overnight. The next morning, add the ham, chile peppers, chili powder, crushed red pepper, onion and garlic and continue to cook on low for 8 hours.

Quick Sun-Dried Tomato and Basil Hummus

Ingredients

1 (15.5 ounce) can garbanzo beans, drained (reserve liquid) and rinsed
1/2 cup chopped sun-dried tomatoes (not oil-packed)
3 cloves garlic
2 tablespoons chopped fresh basil leaves
1/4 cup grated Parmesan cheese
1/4 cup olive oil
salt and pepper to taste

Directions

Grind the garbanzo beans, sun-dried tomatoes, garlic, basil, and Parmesan cheese together in a food processor for 15 seconds.

Add about 1/4 of the reserved liquid; grind another 15 seconds. Pour in enough additional reserved liquid, a small amount at a time, and grind; repeat until the consistency is like chunky peanut butter.

Pour in the olive oil; grind for an additional 15 seconds. Season with salt and pepper.

Green Beans With a Twist

Ingredients

2 eggs
2 (14.5 ounce) cans green beans, drained
1 cup mayonnaise
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
1 tablespoon prepared horseradish
1 dash black pepper
1 dash garlic powder
1 dash onion powder
1 1/2 teaspoons dried parsley

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl combine eggs, green beans, mayonnaise, lemon juice, Worcestershire sauce, horseradish, pepper, garlic powder, onion powder and parsley.

Serve chilled.

Poor Man's Caviar

Ingredients

2 large avocados - peeled, pitted,
and chopped
3 plum tomatoes, chopped
1 bunch green onions, chopped
1 (14.5 ounce) can black beans,
rinsed and drained
1 (11 ounce) can Mexicorn,
drained
1/4 cup red wine vinegar
1/4 cup canola oil
hot pepper sauce to taste

Directions

Stir together avocados, tomatoes, green onions, black beans, and Mexicorn. Stir in red wine vinegar, canola oil, and hot pepper sauce. Cover, and chill 1 hour.

Black Bean Soup with Rice and Sherry

Ingredients

1 cup dry black beans
1 quart beef broth
1 quart chicken broth
1/2 pound smoked ham hock
1 large onion, sliced
1 carrot, sliced
4 sprigs fresh parsley
2 cloves garlic
1 teaspoon ground thyme
salt and pepper to taste
1 1/2 cups uncooked white rice
1/2 cup dry sherry
1 small red onion, diced

Directions

Place beans in a large bowl and cover with several inches of water. Let soak 8 hours or overnight.

Drain and rinse beans and place in a large pot over medium heat with beef broth, chicken broth, ham hock, onion, carrot, parsley, garlic and thyme. Bring to a boil, then reduce heat, cover and simmer 6 to 8 hours.

Strain soup into a large saucepan, reserving bean mixture. Remove ham hock and discard. Puree bean mixture in a blender or food processor until smooth. Stir into reserved broth. Cook over low heat 2 hours. Season with salt and pepper.

In the last 20 minutes of cooking, bring 2 1/2 cups of water to a boil in a medium saucepan. Stir in rice. Reduce heat, cover and cook 20 minutes.

Ladle soup into six bowls. Top with cooked rice, a spoonful of sherry and a sprinkling of red onion.

Greek Lamb Stew

Ingredients

2 tablespoons olive oil
1 pound lamb shoulder blade
chops
salt and pepper to taste
1 large onion, chopped
3 cloves garlic, minced
1/2 cup dry red wine
2 cups chopped tomatoes
1 (15 ounce) can tomato sauce
1 cup lamb stock
1/2 lemon, zested and juiced
1/2 teaspoon dried oregano
1/2 teaspoon ground cinnamon
1 bay leaf
1 pound fresh green beans,
trimmed
1/4 cup chopped fresh parsley

Directions

Heat the olive oil in a large, heavy bottomed pot over medium-high heat. Season the lamb with salt and pepper, add to the pot, and cook until deeply browned, about 5 minutes on each side. Stir in the onions and garlic, and cook until lightly browned, about 2 minutes.

Pour the wine into the pot, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the tomatoes, tomato sauce, lamb stock, lemon zest and juice, oregano, cinnamon, and bay leaf. Bring back to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lamb is very tender, about 1 1/2 hours. Stir in the green beans and cook until they are tender, about 20 additional minutes.

Remove the bay leaf and any bones from the stew. Garnish stew with chopped fresh parsley.

Risotto Primavera

Ingredients

1 (32 ounce) carton COLLEGE
INN® Chicken Broth
1 cup chopped onion
1 cup diced red and/or yellow bell
pepper
1 tablespoon olive oil
1 cup Arborio rice
1/2 cup peas, edamame or fava
beans
2 cups baby spinach or arugula
(optional)
1/4 cup chopped fresh basil
1/4 cup grated Parmesan cheese

Directions

Heat broth to boiling.

Cook onion and bell pepper in oil in large saucepan until tender-crisp. Add rice; cook 2 minutes until slightly golden.

Add 1 cup hot broth to rice mixture; cook stirring constantly until broth is almost absorbed. Repeat, adding 1 cup broth at a time, stirring until broth is almost absorbed, about 15 minutes total.

Add peas and spinach. Cook 3 minutes, gently stirring until rice is tender. Stir in basil and cheese. Serve immediately.

Guisado de Cerdo

Ingredients

1 pound dry garbanzo beans
1 pig's tail, cut into 1 inch pieces
2 pig's ears, chopped
1 pound chorizo, sliced into chunks
1/2 pound pork shoulder, cubed
6 ounces pancetta bacon, diced
1 onion, chopped
3 carrots, coarsely chopped
4 stalks celery, chopped
6 cloves garlic, chopped
1 red bell pepper, chopped
1 1/2 teaspoons Hungarian sweet paprika
salt and pepper to taste

Directions

Place garbanzo beans in a large container and fill with water to cover. Let soak overnight.

Drain beans and place soaked beans in a large stock pot. Add the pig's tail, pig's ears, pig's shoulder, chorizo, pancetta, onion, carrots, celery, garlic, bell pepper, paprika and salt and pepper to taste.

Fill pot with water to cover and bring to a boil. Reduce heat and let simmer until beans are tender, about 1 1/2 hours. Skim fat from liquid's surface, as needed and serve!

Creole Butter Beans

Ingredients

1/2 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped green pepper
2 garlic cloves, minced
1 tablespoon olive oil
1 tablespoon all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup water
2 (15 ounce) cans butter beans,
rinsed and drained
1 (14.5 ounce) can diced
tomatoes, undrained
2 tablespoons brown sugar
4 1/2 teaspoons chili sauce
1/4 teaspoon prepared mustard
1/8 teaspoon hot pepper sauce

Directions

In a large saucepan, saute the onion, celery, green pepper and garlic in oil until onion is tender. Combine the flour, salt and pepper; sprinkle over onion mixture and stir until well blended. Cook 1 minute longer.

Gradually whisk in water. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in the remaining ingredients. Return to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes.

Chipotle Chicken Soup

Ingredients

1 tablespoon olive oil
1 pound skinless, boneless chicken breast meat - cut into cubes
1 onion, chopped
1 clove garlic, minced
1 tablespoon chicken bouillon granules
1 tablespoon adobo sauce from canned chilies, or to taste
1 teaspoon white sugar
2 (14.5 ounce) cans petite diced tomatoes
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
2 1/2 cups water, or as needed
1 bunch cilantro, chopped

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the chicken cubes, and cook until the chicken is no longer pink in the center, about 5 minutes. Stir in the onion and cook for 4 minutes. Add the garlic, and cook for 1 minute more. Stir in the chicken bouillon, adobo sauce, sugar, tomatoes, corn, black beans and water. Pour in additional water if desired to reach your desired consistency. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 15 minutes. Stir in the cilantro before serving.

Mexican Cornbread Salad

Ingredients

1 (8.5 ounce) package dry corn bread mix
1 (4 ounce) can chopped green chile peppers
2 (16 ounce) cans pinto beans, drained
1 (16 ounce) bottle Ranch-style salad dressing
1 green bell pepper, chopped
2 (15.25 ounce) cans whole kernel corn, drained
2 tomatoes, chopped
1 (3 ounce) can bacon bits
8 ounces shredded Cheddar cheese
1 green onions

Directions

Prepare corn bread mix according to package directions, adding green chiles. Set aside, allow to cool and crumble.

Place half of cornbread in bottom of large bowl. Evenly layer with 1 can of beans, 1 cup salad dressing, 1/2 chopped bell pepper, 1 can corn, 1 chopped tomato, 1/2 jar bacon bits, 1/2 package cheese and 1/2 green onions. Repeat layers in same order using remaining ingredients, beginning with crumbled cornbread.

Cover, refrigerate 2 hours and serve chilled.

Pool Party Pasta Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 cup broccoli florets
8 ounces fresh asparagus spears, trimmed and chopped
8 ounces diced cooked chicken breast meat
1 (15 ounce) can kidney beans, drained
1 (4 ounce) can sliced black olives, drained
1 medium green bell pepper, seeded and diced
1/2 pint cherry tomatoes, halved
4 ounces crumbled feta cheese
1 cup Italian salad dressing, or as needed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender, about 8 minutes. Add broccoli florets and asparagus to the boiling water during the last 5 minutes. Drain, and run under cold water to cool.

In a large serving bowl, stir together the diced chicken, kidney beans, black olives, green pepper, cherry tomatoes, feta cheese and Italian dressing. Stir in the pasta, broccoli and asparagus. Season with salt and pepper to taste. I like it pretty heavy on the pepper. This salad is best if chilled for a couple of hours before serving.

Broccoli Bean Bake

Ingredients

6 cups broccoli florets
1 small onion, chopped
2 garlic cloves, minced
3 tablespoons butter or margarine, divided
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (4 ounce) jar diced pimientos, drained
1 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups shredded Cheddar cheese
3 tablespoons dry bread crumbs

Directions

Place broccoli in a saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until crisp-tender.

Meanwhile, in a skillet, saute onion and garlic in 1 tablespoon butter. Spread in a greased 11-in. x 7-in. x 2-in. baking dish. Drain broccoli; place over onion mixture. Top with beans and pimientos. Sprinkle with oregano, salt, pepper, cheese and bread crumbs. Melt remaining butter; pour over the top.

Bake, uncovered, at 375 degrees for 20 minutes or until heated through.

White Bean Turkey Chili

Ingredients

1 1/2 pounds ground lean turkey
2 medium onions, chopped
1 1/2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
1 (28 ounce) can diced tomatoes, undrained
3 cups beef broth
1 (8 ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon baking cocoa
2 bay leaves
1 teaspoon salt
1/4 teaspoon ground cinnamon
3 (15 ounce) cans white kidney or cannellini beans, rinsed and drained

Directions

In a Dutch oven or kettle, cook the turkey and onions over medium heat until meat is no longer pink; drain. Add oregano and cumin; cook and stir 1 minute longer. Stir in tomatoes, broth, tomato sauce, chili powder, cocoa, bay leaves, salt and cinnamon. Bring to a boil. Reduce heat; cover and simmer for 45 minutes. Add beans; heat through. Discard bay leaves before serving.

Jollof Rice

Ingredients

1 tablespoon olive oil
1 large onion, sliced
2 (14.5 ounce) cans stewed tomatoes
1/2 (6 ounce) can tomato paste
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1/2 teaspoon red pepper flakes
1 tablespoon Worcestershire sauce
1 teaspoon chopped fresh rosemary
2 cups water
1 (3 pound) whole chicken, cut into 8 pieces
1 cup uncooked white rice
1 cup diced carrots
1/2 pound fresh green beans, trimmed and snapped into 1 to 2 inch pieces
1/4 teaspoon ground nutmeg

Directions

Pour oil into large saucepan. Cook onion in oil over medium-low heat until translucent.

Stir in stewed tomatoes and tomato paste, and season with salt, black pepper, cayenne pepper, red pepper flakes, Worcestershire sauce and rosemary. Cover, and bring to a boil. Reduce heat, stir in water, and add chicken pieces. Simmer for 30 minutes.

Stir in rice, carrots, and green beans, and season with nutmeg. Bring to a boil, then reduce heat to low. Cover, and simmer until the chicken is fork-tender and the rice is cooked, 25 to 30 minutes.

Zippy Turkey Tortilla Bake

Ingredients

1 small onion, finely chopped
1/2 teaspoon garlic powder
1 teaspoon vegetable oil
1 pound lean ground turkey
1 tablespoon vinegar
2 teaspoons chili powder
1 1/2 teaspoons dried oregano
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 (15 ounce) can black beans,
rinsed and drained
1 (16 ounce) jar salsa
3/4 cup reduced-sodium chicken
broth
8 (8 inch) fat-free tortillas
1/2 cup shredded reduced-fat
Monterey Jack cheese
1/3 cup reduced-fat sour cream

Directions

In a skillet, saute onion and garlic powder in oil until the onion is tender. Add turkey, vinegar, chili powder, oregano, cumin and cayenne; cook and stir over medium heat until turkey is no longer pink. Stir in beans. Remove from the heat. Combine salsa and broth; spread a thin layer in a 2-1/2-qt. baking dish coated with nonstick cooking spray. Cut tortillas into 1-in. strips and then into thirds; arrange half over salsa mixture. Top with half of the turkey mixture and half of the remaining salsa mixture. Repeat layers. Sprinkle with cheese. Cover and bake at 350 degrees F for 25 minutes or until bubbly. Top servings with sour cream.

Creamy Italian White Bean Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 stalk celery, chopped
1 clove garlic, minced
2 (16 ounce) cans white kidney beans, rinsed and drained
1 (14 ounce) can chicken broth
1/4 teaspoon ground black pepper
1/8 teaspoon dried thyme
2 cups water
1 bunch fresh spinach, rinsed and thinly sliced
1 tablespoon lemon juice

Directions

In a large saucepan, heat oil. Cook onion and celery in oil for 5 to 8 minutes, or until tender. Add garlic, and cook for 30 seconds, continually stirring. Stir in beans, chicken broth, pepper, thyme and 2 cups water. Bring to a boil, reduce heat, and then simmer for 15 minutes.

With slotted spoon, remove 2 cups of the bean and vegetable mixture from soup and set aside.

In blender at low speed, blend remaining soup in small batches until smooth, (it helps to remove the center piece of the blender lid to allow steam to escape.) Once blended pour soup back into stock pot and stir in reserved beans.

Bring to a boil, occasionally stirring. Stir in spinach and cook 1 minute or until spinach is wilted. Stir in lemon juice and remove from heat and serve with fresh grated Parmesan cheese on top.

Grandma's Heart-Stoppin' Green Bean Soup

Ingredients

1 pound bacon, cut into 1 inch pieces
2 (15 ounce) cans green beans
3 tablespoons all-purpose flour, or as needed
2 teaspoons red wine vinegar, or to taste

Directions

In a large skillet, cook the bacon over medium heat until almost crisp. Remove bacon pieces, and set aside. Whisk flour into the bacon grease in the pan until it is thick and pasty. More or less flour may be required.

Empty the cans of beans into a large saucepan with their liquid, and add enough water to cover. Bring to a boil, and stir in the bacon and the bacon grease mixture. Reduce heat to low, and simmer for about an hour - the longer, the better. Season with vinegar to taste.

Mama's Chili

Ingredients

1 (28 ounce) can whole peeled tomatoes
4 (15 ounce) cans pinto beans, drained and rinsed
1 onion, chopped
2 tablespoons banana pepper juice
1/2 green bell pepper, chopped
1/2 cup white sugar
1 teaspoon garlic powder
3 tablespoons chili powder
2 pounds ground beef
8 slices American cheese

Directions

Place the tomatoes in a large pot and squash them with your hands. Add the beans, onion, banana chile pepper, sugar, garlic powder and chili powder and simmer for about 20 minutes.

Meanwhile, in a separate large skillet over medium high heat, saute the ground beef for 5 to 10 minutes, or until browned and crumbly. Drain the fat and add the beef to the simmering pot. Stir in the cheese, if desired. Allow to simmer for 1 more hour.

Beef and Bean Chimichangas

Ingredients

1 pound lean ground beef
3/4 cup chopped onion
3/4 cup diced green bell pepper
1 1/2 cups whole kernel corn
2 cups taco sauce
2 teaspoons chili powder
1 teaspoon garlic salt
1 teaspoon ground cumin
1 (16 ounce) can refried beans
8 (12 inch) flour tortillas
1 (16 ounce) package shredded Monterey Jack cheese
1 tablespoon butter, melted
shredded lettuce
1 tomato, diced

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Brown the ground beef in a skillet over medium-high heat. Drain excess grease, and add the onion, bell pepper, and corn. Cook for about 5 more minutes, or until vegetables are tender. Stir in the taco sauce, and season with chili powder, garlic salt and cumin, stirring until blended. Cook until heated through, then remove from heat, and set aside.

Open the can of beans, and spread a thin layer of beans onto each of the tortillas. Spoon the beef mixture down the center, and then top with as much shredded cheese as you like. Roll up the tortillas, and place them seam-side down onto a baking sheet. Brush the tortillas with melted butter.

Bake for 30 to 35 minutes in the preheated oven, or until golden brown. Serve with lettuce and tomato.

It's Chili by George!!

Ingredients

2 pounds lean ground beef
1 (46 fluid ounce) can tomato juice
1 (29 ounce) can tomato sauce
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can pinto beans,
drained and rinsed
1 1/2 cups chopped onion
1/4 cup chopped green bell
pepper
1/8 teaspoon ground cayenne
pepper
1/2 teaspoon white sugar
1/2 teaspoon dried oregano
1/2 teaspoon ground black
pepper
1 teaspoon salt
1 1/2 teaspoons ground cumin
1/4 cup chili powder

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and crumble.

In a large pot over high heat combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, bell pepper, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, then reduce heat to low. Simmer for 1 1/2 hours. (Note: If using a slow cooker, set on low, add ingredients, and cook for 8 to 10 hours.)

Fifteen Bean Soup

Ingredients

1 (16 ounce) package dry mixed beans
6 slices bacon
1 onion, chopped
1 tablespoon garlic powder
1 (15 ounce) can mixed vegetables, drained
water to cover
salt and pepper to taste

Directions

Soak beans in a large bowl overnight; drain.

In a large pot over medium high heat, combine the beans, bacon, onion, garlic powder and mixed vegetables. Fill with water to cover and season with salt and pepper to taste.

Bring to a boil, reduce heat to low and simmer for 60 to 90 minutes, or until beans are tender.

Chicken Soup with Adzuki Beans, Escarole, and

Ingredients

1 1/2 quarts chicken broth
4 boneless, skinless chicken thighs
1 cup dry adzuki beans
1 cup uncooked wild rice
2 onions, cut into large chunks
1 tablespoon bottled minced garlic
1 teaspoon dried sage
1 tablespoon dried thyme
1 tablespoon dried rosemary
1 large sweet potato, peeled and cubed
1 zucchini, cubed
1 yellow squash, cubed
1/3 medium head escarole, coarsely chopped

Directions

Place the chicken broth in a large pot. Mix in the chicken thighs, adzuki beans, wild rice, onions, and garlic. Season with sage, thyme, and rosemary. Bring to a boil, reduce heat, and cook 1 hour.

Remove chicken from the pot, shred with a fork, and set aside.

Stir the sweet potato into the pot. Continue cooking about 5 minutes, until sweet potato is slightly tender. Mix in the zucchini, yellow squash, and escarole. Continue cooking 15 minutes.

Return the shredded chicken to the pot. Cook until heated through. Increase the amount of broth if the soup seems too thick.

Aunt Wanda's Turkey Carcass Soup

Ingredients

1 picked over turkey carcass
3 large carrots, chopped
1 (15 ounce) can cut green beans,
drained
1 cup chopped celery
1 cup chopped fresh spinach
1 cup chopped cabbage
2 cups white rice

Directions

Pick your Thanksgiving turkey nearly clean. (Turkey salad is great for a few days, or even turkey pot pies.) We are not real concerned about the choice meat here. Dump the turkey and all of its debris, including the juices, into a large pot. Add green beans, celery, spinach, cabbage, and white rice. Pour in enough water to cover everything.

Bring soup to a boil. Reduce heat, and simmer for an hour or so. Add more water as needed.

Remove all turkey bones and unwanted debris (i.e., skin, cartilage, etc.). There you have it. It's kind of a culinary scrapbook of your Turkey Day.

Sesame Green Beans 'n' Water Chestnuts

Ingredients

1 1/4 pounds fresh green beans, trimmed
1 (8 ounce) can sliced water chestnuts, drained
1 cup sliced fresh mushrooms
2 garlic cloves, minced
2 teaspoons canola oil
2 teaspoons sesame oil
2 tablespoons water
4 teaspoons reduced-sodium soy sauce
2 teaspoons sugar
1/4 teaspoon pepper
1/8 teaspoon salt
2 teaspoons sesame seeds, toasted

Directions

In a nonstick skillet, saute the beans, water chestnuts, mushrooms and garlic in canola oil and sesame oil for 5-6 minutes or until almost tender. Add the water, soy sauce, sugar, pepper and salt. Reduce heat; cover and simmer for 10-12 minutes or until beans are tender. Sprinkle with sesame seeds.

Bold Vegan Chili

Ingredients

1 (12 ounce) package vegetarian
burger crumbles
3 (15.25 ounce) cans kidney
beans
1 large red onion, chopped
4 stalks celery, diced
2 red bell peppers, chopped
4 bay leaves
2 tablespoons hot chili powder
3 tablespoons molasses
1 cube vegetable bouillon
1 tablespoon chopped fresh
cilantro
1 teaspoon hot pepper sauce
salt and pepper to taste
1 cup water
3 tablespoons all-purpose flour
1 cup hot water

Directions

In a slow cooker combine vegetarian crumbles, kidney beans, onion, celery, bell pepper, bay leaves, chili powder, molasses, bouillon, cilantro, hot sauce, salt, pepper and 1 cup water. Cook on high for 3 hours.

Dissolve flour in 1 cup hot water. Pour into chili and cook 1 more hour.

Honey Orange Green Beans

Ingredients

3 tablespoons honey
1/2 orange, zested
2 cloves garlic, minced
1 teaspoon soy sauce
1 1/2 teaspoons balsamic vinegar
1 dash ground black pepper
1 tablespoon water
2 cups fresh green beans,
trimmed
1 teaspoon extra-virgin olive oil
1 tomato, diced

Directions

Stir the honey, orange zest, garlic, soy sauce, balsamic vinegar, pepper, and water together in a bowl. Add the green beans and toss to coat. Allow to soak for 20 minutes, mixing every 5 minutes.

Heat the olive oil in a saucepan over low heat; add the green beans to the hot oil and cover the saucepan. Pour the green beans and sauce into the pan and cook, shaking the pan regularly, until the beans are slightly tender, about 5 minutes. Add the tomatoes to the green beans, replace the cover, and continue cooking until the green beans are cooked though yet slightly crispy, about 5 minutes more.

Chicken and Red Bean Enchiladas

Ingredients

2 cups shredded rotisserie chicken
1 (15.5 ounce) can small red or pinto beans, drained
2 cups grated pepper Jack cheese
1 medium-large onion
2 tablespoons olive oil
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can chicken broth
3 tablespoons sour cream
12 corn tortillas (about 5 1/2 inches in diameter)
Optional garnish:
chopped fresh cilantro
hot red pepper sauce

Directions

Adjust oven rack to middle position; heat oven to 375 degrees. In a medium bowl, mix chicken, beans and 1 cup cheese; set aside. Thinly slice 1/2 cup onion; set aside. Finely chop remaining onion.

Heat oil in a 12-inch skillet over medium-high heat. Add chopped onions and saute until golden, about 5 minutes. Add tomato sauce; simmer until very thick, about 12 minutes. (Stir frequently; reduce heat if sputtering dramatically.) Add broth; bring to simmer. Remove from heat; whisk in sour cream. Stir 1/2 cup sauce into chicken mixture.

Spread 1/2 cup sauce in a 13-by-9-inch ovenproof glass dish. Microwave tortillas on high power in a microwave-safe plastic bag until warm, about 1 minute. Fill each tortilla with a heaping 1/4 cup chicken mixture; roll and place in baking dish. Top with remaining sauce and cheese.

Bake until bubbly, about 20 minutes. Top with sliced onions and the optional cilantro. Serve hot. Pass pepper sauce separately.

Ranch Bean Salad

Ingredients

1 (15 ounce) can ranch-style beans
1/2 cup chopped onion
2 cups chopped fresh tomato
2 cups shredded Cheddar cheese
1/2 cup Catalina salad dressing
2 cups crumbled corn chips
1 bunch cilantro

Directions

Drain and discard half of the liquid from the beans. In a large mixing bowl, toss together beans and the remaining liquid, onion, tomato, cheese, and dressing. Cover, and refrigerate 1 hour, or until chilled.

Serve over crumbled corn chips. Garnish with cilantro.

Portuguese Beans with Kale and Linguica

Ingredients

2 (16 ounce) packages dry pink beans

1 pound bacon, cut into 1/4 inch slices

2 pounds linguica sausage

2 red onions, chopped

2 cloves elephant garlic, chopped

1 tablespoon ground black pepper

1 tablespoon dried savory

1 tablespoon ground cumin

1 1/2 teaspoons smoked paprika

1 bunch kale, stemmed and chopped

3 chipotle chiles in adobo sauce, finely chopped

Directions

Place the pink beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight.

Drain and rinse the beans; pour fresh water into the pot, covering the beans by 3 inches. Bring to a boil over high heat, then reduce the heat to low; cover and simmer gently.

Place the bacon into a large skillet set over medium heat. Cook and stir until the bacon has released its grease and has browned, but not become crisp, about 10 minutes. Once done, remove the bacon with a slotted spoon and stir into the beans. While the bacon is cooking, peel the skin off of the linguica and discard. Cut the sausages in half lengthwise, then slice into 1/4 inch thick half moons. Add the sausage to the skillet, and cook until the sausage has browned. Remove with a slotted spoon and stir into the beans.

Stir the onion and garlic into the remaining grease and cook until the onion has softened and turned translucent, about 5 minutes. Stir the onions and garlic into the simmering beans along with the black pepper, savory, cumin, and paprika. Cover and continue simmering for 4 hours.

Stir the kale and chipotle pepper into the beans, and continue simmering 1 to 2 hours until the beans have broken up and thickened to your desired consistency.

Picnic Zucchini Bean Salad

Ingredients

3 small zucchini, sliced
3/4 cup chopped green pepper
1/2 cup chopped onion
1 (15.5 ounce) can kidney beans,
rinsed and drained
1/4 cup vegetable oil
3 tablespoons vinegar
1 1/2 teaspoons garlic salt
1/4 teaspoon pepper

Directions

In a bowl, combine all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

Spicy Black Bean Empanadas

Ingredients

2 (17.3 ounce) packages
Pepperidge Farm® Puff Pastry
Sheets
1 egg
1 tablespoon water
1/2 pound ground pork or turkey
1 small red pepper, diced
4 medium green onions, chopped
1 clove garlic, minced
1/2 cup tomato sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1/8 teaspoon crushed red pepper
1 1/2 cups shredded Cheddar
cheese
1 (15 ounce) can black beans,
rinsed and drained
1/4 cup chopped fresh cilantro
leaves
1 cup sour cream
1 cup guacamole

Directions

Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle. Heat the oven to 375 degrees F. Line 2 baking sheets with parchment paper or spray with vegetable cooking spray. Stir the egg and water with a fork in a small bowl.

Cook the pork in a 12-inch skillet over medium-high heat until the pork is well browned, stirring frequently to break up meat. Add the diced red pepper, green onions and garlic. Cook until tender. Stir the tomato sauce, cumin, chili powder and crushed red pepper into the skillet. Reduce the heat to low and cook for 8 minutes. Remove from the heat. Stir in the cheese, 1 cup of the beans and cilantro. Let cool.

Unfold 1 pastry sheet on a lightly floured surface. Roll to a 16x12-inch rectangle. Cut into 10 (2 1/2-inch) rounds. Top half of each round with 1 teaspoon cheese mixture. Brush edges of pastry with water. Fold over and press the edges with a fork to seal. Place the empanadas on the prepared baking sheet. Repeat with remaining pastry and cheese mixture. Brush with the egg mixture.

Bake for 18 minutes or until golden. Serve with sour cream, guacamole and remaining beans.

Oklahoma Comfort Food: Brats, Cabbage and

Ingredients

2 tablespoons butter, divided
1 onion, chopped
1 pound bratwurst sausage, cut into chunks
1 head cabbage, cored and quartered
1 pound green beans, trimmed and cut into 2 inch pieces
1/2 teaspoon granular no-calorie sucralose sweetener (e.g., Splenda)
1/2 teaspoon salt
ground black pepper to taste

Directions

Melt 1 tablespoon of butter in a skillet over medium heat. Add onions; cook and stir until tender. Place the green beans into a large pot with about 1 inch of water. Bring to a boil, and cook for 5 minutes.

Add the cabbage to the pot, and top with the cooked onion. Season with sweetener and salt, then top with bratwurst. Dot with remaining butter. Cook uncovered over low heat for 30 minutes. Stir, and serve.

Snappy Green Beans

Ingredients

6 slices bacon
1 cup chopped onions
3 tablespoons distilled white vinegar
1 (15 ounce) can cut green beans, drained

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Saute onions in bacon grease; add vinegar, and saute until onions are tender. Add green beans and cook until heated through. Crumble the bacon on top.

Tangy, Creamy String Bean Soup

Ingredients

3 tablespoons flour
2 1/2 cups milk
1 cup sour cream
1 pound fresh green beans,
trimmed
salt to taste
1/4 cup white wine vinegar

Directions

Stir the flour and 1/4 cup of the milk together in a saucepan until no lumps remain. Stir in the remaining milk and sour cream. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer for 15 minutes. Add the green beans, and cook until tender, about 5 minutes. Stir in the vinegar, and season to taste with salt before serving.

Rye Borscht

Ingredients

- 1 cup dry rye berries
- 2 cups water
- 1 1/2 cups dry cannellini beans
- 1 small head cabbage, coarsely chopped
- 1 large onion, chopped
- 2 stalks celery, chopped
- 4 beets, peeled and chopped
- 1 carrot, peeled and chopped
- 1 potato, peeled and chopped
- 3 cloves garlic, chopped
- 4 cups canned tomatoes
- 2 quarts water
- 3 tablespoons fresh lemon juice
- 3 tablespoons honey
- salt and pepper to taste

Directions

Place the rye berries and 2 cups water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 2 hours, or until tender.

Place cannellini beans in a pot with enough water to cover, bring to a boil, and cook 5 minutes. Remove from heat. Let stand 1 hour, until tender; drain.

In a large pot, mix the cooked rye, beans, cabbage, onion, celery, beets, carrot, potato, garlic and tomatoes. Pour in the water, and bring to a boil. Reduce heat to low, cover, and cook 30 minutes, or until all vegetables are tender. Stir in lemon juice and honey, and season with salt and pepper during the cook time.

Tex-Mex Bake

Ingredients

1 cup Minute® White or Brown Rice, uncooked
1 pound ground beef
1 (15 ounce) can chili beans
1 (10 ounce) can diced tomatoes and green chilies
1 (12 ounce) bag crushed tortilla chips
1 pound prepared cheese product, cut into cubes, divided

Directions

Preheat oven to 350 degrees F. Prepare rice according to package directions; set aside.

Brown meat in large nonstick skillet over medium heat; drain off excess fat.

Mix in cooked rice, beans and tomatoes with chilies. Cover bottom of baking dish with chips. Layer half of cheese over chips. Top with rice mixture. Top with remaining cheese.

Bake uncovered, 15 minutes or until cheese is melted.

Black Bean Medley

Ingredients

1 cup uncooked brown rice
1 cup chopped onion
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
2 garlic cloves, minced
1 tablespoon olive oil
1 1/2 cups frozen corn
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can Mexican stewed tomatoes
2 tablespoons red wine vinegar or cider vinegar
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cook rice according to package directions. Meanwhile, in a nonstick skillet, saute the onion, sweet peppers and garlic in oil until tender. Add the corn. Reduce heat to medium; cook and stir for 5 minutes or until corn is tender. Add the black beans, tomatoes, vinegar, salt and pepper. Cook and stir for 5 minutes or until heated through. Serve over the brown rice.

Tasty Green Bean Casserole

Ingredients

1 (16 ounce) package frozen whole green beans, thawed
4 slices bacon
1/2 medium onion, chopped
1/2 red bell pepper, seeded and diced
1/4 cup dry white wine or vermouth
1/4 cup milk
2 tablespoons butter
1 (10.75 ounce) can condensed cream of mushroom soup
1 tablespoon soy sauce
salt and pepper to taste
1/2 cup shredded mozzarella cheese
1/2 cup canned French fried onions

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Fry bacon in a skillet over medium-high heat until crisp. Drain on paper towels, crumble, and set aside. Drain most of the bacon grease from the pan, and place over medium heat. Add the onions and bell pepper; cook and stir until tender. Stir in the wine, scraping all of the bits of bacon from the bottom of the pan.

Mix in the butter, milk, soup, and soy sauce. Season with salt and pepper. Stir in the green beans and bacon until evenly coated. Fold in cheese, then transfer to a 9x13 inch baking dish. Sprinkle with French fried onions.

Bake uncovered for 25 minutes in the preheated oven, until heated through, and sauce is bubbly.

Chicken, Rice, and Green Bean Casserole

Ingredients

1 (6 ounce) package wild rice
(such as Uncle Ben's B®)
3 cups water
1 tablespoon vegetable oil
1 pound skinless, boneless
chicken breast meat - cut into
chunks
1 (14.5 ounce) can French-cut
green beans, drained
1 (10.75 ounce) can cream of
mushroom soup
1 cup mayonnaise

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 25 minutes. Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.

While the rice cooks, heat the oil in a pan over medium heat. Add the chicken and cook until completely browned on all sides, about 5 minutes. Combine the rice, chicken, green beans, mushroom soup, and mayonnaise in a large baking dish.

Bake in the preheated oven until the chicken is no longer pink in the center, about 45 minutes.

Kiki's Borracho (Drunken) Beans

Ingredients

1 pound dried pinto beans,
washed
2 quarts chicken stock
1 tablespoon salt
1/2 tablespoon ground black
pepper
1 (12 fluid ounce) can or bottle
dark beer
2 (14.5 ounce) cans chopped
stewed tomatoes
1 white onion, diced
1/4 cup pickled jalapeno peppers
6 cloves garlic, chopped
3 bay leaves
1 1/2 tablespoons dried oregano
1 1/2 cups chopped fresh cilantro

Directions

Soak beans in a large pot of water overnight.

Drain beans, and refill the pot with chicken stock and enough water to cover the beans with 2 inches of liquid. Season with salt and pepper. Cover, and bring to a boil. Reduce heat to medium-low, cover, and cook for 1 1/2 hours. Stir the beans occasionally throughout the entire cooking process to make sure they do not burn or stick to the bottom of the pot.

Stir beer, tomatoes, onion, jalapeno peppers, garlic, bay leaves, oregano, and cilantro into the beans. Continue to cook uncovered for 1 hour, or until beans are tender.

With a potato masher, crush the beans slightly to thicken the bean liquid. Adjust the seasonings with salt and pepper to taste.

Portuguese Bean Soup II

Ingredients

2 pounds spicy Portuguese sausage, sliced
1 pound ham hocks
1 onion, sliced
2 quarts water
2 carrots, diced
3 potatoes, diced
1 small head cabbage, chopped
1 (8 ounce) can tomato sauce
2 (15 ounce) cans kidney beans
1 (16 ounce) package macaroni

Directions

In a large pot over low heat, combine sausage, ham hocks, onion and water. Cover and simmer 1 hour.

Remove ham hock from soup, remove meat, tear into small pieces, and return meat to pot. Stir in carrots, potatoes, cabbage and tomato sauce. Cover and continue cooking 60 to 90 minutes more.

Stir in beans and pasta, adding more water as needed, and cook until heated through and pasta is tender, 10 minutes.

Quick Turkey-Bean Soup

Ingredients

1 pound ground turkey
2 garlic cloves, minced
1 medium onion, chopped
1 tablespoon cooking oil
1 1/2 cups chopped celery
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
2 (14.5 ounce) cans beef broth
1 (28 ounce) can stewed tomatoes
3 tablespoons tomato paste
1/2 teaspoon cayenne pepper
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
2 (15 ounce) cans kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained

Directions

In a soup kettle or Dutch oven over medium heat, brown turkey, garlic and onion in oil; drain. Add celery and peppers; cook and stir for 2 minutes. Add broth, tomatoes, tomato paste, cayenne, basil and oregano; mix well. Bring to a boil. Add beans and corn. Reduce heat; cover and simmer for 15 minutes.

Big Game Day Chili

Ingredients

2 tablespoons vegetable oil
2 yellow onions, chopped
1 sweet onion, chopped
1 head garlic, peeled and minced
1 yellow bell pepper, chopped
1 orange bell pepper, chopped
2 pounds cubed beef stew meat
2 pounds Italian sausage meat
4 slices applewood smoked
bacon, cut into 1-inch pieces
2 (28 ounce) cans tomato sauce
2 (6 ounce) cans tomato paste
2 (14 ounce) cans black beans,
rinsed and drained
2 (14.5 ounce) cans kidney beans,
rinsed and drained
1 (7 ounce) can chipotle peppers
in adobo sauce, chopped
2 cups beef broth
1 (12 fluid ounce) bottle dark beer
1/4 teaspoon chili powder, or to
taste
1/4 cup crumbled dried oregano
1 tablespoon fresh-ground black
pepper
2 teaspoons salt, or amount to
taste
2 1/2 ounces dark chocolate
candy bar

Directions

Heat the oil in a large deep pot over medium-high heat, and stir in the onions, garlic, and bell peppers. Cook and stir until the onions are transparent, about 5 minutes. Add the beef stew meat, sausage, and bacon. Cook until meats are evenly browned. Drain the fat.

Stir in the tomato sauce, tomato paste, black beans, kidney beans, chipotle peppers with sauce, beef broth, beer, chili powder, oregano, pepper, salt, and chocolate. Bring the mixture to a boil. Reduce heat to low and simmer for at least 1 hour; 2 hours is preferred.

Smokin' Scovilles Turkey Chili

Ingredients

2 tablespoons olive oil
1 onion, chopped
5 cloves garlic, minced
2 small green bell peppers, seeded and chopped
1 habanero pepper, seeded and chopped
2 pounds lean ground turkey
2 tablespoons chili powder
2 teaspoons red pepper flakes
1 tablespoon paprika
1 tablespoon ground cumin
2 teaspoons dried oregano
1 teaspoon ground black pepper
1 (1 ounce) envelope instant hot chocolate mix
2 teaspoons seasoned salt
1 tablespoon Worcestershire sauce
1 teaspoon liquid smoke flavoring
2 (14.5 ounce) cans diced tomatoes with green chile peppers, drained
1 (8 ounce) can tomato sauce
1 (15 ounce) can kidney beans, drained
1/2 cup cheap beer
1/2 cup canned whole kernel corn
1 tablespoon hot pepper sauce

Directions

Heat the olive oil in a large saucepan over medium heat. Add the onion, garlic, green peppers and habanero pepper; cook and stir until the onion is transparent. Push these to one side of the pot, and crumble in the ground turkey. Cover, and cook for about 5 minutes, stirring occasionally, or until the meat is no longer pink. Stir everything together so the garlic doesn't burn.

Season with chili powder, red pepper flakes, paprika, cumin, oregano, pepper, hot cocoa mix and seasoned salt. Stir in Worcestershire sauce, liquid smoke, diced tomatoes with green chilies, tomato sauce and kidney beans. Crack open a beer, and pour in about 1/3. Drink or discard the rest. Partially cover the pan, and simmer over medium heat for about 50 minutes, stirring occasionally.

Mix in the corn and hot pepper sauce, and simmer for about 10 more minutes. Remove from the heat and allow to cool for a few minutes before serving.

Green Bean Fries

Ingredients

oil for frying
1 pound fresh green beans,
trimmed
1/2 cup water
1 egg
1/2 cup milk
2 cups seasoned bread crumbs
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 cup all-purpose flour

Directions

Heat the oil in a deep fryer or electric skillet to 375 degrees F (190 degrees C).

Combine the green beans and water in a saucepan. Cover and bring to a boil. Cook until the beans are bright green, about 4 minutes. Drain and transfer to a bowl. Cover with cold water and set aside.

In one bowl, whisk the egg and milk together. In a separate bowl, mix together the bread crumbs, chili powder, garlic powder, and onion powder. Drain the green beans and toss with flour to coat, shaking off the excess. Dip the beans into the egg mixture and then into the bread crumbs, coating thoroughly.

Fry beans in batches so they are not touching. Cook until golden brown and crispy, about 2 minutes. Drain on paper towels.

Green Beans With Walnuts

Ingredients

2 pounds fresh green beans,
washed and trimmed
2 tablespoons butter
1 cup chopped walnuts
2 tablespoons walnut oil
2 tablespoons minced fresh
parsley
ground black pepper to taste
salt to taste

Directions

Place the walnuts on an ungreased baking sheet. Bake at 350 degrees F (175 degrees C) for 5 to 8 minutes.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans with cold water, and drain well. Can be prepared 6 hours ahead. Let stand at room temperature.

Melt butter or margarine with oil in heavy large skillet over high heat. Add beans and toss until heated through, about 4 minutes. Season with salt and pepper. Add walnuts and parsley and toss. Transfer to bowl and serve.

Red Veggie Stew

Ingredients

- 2 tablespoons olive oil
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 1 clove garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 red potato, sliced
- 2 cups vegetable stock
- 1 cup water
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried oregano
- 1 cup uncooked elbow macaroni
- 1 cup shredded Cheddar cheese

Directions

Heat the olive oil in a skillet over medium heat. Stir in the red bell pepper, red onion, and garlic, and cook 5 minutes, until tender. Mix in tomatoes, beans, potato, vegetable stock, water, Worcestershire sauce, and oregano. Bring to a boil, reduce heat to low, and simmer 30 minutes, until potato is tender.

Stir macaroni into the stew, and continue cooking 8 to 10 minutes, until al dente. Top with Cheddar cheese to serve.

Holly's Hummus

Ingredients

1 (15.5 ounce) can garbanzo beans (chickpeas), drained
1/3 cup pitted Spanish Manzanilla olives
1 teaspoon minced garlic
3 tablespoons olive oil
2 tablespoons lemon juice
1 1/2 teaspoons chopped fresh basil
1 teaspoon cilantro leaves
salt and pepper to taste

Directions

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor. Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

Authentic Paella Valenciana

Ingredients

1 tablespoon olive oil
1/2 (4 pound) whole chicken, cut into 6 pieces
1/2 (2 pound) rabbit, cleaned and cut into pieces
1 head garlic, cloves separated and peeled
1 tomato, finely chopped
1 (15.5 ounce) can butter beans
1/2 (10 ounce) package frozen green peas
1/2 (10 ounce) package frozen green beans
salt to taste
1 teaspoon mild paprika, or to taste
1 pinch saffron threads
dried thyme to taste (optional)
dried rosemary to taste (optional)
4 cups uncooked white rice, or as needed

Directions

Heat a paella pan over medium-high heat, and coat with olive oil. Add the chicken, rabbit and garlic; cook and stir until nicely browned. Move the browned meat to the sides of the pan, and add the tomato, butter beans, peas, and green beans. Season with paprika, and mix well.

Fill the paella pan almost to the top with water, measuring the water as you put it in. This is to help you to determine how much rice to add, as paella pans come in different sizes. Bring to a boil. Simmer for about 1 hour to make a nice broth.

Season with a generous amount of salt, and just enough saffron to make a nice yellow color. Season with thyme and rosemary if desired. The goal is to make a rich tasting broth that will soak into the rice to make it delicious. Stir in half as much rice as the amount of water in the pan. Cover, reduce heat to low, and simmer until all of the liquid has been absorbed, about 20 minutes.

Cajun Corn Soup

Ingredients

1 1/2 cups chicken broth
1 cup water
1 green bell pepper, chopped
3/4 (14.5 ounce) can diced tomatoes, drained
3/4 (15 ounce) can whole kernel corn, drained
1/2 teaspoon garlic salt
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1 tablespoon vegetable oil
1 leek, chopped
1 clove garlic, chopped
1/2 (15 ounce) can black beans

Directions

Mix the broth and water in a pot, and bring to a boil. Stir in the green bell pepper, tomatoes, and corn. Season with garlic salt, cayenne pepper, and paprika. Reduce heat to low, and simmer 10 minutes. Transfer 1/2 the mixture to a blender, blend until smooth, and return to pot.

Heat the oil in a skillet over medium heat. Stir in the leek and garlic, and cook 5 minutes, until tender. Transfer to blender. Place black beans and about 1/2 cup of the soup into blender. Blend until smooth. Mix into the soup, and continue cooking 10 minutes, until heated through.

Sonora Chicken Pasta

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 pound processed cheese food,
cubed
10 ounces sour cream
1 pound penne pasta
1 dash hot pepper sauce
1 dash Worcestershire sauce
crushed red pepper flakes to taste
salt and pepper to taste
2 tomatoes, chopped
1/2 bunch green onions, diced
2 grilled chicken breasts, chopped

Directions

In a medium saucepan, heat drained black beans over medium heat; set aside.

In a medium saucepan, melt cheese and sour cream.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in a bowl.

Add hot pepper sauce, Worcestershire sauce, dried red pepper flakes, and salt and pepper to taste to cheese sauce when melted; mix well.

Spoon sauce over pasta and top with beans, tomatoes, green onions and chicken; serve.

Quick Chili I

Ingredients

- 2 pounds ground beef
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can pinto beans
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon hot pepper sauce

Directions

In a large stock pot lightly brown ground beef, and drain if needed.

Add onion and garlic and cook until onion is translucent.

Add tomatoes, diced tomatoes with chili peppers, tomato sauce, water, kidney beans, pinto beans, chili powder, cumin, sugar, salt, pepper and hot sauce. Simmer for 30 minutes and then serve.

South-of-the-Border Burgers

Ingredients

2 tablespoons salsa
2 tablespoons canned black beans, rinsed and drained
2 tablespoons frozen corn kernels, thawed
2 teaspoons chopped fresh parsley
1 Morningstar Farms® Grillers® Original
1 teaspoon lime juice or lemon juice
1/4 teaspoon chipotle chili powder or chili powder
2 corn tortillas, warmed

Directions

In small bowl stir together salsa, beans, corn and parsley. Set aside.

Brush Morningstar Farms Grillers Original veggie burger with lime juice. Sprinkle on both sides with chili powder. Cook burger according to package directions. Cut in half.

Serve burger halves in tortillas with salsa mixture.

Two-Bean Salad

Ingredients

1 (10 ounce) package frozen cut green beans, cooked and drained
1 cup canned garbanzo beans, rinsed and drained
1/3 cup julienned red onion
1/4 cup Italian salad dressing
1/8 teaspoon salt or salt-free seasoning blend

Directions

In a bowl, combine beans and onion. Add dressing and salt; toss to coat. Cover and chill until serving.

Lucy's Recuperation Food

Ingredients

4 cups low-salt chicken broth
2 cups rice
1 (15 ounce) can cut green beans,
drained

Directions

In a saucepan bring chicken broth to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Once rice has cooked, stir in drained green beans.

Cool to room temperature before serving; refrigerate leftovers.

Taco Pizza

Ingredients

10 fluid ounces warm water
3/4 teaspoon salt
3 tablespoons vegetable oil
4 cups all-purpose flour
2 teaspoons active dry yeast

1 (6 ounce) can tomato paste
3/4 cup water
1 (1.25 ounce) package taco seasoning mix, divided
1 teaspoon chili powder, or to taste
1/2 teaspoon cayenne pepper, or to taste
1 (16 ounce) can fat-free refried beans
1/3 cup salsa
1/4 cup chopped onion
1/2 pound ground beef
4 cups shredded Cheddar cheese

Directions

Add the water, salt, oil, flour and yeast to your bread machine in the order listed. Select the dough cycle. Check your dough after it has been mixing a few minutes. If it is too dry and not mixing, add water 1 tablespoon at a time, until it is mixing and has a nice dough consistency. You want the dough to be pliable but not sticky.

Meanwhile, in a small bowl, combine tomato paste, water, and 3/4 of the package of taco seasoning mix. Stir in chili powder and cayenne pepper; set aside. In another bowl, mix refried beans, salsa, and onion; set aside. In a large skillet, cook ground beef until evenly brown; drain excess fat. Season with the remaining 1/4 package of taco seasoning and a small amount of water. Simmer a few minutes, then remove from heat.

Preheat oven to 400 degrees F (200 degrees C).

When the dough cycle is finished, remove the dough from the machine. Divide the dough in half, and pat into two 12 inch pans. Spread a layer of the bean mixture on, then a layer of the tomato mixture. Sprinkle with seasoned beef and top with cheddar cheese.

Bake in preheated oven for 10 to 15 minutes, or until crust is golden brown and cheese is melted. Turn pizzas halfway through baking.

Two Minute Chili Pie

Ingredients

1 (9 inch) deep dish pie crust
2 (15 ounce) cans chili with beans
1 (15 ounce) can green beans,
drained
1 cup shredded Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Mix chili, green beans, and cheese. Pour into unbaked crust.

Bake at 375 F (190 degrees C) for 40 minutes or until bubbly and crust is brown.

Boston Baked Beans

Ingredients

2 cups navy beans
1/2 pound bacon
1 onion, finely diced
3 tablespoons molasses
2 teaspoons salt
1/4 teaspoon ground black pepper
1/4 teaspoon dry mustard
1/2 cup ketchup
1 tablespoon Worcestershire sauce
1/4 cup brown sugar

Directions

Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 to 2 hours. Drain and reserve the liquid.

Preheat oven to 325 degrees F (165 degrees C).

Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion.

In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.

Bake for 3 to 4 hours in the preheated oven, until beans are tender. Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

Vegetable Tagine

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, chopped
- 3 carrots, chopped
- 2 sweet potatoes, chopped
- 1 eggplant, chopped
- 4 plum tomatoes, chopped
- 3 zucchini, chopped
- 1/2 cup raisins
- 3 (16 ounce) cans chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 (15.5 ounce) can garbanzo beans, rinsed and drained
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

Heat oil in the bottom of a large, heavy pot over medium-high heat . Cook and stir the onion, green bell pepper, and garlic in the oil until tender, about 5 minutes.

Place the carrots, sweet potatoes, eggplant, plum tomatoes, zucchini, and raisins in the pot with the onion mixture. Stir in the chicken broth, lemon juice, honey, and season with cumin, coriander, turmeric, and cinnamon. Bring the stew to a boil over high heat, cover, and reduce the heat to medium-low, and simmer until the vegetables are tender, about 30 minutes.

Pour the garbanzo beans into the stew and season with salt and pepper. Stir to combine and cook the soup for an additional 10 to 15 minutes.

Cowboy Skillet Casserole

Ingredients

1 pound ground beef
1/2 onion, chopped
2 red bell peppers, cut into 2 inch pieces
1 (15 ounce) can baked beans
1 tablespoon dry fajita seasoning
1 (8.5 ounce) package corn bread mix
1 egg
1/3 cup milk

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Crumble the ground beef into a large cast-iron skillet over medium-high heat. Cook, stirring frequently, until beef is evenly brown. Drain the grease, and add the onion. Cook and stir until the onion is translucent. Add the red peppers, beans, and fajita seasoning; cook and stir until heated through. Spread out in an even layer on the bottom of the skillet.

Mix the package of cornbread mix according to the directions using the egg and milk. Spoon over the ground beef mixture, and spread evenly.

Place the whole skillet in the oven, and bake for 20 minutes, or until a toothpick inserted into the cornbread layer comes out clean. Cool for a few minutes before serving.

Tofu Hummus

Ingredients

1/2 cup diced silken tofu
1/4 cup lemon juice
2 tablespoons creamy peanut butter
2 tablespoons olive oil
3 cloves garlic
1 (19 ounce) can garbanzo beans, drained

Directions

Place tofu, lemon juice, peanut butter, olive oil, garlic, and garbanzo beans in a blender or food processor. Blend until mixture is smooth. Chill until ready to serve.

Escarole and Bean Soup

Ingredients

6 cloves garlic, minced
1 sweet onion, chopped
2 (15 ounce) cans navy beans
1 quart chicken broth
1 teaspoon adobo seasoning
(optional)
4 cups chopped escarole

Directions

Cook and stir onion and garlic in a large pot with a little stock or olive oil. Do not brown.

Add the rest of the stock, adobo spice, navy beans, and chopped escarole. Cook until the escarole is tender, It is best when it is a little crispy.

Cha Cha's White Chicken Chili

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
3 cloves garlic, crushed
1 (4 ounce) can diced jalapeno peppers
1 (4 ounce) can chopped green chile peppers
2 teaspoons ground cumin
1 teaspoon dried oregano
1 teaspoon ground cayenne pepper
2 (14.5 ounce) cans chicken broth
3 cups chopped cooked chicken breast
3 (15 ounce) cans white beans
1 cup shredded Monterey Jack cheese

Directions

Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion until tender. Mix in the garlic, jalapeno, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Mix in the chicken broth, chicken and white beans. Simmer 15 minutes, stirring occasionally.

Remove the mixture from heat. Slowly stir in the cheese until melted. Serve warm.

Hawaiian Hot Dog Surprise

Ingredients

2 (16 ounce) packages hot dogs,
cut into pieces
2 (8 ounce) cans pineapple
chunks, undrained
2 cups brown sugar
1 cup white sugar
2 (16 ounce) cans baked beans

Directions

Place hot dog pieces, pineapple, brown sugar, white sugar and baked beans into a slow cooker. Cook on high for 15 minutes, turn down to low, and let simmer for another 15 minutes, or until ready to serve. This dish can be kept on low all day.

Moroccan Potato Bean Soup

Ingredients

6 cups water
1 (15 ounce) can kidney beans
3 tablespoons olive oil
2 onions, chopped
2 potatoes, peeled and cubed
3 tablespoons chicken bouillon powder
1/2 teaspoon ground turmeric
1/2 teaspoon ground black pepper
1/2 teaspoon ground white pepper
1/2 teaspoon cayenne pepper (optional)
2 teaspoons curry powder
2 tablespoons soy sauce
1/2 cup whole milk
1/2 cup half-and-half
1/2 cup dry potato flakes
1/4 cup chopped green onions

Directions

In a medium-size cooking pot, add water and white kidney beans and bring to boil. Reduce heat and simmer for 15 minutes.

In a frying pan, saute onions in olive oil until lightly brown.

To cooking pot, add potatoes, sauteed onions, chicken soup base, turmeric, black pepper, white pepper, cayenne pepper, curry powder, and soy sauce, and cook until potatoes are tender.

Add whole milk and half and half cream and bring back to boil. Add instant potato flakes, stirring until well blended. Adjust seasonings to taste. Garnish with chopped chives or green onions.

Exotic Indian Cabbage

Ingredients

2 tablespoons canola oil
1 teaspoon chopped fresh ginger
1 serrano pepper, finely chopped
1 teaspoon caraway seed
1 teaspoon cumin seed
1 teaspoon crushed fennel seed
1 teaspoon black mustard seed
1 teaspoon fenugreek seeds
1 teaspoon ground dried turmeric
1/4 teaspoon asafoetida powder
5 cardamom pods
1/2 medium head cabbage, sliced into strips
1 teaspoon salt
1/4 cup water, or as needed
juice from one lime
1 (12 ounce) can kidney beans, garbanzo beans, or black eyed peas, drained

Directions

Heat the oil in a large pot over medium-high heat. Sauté the ginger and serrano pepper for about one minute until soft. Season with caraway, cumin, fennel, mustard, fenugreek, turmeric, and asafoetida; cook until fragrant, about 20 to 30 seconds. Stir in the cardamom pods and cabbage. Season with salt and mix well.

Pour in the water and lime juice, bring to a simmer, and cook, covered for 5 minutes. Pour the beans over the cabbage, cover, and cook an additional 2 minutes to reheat. Remove the lid and simmer until the liquid is absorbed, about 1 to 2 minutes.

Mom's Chili

Ingredients

1 pound ground beef
1 large onion, chopped
1 (15 ounce) can ranch-style beans
1 (10 ounce) can diced tomatoes with green chile peppers
1 (1.25 ounce) package chili seasoning mix
salt and pepper to taste
2 teaspoons chili powder, or to taste
1 cup water, or as needed

Directions

In a large saucepan over medium-high heat, cook beef and onion until meat is brown. Stir in beans, diced tomatoes, chili seasoning, salt, pepper, chili powder and water. Reduce heat and simmer 2 hours.

Summer Zucchini Stew

Ingredients

1 tablespoon olive oil
2 Italian sausages, sliced
1 medium onion, finely diced
1 large potato, diced
1 medium green bell pepper, sliced
2 cloves garlic, minced
1 large zucchini, diced
1 (28 ounce) can roma tomatoes, with juice
21 fluid ounces water
1 tablespoon chopped fresh basil
1 teaspoon dried oregano
1 teaspoon chopped fresh parsley
salt and pepper to taste
1 (15 ounce) can green beans, drained

Directions

Heat the olive oil in a large pot over medium heat. Mix in the sausages, onion, potato, green bell pepper, and garlic. Cook 10 minutes, stirring often, until potatoes are slightly tender.

Mix the zucchini into pot. Pour in the tomatoes and their liquid and 3/4 tomato can (21 fluid ounces) water. Season with basil, oregano, parsley, salt, and pepper. Bring to a boil, reduce to low, and simmer 40 minutes.

Stir the green beans into the pot, and continue cooking 5 minutes, until beans are heated through.

Black Bean Brownies

Ingredients

1 (15.5 ounce) can black beans,
rinsed and drained
3 eggs
3 tablespoons vegetable oil
1/4 cup cocoa powder
1 pinch salt
1 teaspoon vanilla extract
3/4 cup white sugar
1 teaspoon instant coffee
(optional)
1/2 cup milk chocolate chips
(optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 square baking dish.

Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture.

Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.

Bandito Beans

Ingredients

1 pound mild pork sausage
1 (15 ounce) can wax beans, drained
1 (15 ounce) can cut green beans, drained
1 (15 ounce) can lima beans, drained
1 (15 ounce) can black beans, drained
1/2 (28 ounce) can barbeque baked beans, with liquid
1 (15 ounce) can chili beans, with liquid
1 (6 ounce) can tomato paste
1 cup packed light brown sugar
1/4 cup barbeque sauce
1 small green bell pepper, diced
1 small yellow onion, diced
1 teaspoon fennel seed

Directions

Place sausage in a skillet over medium heat, and cook until evenly brown. Drain grease, and transfer sausage to a slow cooker.

Into the slow cooker with the sausage, mix wax beans, green beans, lima beans, and black beans. Mix in baked beans with liquid and chili beans with liquid. Stir in the tomato paste, brown sugar, barbeque sauce, green bell pepper, onion, and fennel seed.

Cover slow cooker. Cook on Low at least 5 hours.

Nacho Dip II

Ingredients

1 (8 ounce) package cream cheese, softened
1 (15 ounce) can chili without beans
1 (4 ounce) can diced green chiles, drained
8 ounces shredded Monterey Jack cheese
1 (14.5 ounce) package corn tortilla chips

Directions

Preheat oven to 300 degrees F (150 degrees C).

Spread cream cheese into the bottom of a 9 inch pie plate. Layer chili, green chilis, and shredded cheese over the cream cheese.

Bake at 300 degrees F (150 degrees C) for 30 minutes. Serve hot with the chips.

Pasta e Fagioli II

Ingredients

2 cups cranberry beans
6 cups cold water
1/2 cup white wine
2 cups beef broth
4 1/2 cups chicken broth
3 cloves crushed garlic
1 tablespoon tomato paste
2 tablespoons chopped fresh
parsley
1 (8 ounce) package farfalle pasta
1/3 cup grated Parmesan cheese
1 tablespoon olive oil
2 tablespoons grated Parmesan
cheese

Directions

In a large pot, place cranberry beans and water. Bring to a boil. Cover pot and turn heat off. Allow to stand for one hour on burner.

Drain beans and return to large cooking pot. Add wine, beef broth, and chicken broth. Bring to boil, cover and simmer for 30 minutes.

Puree half of the beans. Return to the pot. Add the garlic, tomato paste, parsley, and farfalle pasta. Simmer gently, uncovered, for 25 to 30 minutes, or until pasta is tender and soup is thick. Stir in the grated Parmesan cheese. Garnish with drizzled olive oil, and additional grated Parmesan cheese.

Chili Mac, Mexican Style

Ingredients

2 fresh poblano chile peppers
1/2 tablespoon corn oil
1 pound chorizo sausage
1 medium onion, chopped
2 cloves garlic, minced
1 (28 ounce) can diced tomatoes with juice
1 (15 ounce) can black beans, rinsed and drained
1 cup water
1/2 pound macaroni
3/4 teaspoon salt, or to taste
1/4 teaspoon black pepper, or to taste
1/2 tablespoon dried Mexican oregano

Directions

Preheat oven to broil. Place peppers on a baking sheet and place in oven. Allow skin to blacken and blister, turning the chile peppers until all sides are done. (Note: Do not overcook.) When they are done, place them in a paper bag and seal. In about 15 to 20 minutes, take them out of the bag and peel the skin off each one under running water. Remove the stems and seeds, then chop.

Heat oil in a Dutch oven over medium heat. Squeeze chorizo out of casings into the hot oil. With a wooden spoon, break up the sausage, and cook about 4 minutes. Remove sausage, and set aside. Stir onion into oil, and cook until soft and translucent. Stir in garlic, and cook for 1 minute. Stir in poblano peppers, and heat through 1 minute.

Increase the heat to high, and stir in tomatoes with liquid, black beans, water, macaroni, salt, pepper, and oregano. Bring to a low boil. Reduce heat to low; cover, and cook, stirring occasionally, until the macaroni is al dente, about 10 minutes.

Roast Beef Stew

Ingredients

2 cups cubed cooked roast beef
4 cups tomato juice
2 (14.5 ounce) cans diced tomatoes, undrained
2 cups water
3 large red potatoes, diced
2 cups frozen lima beans
1 large onion, diced
1 cup diced celery
1 tablespoon beef bouillon granules
1 teaspoon sugar (optional)
salt and pepper to taste
1 bay leaf

Directions

In a Dutch oven or soup kettle, combine all of the ingredients. Bring to a boil. Reduce heat; cover and cook until vegetables are tender, about 30 minutes. Discard bay leaf before serving.

Barbecue Green Beans

Ingredients

4 slices bacon, chopped
1/4 cup distilled white vinegar
1/2 cup white sugar
1/2 cup brown sugar
4 (14.5 ounce) cans green beans,
not drained
salt and black pepper to taste

Directions

Place the chopped bacon in a large saucepan, and cook over medium-high heat, stirring occasionally, until evenly browned and crisp, 6 to 8 minutes. Remove the bacon and set aside. Drain the grease from the pan.

Stir the vinegar, white sugar, and brown sugar into the pan. Bring the mixture to a boil over medium heat. Drain 2 cans of green beans and add them to the vinegar mixture. Pour 2 undrained cans of beans into the mixture, and stir the bacon back into the beans. Stir lightly to combine. Sprinkle with salt and pepper to taste.

Bring the mixture to a boil, reduce the heat, and simmer until the sauce is thickened and the flavors have blended, about 20 minutes.

Mexican Lasagna II

Ingredients

1 pound lean ground beef
1 (1.25 ounce) package taco seasoning mix
2 (16 ounce) cans refried beans
4 (10 inch) flour tortillas
3 cups shredded Cheddar cheese
2 green onions, chopped
2 roma (plum) tomatoes, chopped

Directions

Preheat oven to 375 degrees F (190 degrees C).

In large skillet over medium heat, cook beef until browned. Drain. Combine with taco seasoning and refried beans. Spread half of mixture in 9x13 inch baking dish. Top with two tortillas, trimming if necessary, and half of cheese. Repeat layers.

Bake 35 to 45 minutes until heated through and cheese is bubbly. Top with green onions and tomatoes. Let cool 5 minutes before serving.

Taco Beef and Pasta

Ingredients

1 (8 ounce) package rotini pasta
1 tablespoon olive oil
1 1/2 pounds top round steak, cut into 1/4 inch strips
1 (1.25 ounce) package taco seasoning mix
3 cloves crushed garlic
2 cups chunky salsa
1 (15 ounce) can black beans, rinsed and drained
1/2 cup water
1 tablespoon chopped fresh cilantro

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small bowl roll beef strips in the taco seasoning until coated. In a large skillet over medium heat, warm olive oil. Saute beef and garlic until beef is no longer pink; about 4 minutes. Remove with a slotted spoon and set aside.

Mix together in skillet the cooked pasta, black beans, salsa and water; cook for 4 to 5 minutes. Combine with beef in a large bowl and serve sprinkled with cilantro.

Super Duper Bean Salad

Ingredients

1 (15 ounce) can kidney beans,
drained
1 (14.5 ounce) can wax beans,
drained
1 (15 ounce) can lima beans,
drained
1 (15 ounce) can green beans,
drained
1 (15 ounce) can garbanzo beans,
drained
1 sweet onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
3/4 cup white sugar
2/3 cup distilled white vinegar
1/2 cup vegetable oil
1/2 teaspoon dried dill weed
1/2 teaspoon dried rosemary
1/2 teaspoon dried basil
salt to taste

Directions

Mix beans with onion and bell peppers in a large bowl.

In a small saucepan, combine vinegar, oil, sugar, and herbs. Season to taste with salt. Stir over medium heat until sugar dissolves; do not boil.

Pour warm dressing over bean mixture, and marinate for at least 2 hours in the refrigerator before serving.

Tamale Casserole

Ingredients

2 (15 ounce) cans beef tamales
2 bunches green onions, chopped
8 ounces shredded Cheddar cheese
3 cups crushed tortilla chips
2 (16 ounce) cans chili without beans
1 tablespoon water

Directions

Preheat oven to 350 degrees F (175 degrees C).

Unwrap tamales and cut into thick chunks. Place a portion of the chopped tamales in the bottom of a 2 quart casserole dish. Then layer the onions, cheese, tortilla chips and chili without beans.

Repeat this until all ingredients are used, topping off with cheese and chips. Then sprinkle with the water.

Bake, uncovered, at 350 degrees F (175 degrees C) for 40 to 45 minutes.

Scrumptious Spring Soup

Ingredients

2 quarts beef broth
1 tablespoon olive oil
2 cups minced green onions
5 ounces pancetta, minced
1/2 pound ground veal
2 cups frozen artichoke hearts, thawed
2 cups peas
2 cups shelled fava beans
2 cups sliced fresh asparagus
1 1/2 teaspoons salt
8 slices day-old crusty bread, cut into 1-inch cubes
7 sprigs fresh thyme, leaves stripped
2 cloves garlic, crushed
1/2 cup olive oil
1/2 teaspoon salt
ground black pepper to taste
13 sprigs fresh thyme, leaves stripped
1/2 cup grated Parmesan cheese
1/4 cup extra-virgin olive oil

Directions

Preheat an oven to 425 degrees F (220 degrees C). Bring beef broth to a boil in a saucepan over medium-high heat, then reduce heat to medium-low and keep hot.

Heat 1 tablespoon olive oil in a large pot over medium heat. Cook and stir the green onion until tender, and stir in the pancetta. Cook and stir until the pancetta is browned, then increase heat to medium-high heat and stir in the ground veal. Cook and stir until the veal is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the artichoke hearts, and cook for 1 minute. Stir in the peas, fava beans, and asparagus. Season with 1 1/2 teaspoons salt. Pour in the hot beef broth, and allow soup to simmer until the vegetables are tender and cooked through, 7 to 10 minutes.

Meanwhile, toss the slices of bread with leaves from 7 sprigs of thyme, garlic, 1/2 cup olive oil, 1/2 teaspoon salt, and pepper. Place bread on a baking sheet.

Toast in the preheated oven until golden brown, about 10 minutes. Set aside.

Stir the leaves of 13 sprigs of thyme into the soup, and season with pepper. Serve hot soup in bowls topped with croutons, Parmesan cheese, and a drizzle of extra-virgin olive oil.

Portuguese Bean Soup I

Ingredients

1/2 pound chorizo sausage, chopped
1/4 cup olive oil
2 carrots, chopped
1 cup chopped onion
5 stalks celery, chopped
5 tomatoes, chopped
3 small potatoes, peeled and chopped
3 quarts chicken broth
1 1/2 tablespoons cayenne pepper
1 (15 ounce) can kidney beans, drained
1/2 cup tomato paste
salt and pepper to taste

Directions

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a stockpot over medium-high heat, heat oil and saute carrots, onion and celery. Add tomatoes, potatoes, kidney beans and chicken broth. Bring to a boil and stir in cayenne pepper and tomato paste. Reduce heat and simmer for 20 minutes. Add sausage and season with salt and pepper to taste. Serve hot.

Green Bean Bundles

Ingredients

10 slices bacon
1 pound fresh green beans
1 cube beef bouillon
4 tablespoons Worcestershire sauce
2 teaspoons soy sauce
2 tablespoons butter
2 tablespoons brown sugar
1/2 teaspoon garlic powder

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until partially cooked. Drain, cut each piece in half, and set aside.

Bring a large pot of water to a boil. Place the green beans on a rack or special steamer basket over the boiling water. Cover with a lid so that the steam does not escape. Steam for a few minutes until the green beans are done. Set the green beans aside. Reserve about 2 cups of the water and dissolve the bouillon cube in it.

Take a bundle of green beans (4 or 5) and wrap them with a piece of bacon. Secure with a toothpick if necessary. Place the bundles in a shallow baking dish.

In a saucepan over medium heat, combine the reserved stock with the Worcestershire sauce, soy sauce, butter, brown sugar, and garlic powder. Stir until the sugar is dissolved.

Pour the sauce over the bundles and bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes or until the bacon is done.

Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 hard-boiled eggs, chopped
1 cucumber, peeled and diced
1 head iceberg lettuce, torn into
bite-sized pieces
1/2 cup French dressing

Directions

In a large mixing bowl, combine tuna, chickpeas (garbanzo beans), chopped hard-boiled eggs, diced cucumber, and iceberg lettuce.

Toss well and add French dressing to taste.

Down-Home Black-Eyed Peas

Ingredients

3 cups dry black-eyed peas
12 cups water
3 pounds smoked ham hocks
1 1/4 cups chopped onion
1 cup chopped celery
1 teaspoon salt
1/8 teaspoon cayenne pepper
1 bay leaf
1 (10 ounce) package frozen
sliced okra, thawed

Directions

Pick over the peas, rinse them, and place them in a large Dutch oven or soup pot with the water. Bring the beans to a boil for 2 minutes. Remove from heat, cover, and let stand for 1 hour.

Stir in the ham hocks, onion, celery, salt, cayenne pepper, and bay leaf; bring to a boil, cover the pot, and simmer until the ham hocks are tender, about 1 1/2 hours. Stir in the okra and simmer until tender, 10 to 15 minutes. Remove and discard bay leaf before serving.

Gaucha Casserole

Ingredients

1 pound lean ground beef
1 medium onion, chopped
1 small green pepper, chopped
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 (8 ounce) can tomato sauce
1/4 cup water
1 (1.25 ounce) package reduced sodium taco seasoning
1 teaspoon chili powder
1 1/3 cups uncooked instant rice
1 cup shredded reduced-fat Mexican cheese blend

Directions

Crumble the beef into an ungreased 2-1/2-qt. microwave-safe dish. Add onion and green pepper; mix well. Cover and microwave on high for 6 minutes or until meat is no longer pink, stirring every 2 minutes; drain.

Stir in the beans, tomatoes, tomato sauce, water, taco seasoning and chili powder. Cover and microwave on high for 5-6 minutes or until bubbly, stirring every 2 minutes. Stir in rice.

Transfer to a shallow 2-1/2-qt. microwave-safe dish coated with nonstick cooking spray. Cover and let stand for 6-8 minutes or until liquid is absorbed. Sprinkle with cheese. Cover and microwave on high for 1-2 minutes or until cheese is melted.

Italian Special Sweet Fried Ravioli Cookies

Ingredients

4 (1 ounce) squares semisweet chocolate
1 (1 ounce) square unsweetened chocolate
2 cups shortening for frying
1 cup garbanzo beans, drained and pureed
1 cup white sugar
1 teaspoon ground cinnamon
1/4 cup pureed dates
3/4 cup ground walnuts

3 eggs
1/4 cup melted shortening
2 1/2 cups all-purpose flour
1/4 cup white sugar
1/4 teaspoon salt
1/3 cup confectioners' sugar for dusting

Directions

Melt semisweet chocolate and unsweetened chocolate in the top of a double boiler or in a bowl in the microwave. Stir until smooth. Set aside to cool. Heat the 2 cups shortening in a large, heavy skillet or deep fryer.

In a small bowl, stir together the pureed garbanzo beans, sugar, and cinnamon. Stir in the dates and nuts. Blend with the cooled chocolate. Chill while you make the dough.

In a medium bowl, beat the eggs until fluffy. Stir in the 1/4 cup melted shortening. Sift together the flour, sugar, and salt, and fold into the egg mixture. Add extra flour if necessary to make the dough easy to handle.

On a lightly floured surface, roll the dough out to 1/8 inch thickness. Cut into 3 inch circles using a cookie cutter or a large drinking glass. Place 1 teaspoon of the chocolate filling mixture onto the center of each cookie, fold over into a half circle, and pinch to seal.

Fry cookies in 1 1/2 inches of hot oil, turning once. Cookies should be light brown. Remove with a slotted spoon and drain on paper towels. Refrigerate when cool. Sprinkle with confectioners' sugar before serving.

White Bean 'n' Ham Soup

Ingredients

2 (15.5 ounce) cans great northern beans, rinsed and drained
2 medium carrots, diced
1 small onion, chopped
2 tablespoons butter or margarine
2 1/4 cups water
1 1/2 cups cubed fully cooked ham
1/2 teaspoon salt
1/8 teaspoon white pepper
1 bay leaf

Directions

Mash one can of beans; set aside. In a large saucepan, saute the carrots and onion in butter. Stir in the water, ham, seasonings and whole and mashed beans; cook over medium heat until heated through. Discard bay leaf before serving.

Southwestern Bean and Rice Salad

Ingredients

3 cups cooked long-grain rice,
cooled
1 (16 ounce) can kidney beans,
rinsed and drained
1 medium green pepper, diced
1 (2.25 ounce) can sliced ripe
olives, drained
1/3 cup lime juice
1/4 cup chopped green onions
2 tablespoons canola oil
1 tablespoon minced fresh cilantro
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon ground cumin

Directions

In a large bowl, combine the rice, beans, green pepper and olives. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over rice mixture and toss to coat. Cover and refrigerate for 1 hour or until chilled. Toss before serving.

Beef 'N' Bean Pockets

Ingredients

- 2 pounds ground beef
- 1 small onion, chopped
- 1 (16 ounce) can refried beans
- 1 (8 ounce) can tomato sauce
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- dash cayenne pepper
- 2 (1 pound) loaves frozen white bread dough, thawed
- 1 cup shredded Cheddar cheese

Directions

In a skillet, brown beef and onion; drain. Add the next eight ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Cool. Roll each loaf of dough into a 16-in. x 8-in. rectangle, about 1/4 in. thick. Cut each into eight 4-in. squares; top each with 1/4 cup filling and 1 tablespoon cheese. Bring the four corners together up over filling; pinch seams to seal. Place on greased baking sheets. Cover and let rise for 15 minutes. Bake at 350 degrees F for 20-25 minutes or until browned. Serve immediately, or freeze and reheat in microwave at 50% power for 1-1/2 minutes each.

Black Bean Chili

Ingredients

1 1/2 pounds boneless pork, cut into 1/2-inch cubes
2 (15.5 ounce) cans black beans, drained
1 cup chopped onion
1 cup chopped yellow bell pepper
1 cup thick and chunky salsa
1 (15 ounce) can canned diced tomatoes
2 cloves garlic, minced
1 teaspoon chili powder
1/2 teaspoon cumin
1/4 teaspoon crushed red pepper
Garnish: sour cream, shredded Cheddar cheese (optional)

Directions

Combine all ingredients except garnishes in 3 1/2-quart slow cooker. Cover and cook on low heat setting 7 to 8 hours. Top individual bowls with sour cream and Cheddar cheese.

Lena's Minestrone

Ingredients

6 potatoes, peeled and cubed
6 carrots, chopped
4 stalks celery, chopped
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can kidney beans
3/4 cup tomato paste
2 1/2 quarts water
1 1/2 cups seashell pasta
1 teaspoon dried oregano
1 teaspoon dried basil
salt and pepper to taste

Directions

In a large pot combine the potatoes, carrots, celery, onion, garlic, beans, tomato paste and water. Cook over medium heat until all the vegetables are tender.

Transfer soup to a food processor or blender and puree until smooth.

Return soup to pot and stir in pasta. If desired add additional water to thin soup. Stir in the oregano and basil. Season to taste with salt and pepper. Cook over medium heat until pasta is al dente. Serve hot topped with freshly grated Romano.

Soft Taco Burgers

Ingredients

1 cup fat-free refried beans
1 (4 ounce) can chopped green chilies, divided
1/4 cup chopped onion
1/4 teaspoon salt
1 1/2 pounds lean ground beef
1 cup shredded reduced-fat Cheddar cheese
8 (6 inch) flour tortillas, warmed
1 cup chopped lettuce
1 medium tomato, chopped
1/2 cup salsa

Directions

In a bowl, combine the beans, 2 tablespoons green chilies, onion and salt. Crumble the beef over mixture and mix well. Shape into eight 5-in. patties. Top each patty with 2 tablespoons cheddar cheese; fold in half and press edges to seal, forming a half moon.

If grilling the burgers, coat grill rack with nonstick cooking spray before starting the grill. Grill burgers, uncovered, over medium heat or broil 4 in. from the heat for 7-9 minutes on each side or until meat is no longer pink and a meat thermometer reads 160 degrees F. Serve on tortillas with lettuce, tomato, salsa and remaining chilies.

Messy Taco Salad

Ingredients

1 pound lean ground beef
1 pound shredded Cheddar cheese
1 (15 ounce) can ranch-style beans
1 head iceberg lettuce, shredded
1 1/4 ounces taco seasoning mix
16 ounces thousand island dressing
14 1/2 ounces tortilla chips

Directions

In a large bowl, toss the lettuce and cheese.

In a separate bowl, mix together the dressing, taco seasoning, and beans.

Brown ground beef in a large skillet over medium-high heat, and drain. Add the ground beef and the dressing mixture to the lettuce and cheese, and mix well. Refrigerate until just before serving, then crush the tortilla chips while still in the bag and combine them with the salad.

Creamy String Bean Soup

Ingredients

1 (15 ounce) can cut green beans
4 potatoes, diced
2 tablespoons distilled white vinegar
1 clove garlic
1 cup sour cream
salt and pepper to taste
2 tablespoons all-purpose flour
1/4 cup water
1 yellow onion, chopped

Directions

Cook potatoes in salted water. When half done, add beans, vinegar, pepper and garlic (spear on toothpick for easy finding). Add onion. Simmer until potatoes are done. Remove garlic glove.

Combine the flour and 1/4 cup water and make a smooth paste. Thicken soup with the flour paste.

Remove from heat. Slowly stir in sour cream. Do not cook any further. Stir in cooked and diced Mettwurst or other German sausage just before serving.

Venison Chili

Ingredients

4 tablespoons unsalted butter
1 red onion, chopped
4 cloves garlic, minced
4 tablespoons dark brown sugar
3 cups red wine
4 tablespoons red wine vinegar
4 tablespoons tomato paste
4 cups low-sodium chicken broth
1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/2 teaspoon chili powder
2 tablespoons chopped fresh cilantro
salt to taste
4 tablespoons canola oil
10 slices cooked bacon, diced
2 pounds venison stew meat, trimmed and finely diced
2 cups black beans, cooked and drained

Directions

Melt the butter in a large pot over medium heat. Stir in the onion and garlic, and saute for 3 to 4 minutes. Stir in the brown sugar and saute for 2 to 3 more minutes. Then stir in the red wine, vinegar, tomato paste, chicken stock, cumin, cayenne pepper, chili powder, cilantro and salt. Simmer for 30 to 35 minutes, or until the mixture is reduced by about half.

Meanwhile, heat the oil in a large skillet over medium-high heat. Stir in the bacon and fry for 3 to 4 minutes, or until the bacon is browned. Move the bacon to one side of the skillet and add the venison to the empty side of the skillet. Season the meat with salt to taste and saute the meat for 15 minutes, or until well browned. Stir in the beans and toss all together. Transfer this mixture to the simmering pot.

Mix everything together thoroughly and let simmer for about 20 more minutes.

Red Beans and Spaghetti

Ingredients

1/2 pound dry kidney beans,
soaked overnight
1 (16 ounce) package uncooked
spaghetti
salt to taste

Directions

Rinse beans and place in a large pot. Cover with water and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, partially covered, until beans are tender, about 1 hour; add more water as necessary to prevent drying out and scorching.

When beans are tender, add spaghetti and cook until al dente. Season with salt to taste.

Detroit-Style Coney Dogs

Ingredients

4 hot dogs with natural casings
1 hot dog rolls, sliced
1 small onion, diced
1 (10 ounce) can chile sauce without beans
4 tablespoons prepared yellow mustard, or to taste

Directions

Preheat an outdoor grill for medium-high heat.

Place hot dogs on the grill; cook until browned, 5 to 8 minutes, turning once, or until done to suit your taste. Lightly grill hot dog rolls.

Meanwhile, place the chile sauce in a small microwave-safe bowl; cook 1 minute. Stir, and cook 1 minute more.

Place hot dogs on buns. Top each with chile sauce, onion, and 1 tablespoon mustard, or to taste.

Ham and Veggie Quiche

Ingredients

1/2 cup chopped green bell peppers
1/2 cup chopped red bell pepper
1/2 cup chopped onion
2/3 cup whole kernel corn, drained
1/2 cup frozen green peas, thawed
1/3 cup green beans, drained
salt and pepper to taste
2 cups low-fat cottage cheese
3 egg whites
1 cup finely diced smoked ham
1/4 cup chopped green onions
1/2 cup shredded mozzarella cheese

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, combine green bell pepper, red bell pepper, onion, corn, peas and green beans; season with salt and pepper. Stir in cottage cheese and egg whites. Pour into prepared baking dish. Sprinkle on ham and green onion. Top with cheese.

Bake in preheated oven until center is set, about 40 to 60 minutes.

Black Beans a la Olla

Ingredients

2 tablespoons olive oil
2 large onions, diced
6 cloves garlic, chopped
1 (19 ounce) can black beans,
rinsed and drained
1 (16 ounce) can tomato sauce
2 tomatoes, diced
2 teaspoons ground cumin
1/2 teaspoon cayenne pepper
3/4 cup chopped fresh cilantro
1/2 cup chopped green onions
1/4 cup chopped fresh cilantro

Directions

Heat the olive oil in a large pot over medium-high heat; cook the onions and garlic in the oil until the onions are translucent, 5 to 7 minutes. Stir in the black beans, tomato sauce, diced tomatoes, cumin, and cayenne pepper; reduce heat to medium-low and simmer 5 minutes. Add 3/4 cup cilantro and simmer another 2 minutes. Stir in the green onions and remove from heat. Garnish with 1/4 cup cilantro.

Chicken Soup Au Pistou

Ingredients

1 tablespoon olive oil
1/2 pound boneless skinless chicken breasts, cut into bite-size pieces
1 onion, finely diced
3 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can whole peeled tomatoes
1 (14 ounce) can great Northern beans, rinsed and drained
2 carrots, sliced
1 large potato, diced
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup frozen green beans
1/4 cup pesto

Directions

Place the olive oil in a large saucepan and heat over medium-high heat until hot. Add chicken; cook and stir about 5 minutes or until chicken is browned. Add onion; cook and stir 2 minutes.

Add chicken broth, undrained tomatoes, northern beans, carrots, potato, salt and pepper. Bring to a boil, stirring to break up tomatoes. Reduce heat to low; cover and simmer for 15 minutes, stirring occasionally. Add green beans and cook for 5 minutes or until vegetables are tender.

Ladle soup into bowls, top each with 1 teaspoon pesto and sprinkle with parmesan cheese.

Continental Rice

Ingredients

1 clove garlic, minced
2 tablespoons butter
1 (14.5 ounce) can chicken broth
1 (9 ounce) package frozen
French-style green beans
1 (4.5 ounce) jar sliced
mushrooms, drained
1/2 teaspoon dried basil
1/8 teaspoon pepper
1 1/2 cups uncooked instant rice

Directions

In a large saucepan, saute garlic in butter for 2 minutes. Add the broth, beans, mushrooms, basil and pepper; bring to a boil. Reduce heat; simmer, uncovered for 2 minutes. Add rice; cover and remove from the heat. Let stand for 8 minutes or until broth is absorbed.

Brussels Sprouts and Barley Soup

Ingredients

12 cups chicken broth
1 cup chopped fresh green beans
1 1/4 cups cubed turnips
1/2 cup chopped leeks
1/2 cup chopped carrots
1/3 cup barley
1 1/2 pounds Brussels sprouts,
trimmed and cut in half
1/2 cup chopped green bell
pepper
1 teaspoon salt
1/2 teaspoon ground black
pepper
1/4 cup butter
1/2 cup all-purpose flour

Directions

Measure the chicken broth into a large soup pot. Bring to a boil. Add the beans, turnips, leeks, carrots and barley; simmer over medium heat for 30 minutes. Add the Brussels sprouts and green pepper. Season with salt and pepper. Simmer until the sprouts are tender, about 30 minutes more.

Melt the butter in a small saucepan over medium heat, stirring until it starts to brown. Whisk in the flour until smooth. Stir this into the soup and simmer until thickened, about 10 minutes.

Portuguese Chourico Stew

Ingredients

1 (16 ounce) package chourico, cut into small pieces
1 small onion, chopped
1 clove garlic, chopped
1 (15 ounce) can canned tomato sauce
6 cups water
2 small potatoes, diced
2 teaspoons red pepper flakes
1 dash paprika
2 (15 ounce) cans green beans, drained

Directions

Heat a Dutch oven over medium-high heat. Saute chourico, onion and garlic until onion is tender. Stir in tomato sauce, water and potatoes. Season with red pepper and paprika. Bring to a boil, reduce heat, and simmer 25 to 30 minutes, or until potatoes are tender. Stir in green beans, and simmer 5 to 10 minutes, or until heated through.

Colorful Four Bean Salad

Ingredients

1 cup white sugar
1 cup white vinegar
1 tablespoon vegetable oil
6 stalks celery, chopped
1 green bell pepper, seeded and chopped
1 medium red onion, chopped
1 (4 ounce) jar pimento peppers, drained and chopped
1 (14 ounce) can cut green beans
1 (14.5 ounce) can yellow wax beans
1 (15 ounce) can lima beans
1 (15 ounce) can dark red kidney beans

Directions

In a large bowl, whisk together the white sugar, vinegar, and vegetable oil. Stir in the celery, green pepper, red onion and pimentos. Pour the green beans, wax beans, lima beans and kidney beans into a colander, and rinse under cold water. Let drain for a few minutes, then stir into the bowl with the rest of the salad. Store in a large jar in the refrigerator, and shake or turn occasionally for 1 day to marinate. If you do not have a sealed container, simply stir the salad every few hours. This keeps for about a week, but will be gone sooner.

Meat Loaf Dinner

Ingredients

1 egg
1/2 cup seasoned bread crumbs
1/4 cup chopped onion
1/2 teaspoon seasoned salt
2 pounds lean ground beef
4 medium potatoes, quartered
1/2 pound fresh or frozen cut
green beans
1 (14.5 ounce) can stewed
tomatoes

Directions

In a large bowl, combine the first four ingredients. Crumble beef over mixture and mix well. Shape into a loaf in a greased roasting pan. Arrange potatoes and green beans around loaf. Pour tomatoes over all. Cover and bake at 350° for 2 hours or until the meat is no longer pink and a meat thermometer reads 160 degrees F.

Mashed Potato Hot Dish

Ingredients

1 pound ground beef
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
2 cups frozen French-style green
beans
2 cups hot mashed potatoes
(prepared with milk and butter)
1/2 cup shredded Cheddar
cheese

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in soup and beans. Transfer to a greased 2-qt. baking dish. Top with mashed potatoes; sprinkle with cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through and cheese is melted.

Slow Cooked Baked Beans

Ingredients

2 cups kidney beans
5 cups water
1 onion, chopped
1 1/2 teaspoons salt
4 ounces cured pork
1/4 cup molasses
4 tablespoons brown sugar
1 teaspoon dry mustard
1/4 cup ketchup

Directions

In a slow cooker place beans, water, onion, salt and pork. Cover the pot and cook on low for 9 to 10 hours.

Drain beans, saving the liquid. Add molasses, brown sugar, dry mustard, ketchup and 1 cup of the bean liquid. Cover and cook on low for 1 hour.

Tex Mex Dip

Ingredients

1 pound ground beef
1 teaspoon chili powder
1 (16 ounce) can vegetarian refried beans
1 yellow onion, chopped
2 (4 ounce) cans chopped green chile peppers, drained
1 (16 ounce) jar picante sauce
1/2 pound Muenster cheese, cubed
1/2 pound Monterey Jack cheese, cubed
1 (16 ounce) container sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain well, stir in chili powder and continue cooking 5 minutes.

In a 8x8 inch baking dish, spread the refried beans. Layer beans with ground beef and chili powder mixture. Top with layers of onion, green chile peppers, picante sauce, Muenster cheese and Monterey Jack cheese.

Bake in the preheated oven 35 to 45 minutes, until cheese is melted and lightly browned. Top with sour cream before serving.

Lamb Stew with Green Beans

Ingredients

3 tablespoons olive oil
1 large onion, chopped
1 stalk celery, chopped
3 pounds boneless lamb shoulder,
cut into 2 inch pieces
1 (8 ounce) can tomato sauce
3 cups hot water
2 pounds fresh green beans,
trimmed
1 tablespoon chopped fresh
parsley
1/2 teaspoon dried mint
1/2 teaspoon dried dill weed
1 pinch ground cinnamon
1 pinch white sugar
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat. Saute onion and celery until golden. Stir in lamb, and cook until evenly brown. Stir in tomato sauce and water. Reduce heat, and simmer for about 1 hour.

Stir in green beans. Season with parsley, mint, dill, cinnamon, sugar, salt and pepper. Continue cooking until beans are tender.

Breadless Stuffing

Ingredients

2 tablespoons olive oil
1 (4 ounce) package sliced fresh mushrooms
2 cloves garlic, chopped
1/2 cup diced celery
1/3 cup diced onion
1/2 cup water
1 1/2 cubes chicken bouillon
2 (12 ounce) cans garbanzo beans, drained and rinsed
1 egg
2 teaspoons dried sage
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a glass baking dish with cooking spray.

Heat the olive oil in a large skillet. Cook the mushrooms, garlic, celery, and onion in the olive oil 3 to 5 minutes. Add the water and bouillon; cook and stir until the bouillon is dissolved.

Combine the garbanzo beans, egg, sage, salt, and pepper in a bowl. Mash together with your hands until thoroughly mixed; stir in the vegetable mixture; transfer to the prepared baking dish. Cover with aluminum foil.

Bake in preheated oven 30 minutes; remove the foil and bake uncovered another 10 to 15 minutes.

Mexican Venison Skillet

Ingredients

2 tablespoons butter or margarine
1 pound ground venison
2 teaspoons minced garlic
1 onion, chopped
2 tablespoons butter or margarine
1 (7 ounce) box Spanish rice mix
3 cups water
1 (14.5 ounce) can stewed tomatoes, cut up
1/2 cup salsa
1 (15.5 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can sweet corn, drained

Directions

Melt butter in a large skillet over medium-high heat. Add venison and cook until no longer pink, stirring to break up. Stir in garlic and onion, and continue cooking until the onion has softened and turned translucent, about 2 minutes.

Meanwhile, melt remaining 2 tablespoons butter in a saucepan over medium heat. Stir in Spanish rice mix, and cook until lightly golden, about 5 minutes. Stir in cooked venison, water, tomatoes, salsa, and kidney beans; bring to a boil, then reduce heat to medium-low and simmer for 15 minutes. Stir in corn, and continue cooking until the rice is tender, about 5 minutes.

Easy Chickpea Curry

Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 teaspoons curry powder
- 2 teaspoons garam masala
- 1/2 teaspoon ground paprika
- 1/2 teaspoon white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (15 ounce) can garbanzo beans, drained
- 2 potatoes, chopped
- 1 (14 ounce) can coconut milk
- 1 tomato, chopped
- 1/3 cup milk
- 2 tablespoons ketchup
- 2 tablespoons sour cream
- 2 cubes chicken bouillon
- 1/4 cup ground almonds, or as needed

Directions

Melt the butter over medium heat in a large saucepan. Cook and stir the onion and garlic in the melted butter for about 5 minutes, until onion is translucent. Sprinkle in curry powder, garam masala, paprika, sugar, ginger, turmeric, salt, and pepper. Continue to cook and stir 3 to 4 more minutes, until spices are lightly toasted.

Mix in the garbanzo beans, potatoes, coconut milk, tomato, milk, ketchup, sour cream, and bouillon cubes. Simmer the curry over medium-low heat for about 25 minutes, until the potatoes are tender. Stir in ground almonds to thicken.

Chinese Peppered Green Beans

Ingredients

2 tablespoons green peppercorns, drained
1 cup coarsely chopped cilantro
1 tablespoon olive oil
1 pound Chinese yardlong beans
4 cloves garlic, finely chopped
2 teaspoons brown sugar
1 small red chile pepper, seeded and chopped fine
2 tablespoons water

Directions

In a small bowl, using the bottom of a glass or jar, crush the peppercorns into a coarse pulp. Stir in the cilantro.

Heat oil in a large wok or skillet over medium-high heat. Stir in beans, garlic, brown sugar, chile pepper, peppercorns and cilantro. Stir-fry for 45 seconds. Pour in the water and cover to steam for about 2 minutes. Serve immediately.

French Cafe Summer Salad

Ingredients

14 medium red potatoes
1/4 cup olive oil
2 cloves garlic, crushed
2 tablespoons Dijon mustard
2 cups shredded red cabbage
1 (11 ounce) can whole kernel corn, drained
1 large red onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 yellow bell pepper, diced
1 cucumber, diced
1 (15.5 ounce) can white kidney or cannellini beans, rinsed and drained (optional)
1/2 cup grated Romano cheese
salt and ground black pepper to taste

Directions

Place the potatoes in a large pot with enough lightly salted water to cover. Bring to a boil over medium-high heat, and cook until tender, but still firm. It will take about 20 minutes. Drain, cool and cut into bite-size pieces.

In a large salad bowl, whisk together the olive oil, garlic, and Dijon mustard. Add the cabbage, corn, red onion, red pepper, green pepper, yellow pepper, and cucumber. Add kidney beans, if desired. Mix in the cooled potatoes. Wash your hands, and use them to mix everything together until well coated with the dressing. Gently stir in the Romano cheese, and season with salt and pepper to taste. Chill for one hour before serving.

Canned Soup

Ingredients

1 (28 ounce) can stewed tomatoes
1 (16 ounce) can vegetarian refried beans
1 (15 ounce) can whole kernel corn, drained and rinsed
1 (15 ounce) can green beans
1 (14.5 ounce) can vegetable broth
1 tablespoon dried oregano
1 tablespoon garlic powder
salt and pepper to taste
1 teaspoon dried basil
1 tablespoon dried parsley
2 tablespoons dried minced onion

Directions

Puree stewed tomatoes in an electric blender or mixer. Place tomatoes, refried beans, corn, green beans, and vegetable broth in a large pot. Cook over a medium heat. Refried beans and tomatoes will cook down to create a base for the soup. Stir occasionally to prevent stickiness.

Add water as needed to prevent over-thickening. Add oregano, garlic powder, salt and pepper, basil, parsley, and minced onion. Cover and cook until mixture is heated through. Add the onions, and continue cooking until the soup is just boiling.

Belly Burner Chili

Ingredients

3 pounds ground spicy pork
sausage
2 cups chopped onion
3 (15 ounce) cans tomato sauce
3/4 cup water
1/2 cup chopped black olives
1/2 cup chopped green olives
1/2 teaspoon ground black
pepper
1 tablespoon soy sauce
2 teaspoons chili powder
1 (15 ounce) can kidney beans

Directions

In a large skillet over medium-high heat, cook sausage until brown. Drain and crumble.

In a slow cooker, combine sausage, onion, tomato sauce, water, black and green olives, pepper, soy sauce, chili powder and beans. Cover and cook on low 8 hours.

Green Beans with Red Peppers

Ingredients

1/4 pound fresh green beans,
trimmed
1/2 cup julienned sweet red
pepper
1/2 teaspoon olive oil or canola oil
1 teaspoon balsamic vinegar
1/8 teaspoon dried basil
1/8 teaspoon pepper

Directions

In a nonstick skillet coated with nonstick cooking spray, saute beans and red pepper in oil for 4 minutes or until crisp-tender. Stir in the vinegar, basil and pepper.

Vegan Taco Chili

Ingredients

- 1 tablespoon olive oil
- 1 pound sliced fresh mushrooms
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 stalks celery, chopped
- 1 (29 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 3 (15 ounce) cans kidney beans
- 1 (11 ounce) can Mexican-style corn

Directions

Heat the oil in a large skillet. Sauté the mushrooms, garlic, onion and celery until tender. Transfer them to a stock pot or slow cooker. Stir in the tomato sauce, tomato paste, beans and Mexican-style corn. Cook for at least an hour to blend the flavors.

Pepper Pot Soup II

Ingredients

1 1/2 pounds round steak, cubed
1 cup red wine
1 1/2 cups water
6 ounces spaghetti
2 (14.5 ounce) cans stewed tomatoes
1 onion, thinly sliced
1 pinch white sugar
1 (15 ounce) can kidney beans
1 (10 ounce) package succotash
1 green bell pepper, chopped
salt and pepper to taste

Directions

Add cubed steak, red wine, and water to a large soup pot. Simmer, covered, over medium low heat for 1 hour.

Meanwhile, cook pasta in a large pot of boiling water for 5 minutes. The pasta should be only partially cooked. Drain.

Add pasta, tomatoes, onion, and sugar to meat. Simmer for 30 minutes.

Stir beans, succotash, and green pepper into soup. Season with salt and pepper to taste. Simmer over low heat until soup is hot and vegetables are tender.

Bacon Wrapped Green Beans

Ingredients

1 (12 ounce) package bacon,
strips cut in half
1 (16 ounce) package frozen cut
green beans
2 tablespoons brown sugar
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a casserole dish.

Set out the bacon, green beans and casserole dish in a little assembly line. Lay out a half strip of bacon. place a small bunch of green beans (6 or 7) onto the strip of bacon and roll up into a bundle. Place the bundle into the casserole dish, seam side down. Repeat with remaining bacon strips and green beans. You can pack these pretty tight in the pan, just know that if the bacon is touching another bundle they take some prying to get apart. Sprinkle with the brown sugar and salt and pepper.

Bake in the preheated oven until browned and heated through, about 20 minutes.

Collard Greens and Beans

Ingredients

3 slices bacon, coarsely chopped
1 red onion, thinly sliced
2 tablespoons minced garlic, or to taste
5 cups collard greens, stems and center ribs discarded and leaves chopped
3/4 cup water, or as needed
1 tablespoon brown sugar
2 teaspoons cider vinegar
1 teaspoon crushed red pepper flakes, or to taste
salt and black pepper to taste
1 (15 ounce) can cannellini beans, drained and rinsed

Directions

Place the bacon in a large, deep pan with a lid, and cook over medium-high heat, stirring occasionally, until evenly browned, about 10 minutes. Remove the bacon pieces from the pan, and set aside.

Reduce the heat to medium-low, and stir the sliced onion into the hot bacon fat. Cook and stir the onion until it begins to brown, scraping the bits off the bottom of the pan, about 8 minutes. Add the garlic, and cook and stir 4 more minutes. Return the bacon to the pan, stir in the collard greens, and toss gently until the greens are wilted, about 3 minutes.

Pour in the water to almost cover the collard greens, and stir in the brown sugar, vinegar, crushed red pepper, and salt and pepper. Bring to a boil, cover, reduce heat to low, and simmer the collard greens until very tender, 1 to 2 hours.

About 1/2 hour before serving, stir the cannellini beans into the collard greens, and return to a simmer.

Three Bean Salad II

Ingredients

1 1/4 cups white sugar
3 teaspoons cornstarch
1/2 teaspoon salt
1 teaspoon ground dry mustard
1 1/4 cups water
1/2 cup cider vinegar
1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1/2 cup finely chopped onion
1/2 cup finely chopped green bell pepper

Directions

In a small saucepan over medium heat, stir together the sugar, cornstarch, salt, mustard, water and vinegar. Bring to a boil and cook, stirring, for 1 minute. Remove from heat and let cool.

In a large bowl, combine the green beans, wax beans, kidney beans, onion and green pepper. Pour the cooled dressing over all and toss to coat. Best if marinated for at least an hour before serving. Yummy!

Slow Cooker Baked Beans

Ingredients

1 pound dry great Northern beans
8 cups water
4 ounces diced salt pork
1 cup chopped onion
1/2 cup molasses
1/3 cup packed brown sugar
1 teaspoon dry mustard
1/8 teaspoon ground black pepper

Directions

The night before, combine the Great Northern Beans and water in a large saucepan. Bring to a boil, and cook for 1 1/2 hours. Pour beans and their liquid into a bowl, cover and refrigerate overnight.

In the morning, drain off liquid, reserving 1 cup. Pour beans and the reserved liquid into the crock of a slow cooker. Stir in the salt pork, onion, molasses, brown sugar, mustard and pepper. Cover, and cook on Low for 12 to 14 hours. Stir before serving.

Better Baked Beans

Ingredients

2 (28 ounce) cans baked beans
1 small onion, chopped
2 tablespoons brown sugar
3 tablespoons pancake syrup
2 tablespoons ketchup
2 teaspoons prepared yellow mustard
4 slices bacon

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, stir together the baked beans, onion, brown sugar, syrup, ketchup and mustard. Pour into a 9x13 inch baking dish, and lay strips of bacon across the top.

Bake for 35 to 40 minutes in the preheated oven, until the bacon is browned and the beans have thickened.

Mexican Bean Salad

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (10 ounce) package frozen corn kernels
1 red onion, chopped
1/2 cup olive oil
1/2 cup red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
2 tablespoons white sugar
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Authentic Middle Eastern Hummus (Chummus)

Ingredients

3 cups dry garbanzo beans,
soaked overnight
1 pinch baking soda (optional)
1/2 cup extra-virgin olive oil
3/4 cup tahini paste
1/4 cup fresh lemon juice, or more
to taste
1 large clove garlic, minced, or
more to taste
1 teaspoon ground cumin
salt to taste
1 tablespoon extra virgin olive oil,
for drizzling

Directions

Rinse the garbanzo beans and place in a pot. Fill with enough water to cover by at least 1 inch. Add baking soda, if using. Bring to a boil and then simmer over medium heat until the beans are very soft, 1 1/2 to 2 hours.

Drain the beans, reserving some of the water to use later. Reserve a small handful of the whole beans for a garnish. Transfer the rest to a blender or if you have a hand blender, a large bowl. Blend the beans until smooth, adding 1/2 cup of olive oil gradually. Add some of the reserved water if needed to help it blend. Add the tahini and blend in along with the lemon juice. Blend in the garlic, cumin and salt.

Spread the hummus into a flat serving dish and garnish with the reserved beans and a drizzle of olive oil.

Southwestern Casserole

Ingredients

1 (7 ounce) package elbow macaroni
2 pounds ground beef
1 large onion, chopped
2 garlic cloves, minced
2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green chilies, drained
1 1/2 teaspoons salt
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon pepper
2 cups shredded Monterey Jack cheese
2 jalapeno peppers, seeded and chopped*

Directions

Cook macaroni according to package directions. Meanwhile, in large saucepan or Dutch oven, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, beans, tomato paste, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain macaroni; stir into beef mixture.

Transfer to two greased 2-qt. baking dishes. Top with cheese and jalapenos. Cover and bake at 375 degrees F for 30 minutes. Uncover; bake 10 minutes longer or until bubbly and heated through. Serve one casserole. Cool the second casserole; cover and freeze for up to 3 months.

To use frozen casserole: Thaw in the refrigerator for 8 hours. Cover and bake at 375 degrees F for 20-25 minutes or until heated through.

Speedy Chili Mac

Ingredients

2 cups uncooked elbow macaroni
1 1/2 teaspoons dried minced onion
1 (15 ounce) can chili without beans
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup shredded Cheddar cheese, divided

Directions

In a saucepan, cook macaroni in boiling water for 5 minutes. Stir in onion. Cook 1-2 minutes longer or until macaroni is tender; drain.

In another saucepan, combine the chili and soup; heat through. Stir in macaroni and 3/4 cup of cheese. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 20 minutes. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until cheese is melted.

Quick and Yummy Hummus

Ingredients

1 (15 ounce) can garbanzo beans,
rinsed and drained
1/2 cup plain yogurt
2 tablespoons fresh lemon juice
3 cloves garlic, minced
2 teaspoons olive oil
1 tablespoon water
1/2 teaspoon salt
1/8 teaspoon ground black
pepper
1/2 teaspoon ground cumin

Directions

Combine the garbanzo beans, yogurt, lemon juice, garlic, olive oil, water, salt, pepper, and cumin in a blender or food processor, blend until smooth.

Fall-Apart Pork Stew

Ingredients

2 tablespoons onion powder
1 tablespoon chopped fresh parsley
1 tablespoon garlic powder
1 1/2 tablespoons seasoned salt
1 1/2 tablespoons ground black pepper
1 teaspoon dried marjoram
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
3 pounds boneless pork shoulder, cubed
1 bunch spinach leaves, washed
1/4 cup olive oil
2 tablespoons all-purpose flour
1/4 cup butter
1 onion, thinly sliced
2 stalks chopped celery
1 pound fresh mushrooms, sliced
1 1/2 cups beef broth
2 (28 ounce) cans stewed tomatoes
2 bay leaves
1 teaspoon crushed red pepper flakes
1 teaspoon garlic powder
2 (15 ounce) cans butter beans, rinsed and drained
1 yellow squash, sliced
1 zucchini, sliced
salt and pepper to taste

Directions

Toss together the onion powder, parsley, 1 tablespoon garlic powder, seasoned salt, 1 1/2 tablespoons black pepper, marjoram, cinnamon, and nutmeg in a large, resealable plastic bag. Add the cubed pork, toss until well coated, then seal, and refrigerate overnight.

Preheat oven to 250 degrees F (120 degrees C). Line a 9x9 inch baking dish with half of the spinach leaves.

Pack the marinated pork into the baking dish, and cover with the remaining spinach leaves. Cover the pan with aluminum foil, and bake in the preheated oven for 3 hours, or until the pork is tender.

Heat the olive oil in a large pot over medium heat. Whisk in the flour, and cook for 15 minutes, stirring frequently until the flour has toasted. Scrape into a heatproof dish, and set aside. Melt the butter in the pot, and stir in the onions and celery. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Add the mushrooms, and cook until tender; stir the flour mixture back into the pot to coat the vegetables.

Pour in the beef broth, stewed tomatoes, cooked pork and spinach, bay leaves, red pepper flakes, and 1 teaspoon garlic powder. Simmer 1 1/2 hours.

Stir in the butter beans, yellow squash, and zucchini. Simmer 30 minutes until the vegetables are tender. Season to taste with salt and pepper before serving.

Mexican-Style Pork Chops

Ingredients

6 (1/2-inch thick) bone-in pork chops
2 tablespoons vegetable oil
1 medium onion, chopped
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed tomato soup, undiluted
1 1/4 cups water
1 cup uncooked instant rice
1/2 cup sliced ripe olives
2 teaspoons chili powder
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In an ovenproof skillet, brown pork chops in oil on each side; remove and keep warm. In the same skillet, saute onion until tender. Stir in the remaining ingredients; bring to a boil. Place chops over top. Bake, uncovered, at 350 degrees F for 35-40 minutes or until meat is tender.

Mad Cow Hamburger

Ingredients

2 pounds ground beef
2 eggs
1 onion, chopped
1 green bell pepper, chopped
4 fresh jalapeno peppers, seeded and chopped
1 stalk celery, chopped
2 carrots, finely chopped
1 (15 ounce) can black beans, drained
1 tablespoon Worcestershire sauce
1/2 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt and ground black pepper to taste

Directions

In a large bowl, combine ground beef, eggs, onion, bell pepper, jalapeno peppers, celery, carrots and black beans. Season to taste with Worcestershire sauce, cumin, oregano, basil, salt and pepper. Mix well with hands. Shape into 8 patties.

Preheat an outdoor grill for high heat, and lightly oil grate.

Cook hamburger patties on preheated grill until browned on both sides, to your desired doneness.

BDukes Lima Beans, Cabbage and Smoked

Ingredients

1 (16 ounce) package dried lima beans, soaked overnight
2 smoked ham hocks
8 cups water
5 cups shredded cabbage
1/2 cup butter
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
3/4 teaspoon garlic powder
1 (28 ounce) can diced tomatoes
1 pound smoked sausage, sliced (optional)

Directions

In a large pot, combine the lima beans, ham hocks, water, cabbage and butter. Season with salt, pepper and garlic powder. Bring to a boil, then reduce heat to low and set a lid on top but leave a crack for steam. Simmer for 1 1/2 hours. Remove the lid, add the tomatoes and sausage; simmer with the lid on until beans are completely tender, 15 to 20 minutes.

Spicy Sausage Soup with Cilantro

Ingredients

2 pounds hot Italian sausage links, casings removed, and sliced
4 cloves garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (15.5 ounce) can white hominy
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups chopped fresh cilantro
1 teaspoon ground black pepper
1 teaspoon salt

Directions

In a large skillet over medium heat, combine Italian sausage and garlic. Cook, stirring frequently until sausage is evenly browned. Drain cooked sausage in a strainer to remove grease.

In a large Dutch oven or stock pot, combine the beef broth, hominy, stewed tomatoes, carrots, beans, and zucchini. Bring to a boil over medium-high heat, and boil for 2 minutes. Reduce heat to low, and add sausage and cilantro; simmer for 15 minutes, or until carrots and zucchini are tender. Season with salt and pepper.

Swink's Chili

Ingredients

2 pounds ground beef
1 onion, chopped
1 (1.25 ounce) package chili seasoning mix
2 cups water
1 (6 ounce) can tomato paste
1 (16 ounce) can chili beans, undrained
1 (16 ounce) can baked beans
1 (10.75 ounce) can condensed tomato soup
1 (10 ounce) can diced tomatoes with green chile peppers

Directions

In a large skillet over medium heat, cook beef and onion until beef is brown. Stir in chili seasoning and water.

Pour beef mixture into a slow cooker and stir in tomato paste, chili beans, baked beans, tomato soup and diced tomatoes with green chiles. Cook on low 2 hours.

Hobo Beef and Vegetable Soup

Ingredients

1 (32 fluid ounce) container beef broth, or more if needed
3 carrots, cut into bite-size pieces
1 large stalk celery, cut into bite-size pieces
1 1/2 tablespoons chopped fresh parsley
1/2 teaspoon celery seed
2 bay leaves

1 pound lean ground beef
1 onion, chopped
1 clove garlic, minced, or to taste
1 (14.5 ounce) can stewed tomatoes
2 potatoes, peeled and cut into bite-size pieces
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained
1 (15 ounce) can peas, drained

Directions

Stir the beef broth, carrots, celery, parsley, celery seed, and bay leaves into a slow cooker set on High, cover, and cook until the vegetables are tender, about 2 hours.

Place the ground beef, onion, and garlic into a skillet over medium heat. Cook, stirring frequently to break the beef into small pieces, until the onion is translucent and the beef is browned and no longer shows pink areas, 10 to 15 minutes. Drain off fat, and stir the stewed tomatoes into the beef mixture. Bring to a boil over medium heat, and cook, stirring frequently, until the tomatoes are broken up into small pieces.

Stir the potatoes, corn, green beans, and peas into the soup in the slow cooker, and add the beef mixture. Stir everything together, cover, and set the slow cooker on High. Cook for 4 hours.

Quick Butter Croissants

Ingredients

1 (.25 ounce) package active dry yeast
1 cup warm water (110 degrees F/45 degrees C)
3/4 cup evaporated milk
1 1/2 teaspoons salt
1/3 cup white sugar
1 egg
5 cups all-purpose flour, divided
1/4 cup butter, melted
1 cup butter, chilled and diced
1 egg, beaten

Directions

In a large bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. Stir in milk, salt, sugar, 1 egg, 1 cup flour and melted butter. Beat to make a smooth batter; set aside.

In a large bowl, cut the one cup firm butter into remaining four cups flour until butter particles are the size of dried kidney beans. Pour the yeast batter over this and carefully turn the mixture over with a spatula to blend, just until all flour is moistened. Cover with plastic wrap and refrigerate until well chilled, at least 4 hours or up to four days.

Turn dough out onto a floured surface; press into compact balls and knead about 6 turns to release air bubbles. Divide dough into four equal parts. Shape one at a time. Refrigerate the remaining dough.

Roll one part of the dough on a floured board into a circle 17 inches in diameter. With a sharp knife or pizza cutter, cut the circle into eight equal pie-shaped wedges. Roll the wedges loosely toward the point. Shape each roll into a crescent and place on an ungreased baking sheet. Allow 1 1/2 inches space between each roll.

Cover and let rise at room temperature until almost doubled in size. Approximately 2 hours. Meanwhile, preheat oven to 325 degrees F (165 degrees C).

Brush croissants with beaten egg. Bake in preheated oven for 35 minutes, until golden.

Colour and Spice

Ingredients

4 potatoes, cubed
1 (15 ounce) can kidney beans with liquid
1 head broccoli, cut into florets
2 teaspoons olive oil, divided
1 teaspoon ground ginger
1 pinch freshly ground cardamom
1 teaspoon mixed spice
1 red onion, chopped
1/2 pound mushrooms, chopped
1 (5.5 ounce) can baby corn, drained and chopped
soy sauce to taste

Directions

Place potatoes in a medium saucepan with enough water to cover. Boil 15 minutes, or until tender; drain.

In a medium saucepan over medium heat, bring kidney beans and their liquid to a boil. Stir in broccoli. Cook until broccoli is tender and most of the liquid has been reduced, about 10 minutes.

Heat oil, ginger, cardamom, and mixed spice in a medium skillet over medium heat. Stir in onion, mushrooms, and baby corn. Cook until tender.

Mix kidney beans and broccoli into the skillet. Stir in potatoes. Season with soy sauce.

Simple Turkey Chili

Ingredients

- 1 1/2 teaspoons olive oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can canned kidney beans - drained, rinsed, and mashed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Southern Green Beans

Ingredients

6 slices bacon, chopped
3 tablespoons butter
1 red onion, chopped
2 pounds fresh green beans,
trimmed and snapped
8 small new potatoes, diced
1 large clove garlic, minced
1/4 cup chicken broth
1 1/2 teaspoons white balsamic
vinegar
salt and pepper to taste

Directions

Place the chopped bacon in a skillet, and cook over medium heat, stirring occasionally, until evenly browned, 8 to 10 minutes. Drain the bacon pieces on a paper towel-lined plate.

Melt the butter in a skillet with a lid over medium-low heat, and cook and stir the onion until translucent, about 5 minutes. Stir in the cooked bacon, green beans, potatoes, garlic, and chicken broth. Bring to a boil, cover, and simmer over low heat until the green beans are tender, about 10 minutes. Sprinkle with vinegar, salt, and pepper, and serve.

Southwest Stew

Ingredients

2 pounds ground beef
1 onion, chopped
1 (14.5 ounce) can peeled and diced tomatoes
1 (15 ounce) can pinto beans, drained and rinsed
1 (15.25 ounce) can whole kernel corn, drained
4 potatoes, cubed
1 cup medium salsa
2 cups water
1 teaspoon ground cumin
salt to taste
ground black pepper to taste
1/2 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Directions

Cook ground beef and onion until done.

In a large pan add beef, onion, tomatoes, beans, corn, potatoes, picante sauce, water, cumin, salt and pepper to taste, and garlic powder. Simmer, covered, for 45 minutes. I like to use slow cooker and let it simmer all day. Serve; top with cheese.

Banana and Black Bean Saute

Ingredients

- 1 tablespoon cooking oil
- 1 banana, chopped
- 2 tablespoons honey
- 3/4 (14.5 ounce) can black beans, rinsed and drained
- 1 tablespoon fresh lime juice
- 1 pinch salt
- 1 (14 ounce) can coconut milk

Directions

Heat the oil in a skillet over medium-high heat; cook the bananas in the hot oil until hot, 2 to 3 minutes. Stir the honey and black beans with the bananas; cook and stir another 2 to 3 minutes. Stir the lime juice and salt into the mixture. Pour the coconut milk over the mixture and stir. Allow the mixture to simmer until hot, about 5 minutes. Serve hot.

Bacon Feta Beans

Ingredients

8 slices bacon - cooked, crumbled and divided
1 (16 ounce) package frozen cut green beans
1 teaspoon minced garlic
4 ounces crumbled feta cheese, divided
1/2 teaspoon onion powder
1/8 teaspoon ground black pepper
2 tablespoons water

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly browned but only slightly crisp. Drain grease, leaving a small amount in the skillet for later use. Crumble bacon, reserving 2 tablespoons for garnish, and set aside.

Cook frozen beans in a covered, microwavable dish for about 3 minutes until thawed, but not fully cooked. Drain liquid, pat dry, and set aside.

Reheat skillet with residual bacon grease over medium-high heat. Stir in bacon and garlic until garlic is lightly golden. Add green beans and feta cheese, and season with onion powder and black pepper. Cook and stir until most of the feta cheese has melted, about 2 minutes. Transfer to a serving dish, and garnish with remaining feta cheese and crumbled bacon. Serve hot.

Portuguese Fava Bean Stew

Ingredients

2 tablespoons olive oil
3 large onions, coarsely chopped
2 cloves garlic, minced
1 tablespoon chile paste
1/4 cup tomato sauce
2 cups water
3 tablespoons chopped fresh parsley
salt to taste
1/2 teaspoon ground black pepper
3 tablespoons paprika
1 pound Portuguese chourico sausage, casing removed, sliced 1/4-inch thick
2 (19 ounce) cans fava beans, drained

Directions

Warm the olive oil in a saucepan over medium heat, add the onion and garlic; cook and stir until golden brown. Stir in the chile paste, tomato sauce, water, parsley, salt, pepper, paprika, and sausage.

Bring the sausage mixture to a boil over high heat; reduce the heat to low and simmer for 40 minutes. Mix in the fava beans and cook 10 minutes for firm beans, or up to 30 minutes for softer beans.

Tempeh and Blue Cheese Salad

Ingredients

1 (8 ounce) package tempeh, cut into 1/2 inch squares
1 tablespoon vegetable oil
1/2 cup ranch salad dressing
1 tablespoon milk
2 cloves garlic, minced
1/2 teaspoon dried dill weed
1 (15.5 ounce) can garbanzo beans, drained and rinsed
1 small red bell pepper, finely chopped
1 stalk celery, finely chopped
1/2 small red onion, finely chopped
8 ounces shredded romaine lettuce
2 ounces crumbled blue cheese
1/4 teaspoon salt, or to taste

Directions

Place tempeh in a steamer over 1 inch of boiling water, and cover. Steam for 20 minutes, then remove, and pat dry. When tempeh has finished steaming, heat vegetable oil in a skillet over medium-high heat. Add tempeh, and cook until browned, about 5 minutes. Drain on a paper towel-lined plate and allow to cool.

Whisk together ranch dressing, milk, garlic, dill, and salt in a large bowl. Add the cooled tempeh, drained garbanzo beans, bell pepper, celery, red onion, and romaine lettuce. Toss until the salad has been well coated in the dressing. Gently fold in the blue cheese, then season to taste with salt.

Tex-Mex Squash Bake

Ingredients

1 pound ground beef
1/4 cup olive oil, divided
4 zucchini, cut into 1/2-inch cubes
1 red bell pepper, chopped
1 jalapeno pepper, seeded and chopped
4 cloves garlic, minced
4 green onions, chopped -- white and green parts separated
salt and pepper to taste
3 tablespoons tomato paste
4 teaspoons chili powder, or to taste
2 teaspoons ground cumin, or to taste
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1 cup frozen corn, thawed
1/2 cup grated Parmesan cheese, divided
1/4 cup chopped fresh cilantro

Directions

Cook and stir the ground beef in a skillet over medium heat until brown and crumbly, breaking the meat apart as it cooks, about 10 minutes. Drain off excess grease. Set the beef aside.

Preheat oven to 400 degrees F (200 degrees C). Spread the bottom of a 9x13-inch baking dish with about 1 teaspoon of olive oil.

Pour the remaining olive oil into a large skillet over medium-high heat, and cook and stir the zucchini, red bell pepper, jalapeno pepper, garlic, and the white parts of the green onions until the vegetables begin to soften, 3 to 5 minutes. Sprinkle with salt and black pepper, and mix in the tomato paste, chili powder, and cumin. Allow the mixture to simmer until the spices are fragrant, about 1 minute. Remove from heat.

Stir in the browned ground beef, black beans, kidney beans, corn, and 1/4 cup of Parmesan cheese until well combined. Adjust salt and pepper if necessary, and spread the mixture into the prepared baking dish. Top with remaining 1/4 cup of Parmesan cheese, and cover the dish with foil.

Bake in the preheated oven until bubbling in the center, 20 to 25 minutes; remove the foil, return to oven, and bake until the cheese is browned, 5 to 10 more minutes. Sprinkle the remaining green onions (green tops) and cilantro over the top.

Southwest Corn Salad

Ingredients

3 cups cooked tri-colored spiral pasta
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 large tomato, seeded and chopped
1/2 cup chopped onion
1/2 cup chopped green pepper
1 (4 ounce) can chopped green chilies
1/2 cup olive or vegetable oil
1/4 cup cider vinegar
2 teaspoons sugar
1 teaspoon chili powder
3/4 teaspoon salt
1/2 teaspoon ground cumin

Directions

In a large bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, chili powder, salt and cumin; shake well. Pour over pasta mixture; toss to coat. Cover and refrigerate for at least 1 hour or until chilled.

Spinach, Red Lentil, and Bean Curry

Ingredients

1 cup red lentils
1/4 cup tomato puree
1/2 (8 ounce) container plain yogurt
1 teaspoon garam masala
1/2 teaspoon ground dried turmeric
1/2 teaspoon ground cumin
1/2 teaspoon ancho chile powder
2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, chopped
1 (1 inch) piece fresh ginger root, grated
4 cups loosely packed fresh spinach, coarsely chopped
2 tomatoes, chopped
4 sprigs fresh cilantro, chopped
1 (15.5 ounce) can mixed beans, rinsed and drained

Directions

Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes. Drain.

In a bowl, stir together tomato puree and yogurt. Season with garam masala, turmeric, cumin, and chile powder. Stir until creamy.

Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yogurt mixture. Then mix in tomatoes and cilantro.

Stir lentils and mixed beans into mixture until well combined. Heat through, about 5 minutes.

Maureen's Baked Beans

Ingredients

1 (15 ounce) can green beans,
drained
1 (14.5 ounce) can wax beans,
drained
1 (15.5 ounce) can butter beans,
drained
1 (15 ounce) can kidney beans,
drained
1 (16 ounce) can baked beans
with pork
1 tablespoon mustard powder
3/4 cup packed brown sugar
1 tablespoon chili powder
1 teaspoon Worcestershire sauce
1 (15 ounce) can tomato sauce
1 (10.75 ounce) can condensed
tomato soup
1 (16 ounce) package ground pork
breakfast sausage
2 medium onions, chopped
2 cloves garlic, crushed

Directions

Preheat the oven to 300 degrees F (150 degrees C).

In a small roaster or Dutch oven, mix together the green beans, wax beans, butter beans, kidney beans, and baked beans. Mix in the dry mustard, brown sugar, chili powder, Worcestershire sauce, tomato sauce, and tomato soup.

Heat a large skillet over medium-high heat. Brown the pork sausage, crumble, and drain the excess fat from the pan. Saute the onion and garlic with the pork until tender, about 5 minutes. Stir the pork mixture into the bean mixture.

Bake, covered, for 3 to 5 hours in the preheated oven, removing the lid for the final 45 minutes.

Cheesy Green Bean Casserole

Ingredients

2 (10.75 ounce) cans condensed cream of mushroom soup
3/4 cup milk
1 (2.8 ounce) can French fried onions
2 cups shredded Cheddar cheese
2 (16 ounce) packages frozen French cut green beans
1/2 pound processed cheese food (eg. Velveeta), sliced

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a 2 quart casserole dish.

In a mixing bowl, combine mushroom soup, milk, cheddar cheese, and half of the onions. Mix together.

Layer the bottom of a 2 quart casserole dish with 1/2 of the green beans. Pour half of the soup mixture over beans, and add half of the processed cheese. Repeat layering, and top with remaining onions.

Bake for 30 to 40 minutes.

Zippy Beans and Corn

Ingredients

1 medium onion, cut into 1/4-inch wedges
1 tablespoon vegetable oil
1 (16 ounce) can baked beans
1 (10 ounce) package frozen corn
2 teaspoons vinegar
1/2 teaspoon hot pepper sauce

Directions

In a saucepan, saute onion in oil until tender. Add beans and corn; bring to a boil. Reduce heat; cover and simmer for 5 minutes or until heated through. Stir in vinegar and hot pepper sauce.

Shrimp Burritos

Ingredients

2 tablespoons vegetable oil
1/2 cup chopped onion
3/4 cup long-grain white rice
3/4 teaspoon cumin
3/4 teaspoon garlic salt
1 1/2 cups chicken broth
1/2 cup canned diced tomatoes

1 (16 ounce) can refried beans
3/4 teaspoon garlic salt
1/2 teaspoon ground black pepper

12 ounces frozen cooked shrimp without tails, thawed
2 teaspoons minced garlic

1/2 cup plain yogurt
1/2 cup mayonnaise
2 teaspoons pureed chipotle peppers in adobo sauce

6 (10 inch) flour tortillas, warmed
3 cups shredded Cheddar cheese
1/3 cup salsa

Directions

Heat the vegetable oil in a saucepan over medium heat. Add the onion, and cook until tender, stirring frequently. Stir in rice, and season with cumin and 3/4 teaspoon of garlic salt. Cook and stir until the rice is lightly toasted, about 5 minutes. Pour in the chicken broth and the diced tomatoes. Bring to a boil, then cover and cook over low heat for 15 to 20 minutes, until all of the liquid has been absorbed.

In a small saucepan, stir together the refried beans, 3/4 teaspoon of garlic salt, and black pepper. Cook over low heat, stirring occasionally until heated through.

Place shrimp in a bowl, and stir in garlic until shrimp is coated. Heat a skillet over medium-high heat, and coat with cooking spray. Saute shrimp until heated through and lightly browned.

In a small bowl, stir together the yogurt, mayonnaise, and chipotle peppers until smooth. Refrigerate until ready to use.

Place about 1/4 cup of cheese onto each warm tortilla. Then place about 1/2 cup of shrimp on the cheese. Top with 1/4 cup of beans, and 1/4 cup of rice. Spread on about a tablespoon of the chipotle sauce, and salsa to taste. Roll up, and serve.

Hot Dog Pie

Ingredients

1 pound lean ground beef
4 hot dogs , cut into 1/4-inch slices
1 (15 ounce) can vegetarian baked beans
1/2 cup ketchup
2 tablespoons brown sugar
2 tablespoons prepared yellow mustard
2 ounces Cheddar cheese, cubed
1 (1.25 ounce) package taco seasoning mix
4 slices processed American cheese
1 (9 inch) deep dish pie shell

Directions

Preheat oven to 400 degrees F (200 degrees C). Bake empty pie shell for 10 minutes.

In a large skillet over medium heat, cook ground beef until browned, stirring occasionally to crumble; drain fat. Stir in hot dogs, beans, ketchup, brown sugar, mustard, taco seasoning, and cheese cubes. Cook for 2 to 3 minutes.

Spread beef mixture into baked pie shell. Cut American cheese slices into strips, and make a lattice on top of pie.

Bake for 5 to 10 minute, or until cheese is slightly melted.

Pinto Bean Pie I

Ingredients

1 cup cooked pinto beans with juice
1 cup flaked coconut
4 eggs
3 cups white sugar
1 tablespoon vanilla extract
1 cup butter, melted
2 (9 inch) deep dish frozen pie crusts, thawed

Directions

Mash beans till very smooth.

In a large bowl, beat eggs. Mix in beans, sugar, vanilla, melted butter or margarine, and coconut until well blended. Divide filling into pie crusts.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until done.

Filling Meat Pie

Ingredients

1 recipe pastry for a 9 inch double crust pie
3 tablespoons vegetable oil
6 pounds beef tenderloin, cubed
1/4 cup butter
2 tablespoons minced garlic
1/2 onion, peeled and minced
1 tablespoon chopped fresh dill weed
1 tablespoon dried rosemary, crushed
1 tablespoon chopped fresh sage
1 tablespoon salt
1 1/2 cups milk
4 tablespoons all-purpose flour
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained

Directions

Preheat oven to 350 degrees F (175 degrees C). Fit bottom pastry into a 9 inch pie pan. Cover pastry with pie weights or dried beans.

Bake pastry in preheated oven for 7 minutes. Remove pie weights or beans immediately. Set crust aside. Do not turn off oven.

Place a large skillet over medium-high heat. Add vegetable oil, then meat. Toss to coat meat with oil. Saute until meat is browned on all sides, stirring occasionally. Remove from heat and allow to sit at least 3 minutes.

In a medium saucepan, melt butter or margarine over low heat. Add garlic, onion, dill, rosemary, sage, and salt. Cook mixture until onions are translucent. Add milk to pan and turn up heat to medium. When mixture comes to a boil, add 2 to 4 tablespoons of flour, depending on how thick you want the sauce to be. Cook mixture until it thickens, stirring constantly. Remove from heat.

In a large bowl, mix meat with corn and green beans. Spoon mixture into baked pastry shell. Pour sauce over top. Cover with top pastry, sealing edges as best you can without breaking the edges of the bottom crust. Cut steam vents in top.

Bake in preheated oven for 45 minutes, until golden brown.

Western Salad

Ingredients

- 1 head iceberg lettuce, shredded
- 2 cucumbers, sliced
- 2 bunches green onions, chopped
- 1 green bell pepper, chopped
- 1 head cauliflower, chopped
- 1 (16 ounce) package baby carrots, chopped
- 1 head broccoli, chopped
- 1 bunch radishes, sliced
- 2 (15 ounce) cans ranch-style beans, drained
- 1 (16 ounce) bottle Ranch-style salad dressing
- 1 (13.5 ounce) package nacho-flavor tortilla chips

Directions

Place the shredded lettuce in a large, flat dish. Layer with cucumbers, green onions, green bell pepper, cauliflower, baby carrots, broccoli, and radishes. Pour drained beans over the vegetables. Cover with Ranch-style dressing, and top with nacho-flavor tortilla chips. Cover, and chill until serving.

Garbanzo Bean Gravy

Ingredients

4 cups water
1 onion, minced
1 1/2 cups garbanzo beans,
drained (reserve liquid) and rinsed
1 teaspoon salt
1/2 teaspoon dried basil
1/2 cup soy sauce
1 teaspoon poultry seasoning
1 cup all-purpose flour

Directions

Bring the water and onions to a boil in a large saucepan over high heat. Reduce heat to medium-low, and simmer until the onions are very tender, about 10 minutes. Meanwhile, puree the garbanzo beans in a blender using as much of the reserved liquid as needed to achieve a smooth puree. Stir the garbanzo puree into the onions along with the salt, basil, soy sauce, and poultry seasoning. Stir in the flour until incorporated, then use an immersion blender to blend the gravy until smooth.

Return the gravy to a simmer, then reduce the heat to low. Cover, and simmer 20 minutes, stirring frequently.

German Baked Beans

Ingredients

2 (15 ounce) cans pork and beans
1 (14 ounce) can sauerkraut,
rinsed and well drained
1 cup unsweetened applesauce
1/2 cup packed brown sugar
1/2 teaspoon salt
1/2 teaspoon ground mustard

Directions

In a large bowl, combine all ingredients. Transfer to a 2-qt. baking dish coated with nonstick cooking spray. Bake, uncovered, at 400 degrees F for 1 to 1-1/2 hours or until bubbly.

Shay's Irish Chili

Ingredients

2 tablespoons vegetable oil
1 pound ground beef chuck
1 clove garlic, minced
1 large onion, chopped
salt and pepper to taste
1 pinch ground nutmeg
2 teaspoons beef bouillon
1 tablespoon chili powder
1 tablespoon white sugar
1 (28 ounce) can diced tomatoes, drained
1/2 (19 ounce) can light red kidney beans, drained and mashed
1 (15.5 ounce) can dark red kidney beans, drained and rinsed
1 (15 ounce) can sliced potatoes, drained

Directions

Heat the oil in a soup pot set over medium heat. Add the ground beef, garlic, and onion. Cook, stirring to crumble the ground beef, until beef is no longer pink. Drain off any excess grease. Season with salt, pepper, nutmeg, beef bouillon, and chili powder. Add the sugar, tomatoes, light and dark kidney beans and potatoes. Cover and simmer over medium-low heat for 1 hour, stirring occasionally.

Smothered Green Beans

Ingredients

6 thick slices bacon, chopped
1/2 cup onions, minced
1 teaspoon minced garlic
1 pound fresh green beans,
trimmed
1 cup water
1/8 teaspoon salt
1 pinch ground black pepper

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until the fat begins to render. Stir in onions and garlic; let cook for 1 minute. Stir in beans and water. Let the beans cook until the water has evaporated and the beans are tender. If the beans are not tender once the water has evaporated, add a small amount more water and let them cook until tender. Season with salt and pepper (to taste) and serve.

Spanish Moroccan Fish

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- 2 red bell pepper, seeded and sliced into strips
- 1 large carrot, thinly sliced
- 3 tomatoes, chopped
- 4 olives, chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1/4 cup fresh parsley, chopped
- 3 tablespoons paprika
- 4 tablespoons ground cumin
- 1 teaspoon cayenne pepper
- 2 tablespoons chicken bouillon granules
- Salt to taste
- 5 pounds tilapia fillets

Directions

Heat a large skillet on medium-high heat. Add the oil, then cook and stir the onion and garlic, until slightly tender. Add the bell peppers, carrots, tomatoes, olives, and garbanzo beans and continue to cook until the peppers are slightly tender.

Sprinkle the parsley, paprika, cumin, cayenne, and chicken bouillon over the vegetables. Season with salt to taste. Stir to incorporate. Place the fish on top of the vegetables and add enough water to cover the vegetables. Reduce the heat to low, cover, and cook for 40 minutes.

Taco Salad

Ingredients

2 (19 ounce) cans kidney beans, drained and rinsed
1 (12 ounce) package frozen vegetarian burger crumbles
1 (1.25 ounce) package taco seasoning mix
2 onions, chopped
1 (16 ounce) jar salsa
1 (14.5 ounce) package corn tortilla chips
2 cups shredded Cheddar cheese
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
4 tomatoes, diced

Directions

In a medium-size mixing bowl combine beans, burger, taco seasoning, onions, salsa, and refrigerate.

When ready to serve, layer in individual bowls: chips, cheese, lettuce, bean mixture, and top with diced tomatoes.

Chili in a Bread Bowl

Ingredients

1 pound ground beef
1 cup chopped onion
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced
tomatoes, undrained
1 tablespoon chili powder
1/2 teaspoon garlic powder
BREAD BOWL:
1 tablespoon cornmeal
2/3 cup water
1/4 cup butter or margarine
1 cup all-purpose flour
1/4 cup grated Parmesan cheese
2 teaspoons baking powder
4 eggs

Directions

In a saucepan, brown beef with onion; drain. Add next five ingredients; simmer, uncovered, for 20 minutes. Grease a 9-in. heart-shaped or round baking pan; sprinkle with cornmeal and set aside. In a saucepan over medium heat, bring water and butter to a boil. Add flour, Parmesan and baking powder; stir until a smooth ball forms. Remove from heat; beat in eggs, one at a time. Continue beating until the mixture is smooth and shiny. Spread into prepared pan, building up edges slightly. Bake at 425 degrees F for 25-30 minutes or until the center is firm and puffed and edges are golden brown. Make a shallow slit in the center to allow steam to escape. Cool for 5 minutes before removing to a serving plate. Fill with chili; serve immediately.

German Sauerkraut Soup

Ingredients

2 smoked ham hocks
2 yellow onions, chopped
2 cloves garlic, chopped
3 quarts water
1 pound sauerkraut, drained and rinsed
1 (15 ounce) can pinto beans, drained
1/2 pound bacon, chopped
1 cup sour cream
1 tablespoon olive oil
3 tablespoons all-purpose flour

Directions

Heat olive oil in a large skillet over medium heat. Sauté onion and garlic until tender; set aside. Put ham hocks, onion, garlic and water into a stockpot, season with pepper to taste, cover and bring to a simmer for 1 1/2 hours.

Stir the sauerkraut and beans into the soup. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon into the stockpot, reserving drippings. Stir flour into the bacon drippings to make a roux. Stir the roux into the soup. Continue to simmer the soup until thick. Remove from the heat and stir in the sour cream. Serve.

Herbed Green Beans

Ingredients

1 pound fresh green beans,
trimmed
4 1/2 teaspoons butter, melted
1/4 teaspoon salt
1/4 teaspoon dried savory
1/8 teaspoon dried oregano
1/8 teaspoon pepper

Directions

Place green beans in a microwave-safe dish. Combine the remaining ingredients; pour over beans and toss to coat evenly. Cover and microwave on high for 6-8 minutes or until beans are tender.

Easter Lamb Cake

Ingredients

1 (18.25 ounce) package white cake mix
1 (16 ounce) can white frosting
3 cups flaked coconut
2 black jellybeans
1 black shoestring licorice
2 drops green food coloring

Directions

Prepare cake mix according to package directions and bake in two halves of a stand-up lamb cake pan. Cool completely.

Stick the two halves of the lamb together using white frosting. Sit the lamb up and frost the entire lamb. Coat the entire lamb with coconut. Decorate with jelly beans for eyes, and licorice for whiskers. Tint any remaining coconut with green food color and use as grass.

Wacky Mac

Ingredients

1 (16 ounce) package wagon wheel pasta
1 pound ground beef
1 1/2 teaspoons chili powder
1 1/2 teaspoons cayenne pepper
1 dash salt
1/2 onion, chopped
1 cup chopped green bell pepper
1 (30 ounce) can chili with beans
1 (12 ounce) can whole kernel corn, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Place ground beef in a large, deep skillet. Season with chili powder and cayenne. Cook over medium high heat until evenly brown. Stir in onion and green pepper. Season with salt. Simmer until onion is tender and translucent. Drain excess fat. Stir in chili, corn and cooked pasta. Cover, and simmer for 10 to 12 minutes, stirring occasionally.

Garlic Green Beans

Ingredients

1 tablespoon butter
3 tablespoons olive oil
1 medium head garlic - peeled
and sliced
2 (14.5 ounce) cans green beans,
drained
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.

Easy Black Bean Salsa

Ingredients

1 (14.5 ounce) can Mexican stewed tomatoes
1 (15 ounce) can black beans, rinsed and drained
1 (4 ounce) can chopped green chilies, undrained
1/2 cup chopped onion
1/4 cup minced fresh cilantro or parsley
1/2 teaspoon salt
1 (2.25 ounce) can sliced ripe olives, drained

Directions

Drain tomatoes, reserving juice. Cut up tomatoes; place in a bowl. Add juice and all remaining ingredients; stir until combined. Cover and store in the refrigerator. Serve with tortilla chips or as an accompaniment to Mexican food.

Pasta with Tomatoes and White Beans

Ingredients

3 cups uncooked penne or medium tube pasta
2 (14.5 ounce) cans Italian-style diced tomatoes
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 (10 ounce) package fresh spinach, chopped
1/2 cup finely crumbled feta cheese

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, bring the tomatoes and beans to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Add spinach; simmer for 2 minutes or until wilted, stirring occasionally. Drain pasta; top with tomato mixture and cheese.

Creole Green Beans

Ingredients

1/4 cup unsalted butter
1 (14 ounce) package frozen green beans
6 thick slices bacon, chopped
1/2 onion, chopped
1/2 green bell pepper, chopped
2 cloves garlic, chopped
1 teaspoon cayenne pepper
1 teaspoon Creole seasoning
1/4 teaspoon ground black pepper
salt to taste

Directions

Melt butter over medium heat in a large skillet. Stir in green beans, bacon, onion, green pepper, and garlic; cook and stir until onions are translucent, about 2 minutes. Stir in cayenne pepper, Creole seasoning, and black pepper. Cover; reduce heat to low. Simmer until vegetables are tender, about 20 minutes. Season to taste with salt.

Pasta Fagioli II

Ingredients

3 tablespoons olive oil
7 cloves garlic, whole
1 large onion, finely chopped
6 slices bacon, cut into small pieces
1 pinch red pepper flakes
1 (8 ounce) can tomato sauce
1/2 teaspoon dried basil leaves
1/2 teaspoon dried oregano
salt and pepper to taste
2 cubes chicken bouillon
1 (15 ounce) can cannellini beans, with liquid
2 quarts water
12 ounces penne pasta

Directions

In a large pot over medium heat pour in olive oil. Saute whole garlic cloves, onion, bacon and red pepper flakes; cook until onion is translucent. Add tomato sauce, basil, oregano, salt and pepper; cook on low for 10 minutes.

Stir in bouillon cubes, cannellini beans and water; cook for 30 minutes. Remove the 7 whole garlic cloves, discard 3 and crush the remaining 4; return to pot. Add uncooked pasta and continue cooking until pasta is done. Mixture should be slightly soupy. Serve immediately.

Oriental Chicken Skillet

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breasts
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/3 cup water
1 tablespoon soy sauce
1/4 teaspoon ground ginger
1 (10 ounce) package frozen cut green beans
2 green onions, cut into 1-inch pieces
Hot cooked rice

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides.

Stir the soup, water, soy sauce, ginger, beans and green onions into the skillet. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve with rice.

Luscious Lima Bean Soup

Ingredients

1 pound dry lima beans
4 cups water
5 carrots, chopped
1 leek, bulb only, chopped
2 tablespoons minced shallots
2 stalks celery, chopped
4 cubes vegetable bouillon
8 cups water
2 tablespoons olive oil

Directions

Bring 4 cups of water to a boil. Add dry lima beans, and boil for 2 to 3 minutes. Remove from heat, and allow the beans to sit, covered, for 1 to 2 hours to soften. Drain and rinse until water runs clear, discarding bean water.

In a soup pot, saute vegetables in olive oil until onions and celery are translucent. Add lima beans, and saute for another 2 to 3 minutes.

In the meantime, bring 4 cups of water to a boil. Add the vegetable bouillon to the boiling water, and stir until dissolved. Add broth to the sauteed vegetables and beans. Add remaining water, and allow soup to simmer over a low flame for 1 to 1 1/2 hours. Serve steaming hot.

Mississippi Caviar

Ingredients

1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) can diced tomatoes and green chilies, drained
1 avocado, cut into 1/2-inch chunks
1 roma (plum) tomato, chopped - or more to taste
1 small red onion, chopped
3 tablespoons pickled jalapeno pepper rings, finely minced
1/2 cup Italian-style salad dressing, or more to taste
salt and black pepper to taste
hot pepper sauce to taste

Directions

In a large bowl, lightly stir together the corn, black beans, canned tomatoes with chilies, avocado, roma tomato, onion, jalapenos, and salad dressing until well combined. Sprinkle with salt, pepper, and hot pepper sauce to taste. Refrigerate until serving.

Ingredients

4 (3 ounce) thin-cut beef round steaks
4 Mexican-style sandwich rolls (bolillos)
1/4 cup sour cream, divided
1 (15 ounce) can pinto beans - drained, rinsed, and mashed - divided
2 avocados - peeled, pitted and sliced
2 large tomatoes, sliced
2 pickled jalapeno peppers, sliced into quarters lengthwise
2 cups shredded romaine lettuce, divided
1 cup chopped fresh cilantro, divided
1 cup crumbled queso fresco (Mexican fresh cheese), divided
1 lime, quartered

Directions

Heat a large skillet over medium heat, and pan-fry the round steaks 5 minutes on each side, or to desired doneness.

Slice the rolls lengthwise. Spread about 1 tablespoon of sour cream onto one side of each roll, and top with about 1/3 cup of mashed pinto beans per sandwich. Place a cooked round steak per sandwich on top of the pinto beans, and then layer each sandwich with one-fourth of the avocado slices, tomato slices, and sliced pickled jalapenos, about 1/2 cup of shredded lettuce, 1/4 cup of cilantro, and 1/4 cup of crumbled queso fresco cheese. Squeeze a lime wedge over each sandwich, close, and serve.

Delicious Black Bean Burritos

Ingredients

2 (10 inch) flour tortillas
2 tablespoons vegetable oil
1 small onion, chopped
1/2 red bell pepper, chopped
1 teaspoon minced garlic
1 (15 ounce) can black beans,
rinsed and drained
1 teaspoon minced jalapeno
peppers
3 ounces cream cheese
1/2 teaspoon salt
2 tablespoons chopped fresh
cilantro

Directions

Wrap tortillas in foil and place in oven heated to 350 degrees F (175 degrees C). Bake for 15 minutes or until heated through.

Heat oil in a 10-inch skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes stirring occasionally. Pour beans into skillet, cook 3 minutes stirring.

Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes stirring occasionally. Stir cilantro into mixture.

Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Serve immediately.

Four-Bean Taco Chili

Ingredients

2 pounds ground beef
3 cups tomato juice
1 (16 ounce) jar salsa
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.5 ounce) can great northern
beans, rinsed and drained
1 (15 ounce) can butter beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green
chilies
1 (1.25 ounce) package taco
seasoning

Directions

In a soup kettle or Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes, stirring occasionally.

Ingredients

2 (29 ounce) cans tomato sauce
2 (28 ounce) cans peeled and diced tomatoes
2 cups diced onion
1 tablespoon Italian seasoning
1 pound bacon, diced
2 pounds spicy sausage
3 pounds lean ground beef
1 (32 ounce) bottle hickory smoke barbeque sauce
1/2 cup chili powder
4 (15.25 ounce) cans kidney beans, undrained
2 (1 ounce) squares unsweetened chocolate, chopped

Directions

In a large pot or Dutch oven over medium heat, combine tomato sauce, tomatoes, onion and Italian seasoning.

In a large skillet over medium heat, cook bacon until slightly crisp. Drain and stir into the pot.

In the same skillet over medium heat, cook sausage until brown. Drain and stir into the pot.

In the same skillet over medium heat, cook the beef until brown. Drain and stir into the pot.

Stir the barbeque sauce and chili powder into the pot; taste and adjust seasonings. Stir in the kidney beans and chocolate and simmer until flavors are well blended. Serve.

Ginger Veggie Stir-Fry

Ingredients

1 teaspoon cornstarch
1/4 cup orange juice
2 tablespoons soy sauce
1 medium carrot, julienned
1 cup fresh broccoli florets
1 cup fresh green beans (2-inch pieces)
2 tablespoons olive or vegetable oil
1 cup sweet potato, julienned
1 cup thinly sliced red onion
1 garlic clove, minced
1/2 teaspoon dried rosemary, crushed
1/4 teaspoon ground ginger
1/8 teaspoon crushed red pepper flakes

Directions

In a small bowl, combine cornstarch, orange juice and soy sauce until smooth; set aside. In a large skillet or wok, stir-fry carrot, broccoli and beans in oil for 8 minutes. Add sweet potato and onion; stir-fry until vegetables are crisp-tender.

Stir the soy sauce mixture; add to the skillet with garlic, rosemary, ginger, and pepper flakes if desired. Bring to a boil; cook and stir for 1 minute or until thickened.

Creamy Black Bean Dip

Ingredients

1 (15.5 ounce) can black beans,
rinsed and drained
2 1/2 teaspoons balsamic vinegar
1 1/2 tablespoons ketchup
1/2 teaspoon apple cider vinegar
1/2 teaspoon salt
1/4 teaspoon onion powder
1/4 teaspoon chili powder

Directions

Combine the black beans, balsamic vinegar, ketchup, apple cider vinegar, salt, onion powder, and chili powder in a food processor; pulse until creamy. Serve at room temperature.

Vanilla Half-Moons

Ingredients

3/4 cup butter, softened
1/2 cup white sugar
2 egg yolks
1 1/2 vanilla beans, divided
1 1/2 cups all-purpose flour
1/2 cup ground almonds
2 cups confectioners' sugar for rolling

Directions

In a medium bowl, cream together the butter and white sugar until smooth. Beat in the egg yolks one at a time. Split the half of vanilla bean and scrape the seeds; stir the seeds into the butter mixture. Mix in the flour and ground almonds. Divide the dough into two pieces, wrap and refrigerate until firm.

Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper. Break off tablespoonful sized pieces of dough and roll them into little ropes about 2 inches long. Bend the ropes into a half circle and place them 2 inches apart onto the prepared cookie sheets.

Bake for 10 to 15 minutes in the preheated oven, until lightly browned. Scrape the seeds from the remaining vanilla bean and stir them into the confectioners' sugar. Carefully roll warm cookies in the vanilla sugar.

Garbanzo Tomato Pasta Soup

Ingredients

3 (14.5 ounce) cans vegetable broth
3/4 cup small seashell pasta
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
salt and pepper to taste

Directions

Bring vegetable broth to a boil in a large pot. Add pasta and cook for 8 to 10 minutes or until al dente.

Meanwhile, heat oil in a small skillet over medium heat. Saute onions and garlic until translucent. Stir into pasta and add garbanzo beans, tomatoes, basil, thyme, salt and pepper. Heat through and serve.

Hot Dog Casserole

Ingredients

16 hot dogs , cut into 1/4-inch slices
2 (15 ounce) cans cut green beans, with liquid
2 (14.5 ounce) cans stewed tomatoes with juice
2 cups shredded mozzarella cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). In a 2-quart casserole dish, stir together the sliced hot dogs, green beans and their liquid, and stewed tomatoes with their juice.

Bake in the preheated oven until the juice is thickened, about 45 minutes. Remove from oven, stir again, and sprinkle the casserole with mozzarella cheese. Heat the broiler of the oven, and place the casserole under the broiler until the cheese is melted, bubbling, and starting to brown, about 5 minutes.

Microwave Mexican Manicotti

Ingredients

1 pound ground beef
1 (16 ounce) can refried beans
1 teaspoon dried oregano
1/2 teaspoon ground cumin
1 (8 ounce) package manicotti shells, uncooked
1 1/4 cups water
1 (16 ounce) jar picante sauce
1 cup sour cream
1/2 cup shredded Monterey Jack cheese
chopped green onions for garnish

Directions

Grease a microwave-safe 9x12 inch baking dish, and set aside.

Heat a skillet over medium-high heat, and cook and stir the beef until crumbly, evenly browned, and no longer pink, about 10 minutes. Drain and discard any excess grease.

Mix together the cooked ground beef, refried beans, oregano, and cumin in a bowl. Spoon the mixture into uncooked manicotti shells, and place the filled shells into the baking dish. Combine the water and picante sauce in a bowl, and pour over the shells.

Cover the dish with microwave-safe plastic wrap, cut a few holes in the wrap with a knife to vent, and microwave on High power for 10 minutes. Carefully pull back the plastic wrap to avoid steam, and turn the shells over with tongs. Replace the plastic and microwave an additional 15 to 20 minutes on Medium power, until the shells are cooked and the liquid has been absorbed.

Pull off the plastic wrap, and spoon sour cream over the shells. Sprinkle with Monterey Jack cheese and chopped green onions for garnish.

Corn Chip Salad

Ingredients

1 pound ground beef
1 large head lettuce, chopped
1 1/2 cups diced tomatoes
1 large onion, diced
1 1/2 cups diced sharp Cheddar cheese
1/2 cup diced Monterey Jack cheese
8 ounces thousand island salad dressing
2 (15 ounce) cans kidney beans, drained
1 (16 ounce) package corn chips

Directions

In a large skillet over medium heat, cook ground beef until evenly browned. Drain fat and set aside to cool.

In a large bowl, mix together the ground beef, lettuce, tomatoes, onion, Cheddar cheese, Jack cheese and kidney beans. Cover and chill for at least an hour.

Right before serving, add the dressing and corn chips and toss until evenly coated.

French Market Soup in a Jar

Ingredients

- 1 pound dried navy beans
- 1 pound dried pinto beans
- 1 pound dried great Northern beans
- 1 pound split peas
- 1 pound yellow split peas
- 1 pound dried black-eyed peas
- 1 pound lentils
- 1 pound dried baby lima beans
- 1 pound dried lima beans
- 1 pound dried soybeans
- 1 pound pearl barley
- 1 pound dried red beans

Directions

In a very large container, combine navy beans, pinto beans, great Northern beans, split peas, yellow split peas, black-eyed peas, lentils, baby limas, limas, soybeans, barley and red beans; mix well. Divide evenly into 14 (1 pint) lidded jars.

Attach a card to each jar with the following recipe: **ADDITIONAL INGREDIENTS:** 2 quarts water; 1 ham hock; 1 1/4 teaspoon salt; 1/4 teaspoon pepper; 1 (10 ounce) can diced tomatoes with green chiles; 1 large onion, chopped; 1 clove garlic, minced. **TO PREPARE:** Soak 2 cups French Market Bean Mix in water to cover, 8 hours or overnight. In a large soup pot, bring 2 quarts water and ham hock to a boil. Reduce heat and simmer 20 minutes. Remove ham hock. Stir in soaked beans, salt, pepper, diced tomatoes and green chiles, onion and garlic. Bring to a boil again, skimming foam off the top. Reduce heat, cover and simmer about 1 hour, until beans are tender.

Chicken with Black Beans

Ingredients

1 tablespoon light soy sauce
1 tablespoon cornstarch
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1 1/2 pounds skinless, boneless chicken breast meat - cubed

1/4 cup water
2 tablespoons vegetable oil
2 (2 inch) pieces fresh ginger, cut into matchsticks
2 cloves garlic, minced
1/4 cup fermented black beans, rinsed and mashed
1 tablespoon white sugar
2 green bell pepper, chopped
2 red bell pepper, chopped
4 green onions, cut into 1-inch pieces
1 small carrot, sliced
2 tablespoons oyster sauce
1 teaspoon thick soy sauce

Directions

Whisk together the light soy sauce, cornstarch, 1 teaspoon of sugar, and pepper in a large glass or ceramic bowl. Add the chicken breast and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 10 minutes.

Heat the water in a large skillet over medium-high heat until boiling. Quickly stir in the chicken and cook for 3 to 4 minutes. Chicken will not be cooked through. Drain the water and place chicken on a plate. Set aside. Carefully wipe down the skillet and heat the vegetable oil over medium heat. Cook and stir the ginger and garlic until fragrant. Stir in the chicken, black beans and 1 tablespoon of sugar. Cook the chicken breasts until no longer pink in the center. Stir in the red and green peppers, green onions, carrots, oyster sauce, and thick soy sauce. Cook and stir for 1 minutes.

Vegetarian Burrito Casserole

Ingredients

3/4 cup white rice
1 1/2 cups water
1 (12 ounce) package frozen soy burger-style crumbles
1 (28 ounce) can whole tomatoes, drained, 1/4 cup juice reserved
2 1/2 teaspoons chili powder
1 teaspoon cumin
1 (1.25 ounce) package taco seasoning mix
2 (10 inch) burrito-size flour tortillas
1 (14.25 ounce) can vegetarian refried beans, divided
2 fresh jalapeno peppers - seeded, sliced, and divided
1 1/2 cups salsa, divided
2 1/2 cups shredded Cheddar cheese, divided

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Place soy crumbles, tomatoes, reserved tomato juice, chili powder, cumin, and taco seasoning in a medium frying pan over medium high heat. Cook and stir, breaking up tomatoes, for 10 minutes.

Lay 1 flour tortilla in a lightly greased 8x8 inch baking dish. Layer with one half of the beans, jalapeno slices, rice, salsa, soy mixture, and 1 cup Cheddar cheese. Repeat layers with remaining ingredients, beginning with the flour tortilla, and top with remaining 1 1/2 cups Cheddar cheese.

Bake in the preheated oven for 15 minutes, or until heated through and cheese is melted. Serve immediately.

Chunky Pumpkin Chili

Ingredients

2 pounds ground beef
1 large onion, diced
1 green bell pepper, diced
2 (15 ounce) cans kidney beans, drained
1 (46 fluid ounce) can tomato juice
1 (28 ounce) can peeled and diced tomatoes with juice
1/2 cup canned pumpkin puree
1 tablespoon pumpkin pie spice
1 tablespoon chili powder
1/4 tablespoon SLENDA® No Calorie Sweetener, Granulated

Directions

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder and SLENDA® Granulated Sweetener. Simmer 1 hour.

Sweet Sausage 'n' Beans

Ingredients

1/2 cup thinly sliced carrots
1/2 cup chopped onion
2 cups frozen lima beans, thawed
2 cups frozen cut green beans
1 pound smoked sausage, cut into
1/4 inch slices
1 (16 ounce) can baked beans
1/2 cup ketchup
1/3 cup packed brown sugar
1 tablespoon cider vinegar
1 teaspoon prepared mustard

Directions

In a slow cooker, layer carrots, onion, lima beans, green beans, sausage and baked beans. Combine ketchup, brown sugar, vinegar and mustard; pour over beans. Cover and cook on high for 4 hours or until vegetables are tender. Stir before serving.

Spanish-Style Chicken Stew

Ingredients

2 tablespoons olive oil
3 red onions, cut into 1-inch cubes
3 cloves garlic, coarsely chopped
1 (28 ounce) can Italian plum tomatoes
1 (15 ounce) can garbanzo beans
2 cups water
2 teaspoons paprika
1 teaspoon crushed red pepper flakes
salt and pepper to taste
2 carrots, cut into chunks
1 potato, cubed
4 chicken thighs
4 ounces Spanish chorizo sausage, casing removed, sliced 1/4-inch thick (see note)

Directions

Heat olive oil in a large saucepan over medium-high heat. Stir in onions and garlic, cook until the onion has softened and turned translucent. Pour in tomatoes, garbanzo beans, and water; season with paprika, red pepper flakes, salt, and pepper. Stir in carrots and potatoes, then place chicken thighs skin-side up on top of the vegetables.

Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until the chicken is tender, about 25 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Remove chicken from the stew and set aside. Stir in the chorizo slices, then pour the stew into a glass baking dish. Place the chicken thighs on top, skin-side up.

Bake in preheated oven until the stew has thickened and the chicken skin is crispy, about 15 minutes.

Quick Cassoulet

Ingredients

- 1 tablespoon vegetable oil
- 2 carrots, diced
- 2 stalks celery, diced
- 1 small yellow onion, diced
- 2 cloves garlic, chopped
- 1/2 pound smoked sausage, sliced
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 bay leaves
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley (optional)

Directions

Heat oil in a large skillet over medium-high heat. Add the carrots, celery, onion, and garlic; cook and stir for a few minutes, until the onion is transparent. Add the sausage to the skillet, and cook for a few more minutes to brown.

Pour in the kidney beans, cannellini beans and tomatoes, and season with the bay leaves, thyme, salt and pepper. Cover, and reduce the heat to low. Simmer for 10 minutes, stirring occasionally until vegetables are tender.

Remove bay leaves and discard. Sprinkle parsley over the top, and serve.

Not-Too- Dry Shoofly Pie

Ingredients

1 cup all-purpose flour
1/2 cup packed light brown sugar
1/4 cup shortening, chilled and
diced
1 teaspoon baking soda
1 cup boiling water
2/3 cup light corn syrup
1/3 cup dark molasses
1 recipe pastry for a 9 inch single
crust pie

Directions

Preheat the oven to 375 degrees F (190 degrees C).

In a bowl, combine the flour, brown sugar, and shortening. With your fingertips, rub these ingredients together until the shortening resembles small lima beans. Set crumb mixture aside.

In another bowl, dissolve the baking soda in the boiling water. Add the corn syrup and molasses; stir to blend. Pour filling into the shell, and sprinkle the crumb mixture over the top.

Bake in the middle of the oven for 10 minutes. Reduce the heat to 350 degrees F (175 degrees C); bake for 25 minutes more. The filling is set, but still quivers when the pan is little tapped. Do not over bake. Cool on a rack to room temperature.

Cheesy Chicken Poblano Chowder

Ingredients

3 poblano peppers
1/4 cup butter
1/4 cup all-purpose flour
2 (32 ounce) cartons chicken broth
2 cups diced roasted chicken breast
2 (11 ounce) cans whole kernel corn with peppers
2 (15 ounce) cans black beans
2 cups shredded sharp Cheddar cheese
1 cup shredded pepper jack cheese
2 tablespoons ground cumin
2 teaspoons garlic powder
salt and pepper to taste
2 cups tortilla chips, for topping

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.

Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.

Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Dice the roasted peppers.

While the peppers are cooling, melt the butter in a pot over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the chicken broth into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, about 10 minutes.

Stir in the diced peppers, diced chicken, corn, black beans, Cheddar cheese, and pepper jack cheese. Season with cumin, garlic powder, salt, and pepper. Bring to a simmer, and simmer until the cheese has melted and the soup is hot, about 10 minutes. Serve sprinkled with tortilla chips.

Cajun Chow Mein

Ingredients

1 pound lean ground beef
1/2 teaspoon minced garlic
1 onion, finely chopped
1 small green bell pepper, finely chopped
1 (14.5 ounce) can diced tomatoes
B
1 (15 ounce) can dark red kidney beans, undrained
1 cup converted long-grain white rice
1 cup water
1 1/2 teaspoons chili powder
salt and black pepper to taste

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Heat a large saucepan over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the garlic, onion, and green bell pepper; cook and stir until the onion has softened and turned translucent, about 7 minutes. Pour in the tomatoes, and simmer until the liquid has been absorbed, about 5 minutes.

Once the liquid from the tomatoes has been absorbed, stir in the kidney beans, rice, and water. Season with the chili powder and salt and pepper to taste. Pour into a 9x13-inch baking dish and cover tightly with aluminum foil.

Bake in the preheated oven until the rice has absorbed the liquid and is tender, 45 minutes to 1 hour.

Creamed Green Beans

Ingredients

3 tablespoons butter or margarine,
divided
1/2 cup crushed cornflakes
1 tablespoon all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon instant minced onion
1 teaspoon sugar
1 cup sour cream
4 cups French-style green beans,
cooked and drained
1 cup shredded sharp Cheddar or
Swiss cheese

Directions

In a small saucepan, melt 1 tablespoon butter; stir in cornflakes and set aside. Melt remaining butter in a large saucepan. Stir in flour, salt, pepper, onion and sugar; heat and stir until bubbly. Reduce heat; add the sour cream and stir until smooth. Cook and stir over low heat for 2 minutes (do not boil). Fold in the beans. Spread into a greased 1-1/2-qt. baking dish. Sprinkle cheese evenly over the top. Sprinkle with cornflake mixture. Bake, uncovered, at 400 degrees F for 20 minutes or until heated through.

Southwest Strata

Ingredients

4 eggs
1 cup milk
1 (15 ounce) can ranch-style beans, drained
1 (14.75 ounce) can cream-style corn
1 cup shredded Cheddar cheese
1 teaspoon ground cumin
1 teaspoon paprika
1/2 teaspoon dried oregano
salt and pepper to taste
1 dash hot pepper sauce, or to taste
1 (1 pound) loaf day-old bread, torn into small pieces

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Whisk together the eggs and milk in a large bowl. Stir in the ranch-style beans, corn and Cheddar cheese. Season with cumin, paprika, oregano, salt, pepper and hot sauce, and mix well. Add the bread cubes to the mixture and stir to distribute the cheese and beans.

Allow to set for about 20 minutes, until the bread has absorbed the liquid. Stir occasionally, and add more milk if necessary to make the bread moist, but not soggy. Pour into the prepared baking dish, and spread evenly.

Bake uncovered for 45 minutes in the preheated oven, until lightly browned and a knife inserted into the center comes out clean. Let stand a few minutes before slicing and serving.

Calico Bean Soup

Ingredients

BEAN SOUP MIX

- 1/3 cup yellow split peas
- 1/3 cup green split peas
- 1/3 cup dried lima beans
- 1/3 cup dried pinto beans
- 1/3 cup dry kidney beans
- 1/3 cup dry great Northern beans
- 1/4 cup dried minced onion
- 2 teaspoons chicken bouillon granules
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder

OTHER SOUP INGREDIENTS

- 8 cups water
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 pounds smoked ham hocks

Directions

To make Bean Soup Mix: Combine yellow split peas, green split peas, limas, pinto beans, kidney beans, great Northern beans, onion, bouillon granules, cumin and garlic powder. Store in an airtight container until ready to use.

To make soup: Bring Bean Soup Mix and water to a rolling boil in a large pot. Cover, remove from heat, and let sit 1 hour.

Return pot to heat, stir in carrots and celery. Stir in ham hocks, bring to a boil. Cover, reduce heat and simmer 2 hours, until beans are tender, skimming fat as necessary.

Remove ham hocks from soup. Remove meat from bone, chop and return to soup. Heat through and serve.

Cold Green Bean Salad

Ingredients

2 (15 ounce) cans green beans,
drained
1 red onion, sliced in rings
1 (16 ounce) bottle Italian-style
salad dressing

Directions

Place beans in a serving dish. Toss with onions and salad dressing. Cover with plastic wrap, and chill for 1 hour.

Green Beans With Walnuts

Ingredients

1 1/2 pounds fresh green beans,
cut into 2 inch pieces
1/2 cup coarsely chopped walnuts
2 tablespoons olive oil
1 clove garlic, minced
1/2 teaspoon seasoned salt
1/4 teaspoon pepper

Directions

Place beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain.

In a large skillet over medium heat; cook walnuts in oil for 1-2 minutes or until lightly browned, stirring occasionally. Add beans, garlic, seasoned salt and pepper. Cook until heated through.

Mission Mexican Pizza

Ingredients

8 (6 inch) Mission® Fajita Flour Tortillas, cooked into crispy tortillas
1 cup refried beans, prepared
1 pound ground beef, chuck, raw
salt to taste
pepper to taste
4 tablespoons pizza sauce, prepared
1 cup Mexican Cheese Blend, grated, prepared
1/2 cup Roma tomato, fresh, small chop
4 teaspoons cilantro, fresh, rough chopped

Directions

To make the Mission® Crispy Tortillas: Place all 8 tortillas directly on the oven rack of a 350 degrees F oven and bake for 8 minutes. Remove from the oven and reserve on your work surface.

Heat the 1 cup of refried beans for 1 minute in the microwave to get hot and reserve for the recipe build.

Season the ground beef with salt and pepper and saute for 8 minutes in a non-stick pan, drain and reserve hot for the recipe build.

To build 1 Mexican Pizza: Place 1 crisp Mission® tortilla on work surface.

Evenly spread tortilla with 1/4 cup hot refried beans.

Evenly top refried beans with 1/4 (approximately 4 ounces) of the cooked ground beef.

Top ground beef with second crisp tortilla and evenly spread 1 heaping tablespoon of pizza sauce over the tortilla.

Evenly top the pizza sauce with 1/4 cup grated Mexican cheese blend and 2 tablespoons chopped tomatoes.

Repeat steps 1 through 5 for remaining 3 servings.

Place all 4 pizzas, at one time, in 350 degrees F oven on a cookie pan/flat pan, and bake for 2 minutes to melt the cheese. Sprinkle 1 teaspoon chopped cilantro evenly over the top of each pizza. Serve each pizza whole.

Balsamic Green Bean Salad

Ingredients

1 pound fresh green beans,
trimmed
2 tablespoons chopped shallots
2 tablespoons chopped garlic
1/4 cup balsamic vinegar
1/4 cup olive oil

Directions

Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes. Drain, and let cool.

In a bowl, stir together shallots, garlic, balsamic vinegar, and oil. Pour over green beans. Cover, and refrigerate at least 1 hour. Serve cold.

Slow-Simmered Kidney Beans

Ingredients

6 bacon strips, diced
1/2 pound fully cooked Polish sausage or kielbasa, chopped
4 (16 ounce) cans kidney beans, rinsed and drained
1 (28 ounce) can diced tomatoes, drained
2 medium sweet red peppers, chopped
1 large onion, chopped
1 cup ketchup
1/2 cup packed brown sugar
1/4 cup honey
1/4 cup molasses
1 tablespoon Worcestershire sauce
1 teaspoon salt
1 teaspoon ground mustard
2 medium unpeeled red apples, cored and cut into 1/2-inch pieces

Directions

In a skillet, cook bacon until crisp. Remove with a slotted spoon to paper towels.

Add sausage to drippings; cook and stir for 5 minutes. Drain and set aside.

In an ungreased 5-qt. slow cooker, combine the beans, tomatoes, red peppers, onion, ketchup, brown sugar, honey, molasses, Worcestershire sauce, salt and mustard. Stir in the bacon and sausage. Cover and cook on low for 4-6 hours.

Stir in apples. Cover and cook 2 hours longer or until bubbly.

Garlic Lover's Shrimp and Green Bean Salad

Ingredients

4 large cloves garlic, peeled
1/4 cup olive oil
2 tablespoons key lime juice
2 sprigs fresh rosemary leaves
1/2 teaspoon garlic salt
20 large shrimp, peeled and deveined
1 pound fresh green beans, trimmed

1/4 cup olive oil
1 clove garlic, minced
1/2 onion, thinly sliced
1/2 teaspoon garlic salt
1/2 teaspoon cracked black pepper
1/2 cup crumbled garlic and herb feta cheese

Directions

Place garlic cloves, 1/4 cup olive oil, key lime juice, rosemary, and 1/2 teaspoon garlic salt into a blender; puree until smooth. Combine shrimp and marinade in a resealable plastic bag. Marinate at least 30 minutes in the refrigerator.

Place an oven rack in the topmost position and preheat oven on the broil setting.

Pour the shrimp and their marinade onto a baking sheet lined with aluminum foil. Broil in preheated oven 3 to 4 minutes per side until the shrimp are opaque. Once cooked, pour everything into a bowl and place into refrigerator.

Meanwhile, bring a large pot of lightly salted water to a boil. Add green beans and cook for 2 to 3 minutes, until tender; drain and rinse with cold water. Drain excess water from the chilled beans and place into a large bowl.

Heat remaining 1/4 cup olive oil in a large skillet over medium heat. Stir in minced garlic and onion, cook until the onion has softened and turned translucent. Pour the oil over the beans, add shrimp mixture, and toss. Season with garlic salt, and pepper; mix well. Cover and refrigerate at least 1 hour. Mix in crumbled feta before serving.

The Best Bean and Ham Soup

Ingredients

1 (20 ounce) package 15 bean mixture, soaked overnight
1 ham bone
2 1/2 cups cubed ham
1 large onion, chopped
3 stalks celery, chopped
5 large carrots, chopped
1 (14.5 ounce) can diced tomatoes, with liquid
1 (12 fluid ounce) can low-sodium vegetable juice
3 cups vegetable broth
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
1 tablespoon chili powder
3 bay leaves
1 teaspoon ground black pepper
1 tablespoon dried parsley
3 tablespoons lemon juice
7 cups low fat, low sodium chicken broth
1 teaspoon kosher salt

Directions

Place the soaked beans into a large pot and fill with enough water to cover by about 1 inch. Bring to a boil, then simmer over low for 30 minutes. Drain. Add the ham bone, ham, onion, celery, carrots, tomatoes, vegetable juice, and vegetable broth. Season with Worcestershire sauce, Dijon mustard, chili powder, bay leaves, pepper, parsley and lemon juice. Pour in enough of the chicken broth to cover the ingredients.

Simmer over low heat, stirring occasionally, for about 8 hours. Add more chicken broth as needed throughout the day. Remove the ham bone and season with salt if needed. Continue to simmer for a couple more hours. Remove bay leaves before serving.

Crab Casserole

Ingredients

1 (14.5 ounce) can green beans
2 (6 ounce) cans crabmeat
3 teaspoons all-purpose flour,
divided
1 (8 ounce) package Cheddar
cheese, shredded
1 (6 ounce) can French-fried onion
rings
1 (10.25 ounce) can condensed
tomato soup
1 (10.75 ounce) can milk
1 (10 ounce) can refrigerated
biscuit dough

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 2 quart casserole layer the beans, crab, 1 teaspoon flour, cheese and all but 1/3 cup onion rings.

In a small bowl mix together the soup and milk; stir in remaining 2 teaspoons flour and pour mixture over casserole.

Bake in the preheated oven for 10 minutes or until bubbly. Arrange biscuits on top of casserole and bake for another 20 minutes, adding remaining onion rings in the last 3 minutes of baking.

Nicole's Garbanzo-Citrus Spread

Ingredients

2 (15.5 ounce) cans garbanzo beans, drained, liquid reserved
2 cloves garlic, minced
1/3 cup tahini
1 teaspoon kosher salt
1/3 cup orange juice
3 fresh jalapeno chiles, with seeds and ribs removed
1 avocado, peeled and pitted
1/2 cup fresh cilantro leaves
1 tablespoon olive oil as needed

Directions

Place the garbanzo beans, garlic, tahini, salt, orange juice, jalapeno chiles, avocado, and cilantro in the bowl of a food processor. Process until smooth. Adjust thickness by stirring in desired amount of reserved liquid from garbanzo beans or olive oil. Refrigerate for 1 hour before serving.

Meatballs with Bean Sauce

Ingredients

1/2 cup quick-cooking oats
3 tablespoons finely chopped green onions
2 tablespoons minced fresh parsley
1 tablespoon minced fresh cilantro or additional parsley
1 tablespoon fat-free milk
1 tablespoon Worcestershire sauce
1 tablespoon chopped green chilies
1 teaspoon chili powder
1 teaspoon ground cumin
1 garlic clove, minced
1 1/2 pounds lean ground beef
1 cup shredded reduced-fat Cheddar cheese
1 tablespoon olive or canola oil
SAUCE:
1/2 cup finely chopped green pepper
2 cups salsa
1/2 cup beef broth
2 tablespoons lime juice
2 tablespoons tomato paste
2 teaspoons sugar
1 teaspoon chili powder
1 teaspoon minced fresh cilantro or parsley
1 (16 ounce) can kidney beans, rinsed and drained
6 cups hot cooked rice

Directions

In a large bowl, combine the first 10 ingredients. Crumble beef and cheese over mixture and mix well. Shape into 24 balls. In a large nonstick skillet, brown meatballs in oil in small batches over medium heat. Remove meatballs and set aside.

For sauce, add green pepper to skillet; saute for 3 minutes. Stir in the salsa, broth, lime juice, tomato paste, sugar, chili powder and cilantro. Cook and stir over medium heat for 5 minutes. Return meatballs to skillet. Reduce heat; cover and simmer for 15 minutes. Uncover and cook 10 minutes longer or until juices run clear. Stir in beans; heat through. Serve over rice.

Black Bean Hummus

Ingredients

1 clove garlic
1 (15 ounce) can black beans;
drain and reserve liquid
2 tablespoons lemon juice
1 1/2 tablespoons tahini
3/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
10 Greek olives

Directions

Mince garlic in the bowl of a food processor. Add black beans, 2 tablespoons reserved liquid, 2 tablespoons lemon juice, tahini, 1/2 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon cayenne pepper; process until smooth, scraping down the sides as needed. Add additional seasoning and liquid to taste. Garnish with paprika and Greek olives.

Toastie Treats

Ingredients

1 1/2 pounds potatoes, peeled and cubed
1/2 cup milk
1 tablespoon butter
1 pound ground beef
4 eggs
4 slices bread, toasted
1 (16 ounce) can baked beans
4 slices Cheddar cheese

Directions

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain, then mash with milk and butter until smooth. Spoon into a pastry bag with a large round tip; set aside. Preheat oven on broiler setting.

Heat a large heavy skillet over medium heat. Shape ground beef into 4 patties, and fry until evenly brown, about 5 minutes on each side. Fry the 4 eggs.

Place a burger on each piece of toast. Pipe mashed potato around the edge to form a wall on the edge of the toast. Heat the beans, and spoon onto each burger, inside the wall of potato. Cover with a slice of cheese.

Place burgers under broiler until cheese is melted, then top each with a fried egg.

Layered Chicken and Black Bean Enchilada

Ingredients

2 cups diced chicken breast meat
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
2 tablespoons chopped fresh cilantro
1 (15 ounce) can black beans, rinsed and drained
1 (4.5 ounce) can diced green chile peppers, drained
1 (10 ounce) can red enchilada sauce
8 (6 inch) corn tortillas
2 cups shredded Mexican blend cheese
1 (8 ounce) container sour cream

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Heat a large skillet over medium heat, and spray with vegetable cooking spray. Saute chicken with cumin and coriander until chicken is cooked through. Transfer to a medium bowl. Stir in the cilantro, black beans, and green chile peppers.

Spread half of the enchilada sauce over the bottom of an 11x7 inch baking dish. Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas. Layer the remaining chicken mixture over the tortillas. Cover dish with a lid or aluminum foil.

Bake for 30 minutes in the preheated oven. Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts. Let stand 10 minutes before serving.

Rosemarie's Italian Style Soup

Ingredients

2 tablespoons olive oil
1 small onion, chopped
3 stalks celery, chopped
1 (28 ounce) can whole peeled tomatoes, with liquid
2 cups water
1/4 teaspoon dried basil
1 (15 ounce) can chickpeas (garbanzo beans), drained
1/4 pound cooked pasta

Directions

Heat the oil in a large pot over medium heat. Add the onion and celery and saute for 5 to 10 minutes, or until tender.

Reduce heat to medium low, add the tomatoes and the water and break the tomatoes apart with your hands in the pot. Then simmer for 10 minutes.

Stir in the basil, chickpeas and pasta and simmer for 15 to 20 more minutes, or until all ingredients are heated through.

Hot Chili Cheese Dip

Ingredients

1 medium onion, finely chopped
2 garlic cloves, minced
2 teaspoons vegetable oil
2 (15 ounce) cans chili without beans
2 cups salsa
2 (3 ounce) packages cream cheese, cubed
2 (2.25 ounce) cans sliced ripe olives, drained
Tortilla chips

Directions

In a skillet, saute onion and garlic in oil until tender. Transfer to a slow cooker. Stir in the chili, salsa, cream cheese and olives. Cover and cook on low for 4 hours or until heated through, stirring occasionally. Stir before serving with tortilla chips.

California Taco Dip

Ingredients

3 large avocados, peeled and pitted
1 teaspoon lemon juice
1 cup sour cream
2 tablespoons mayonnaise
1 (1.25 ounce) package taco seasoning mix (such as Lawry'sB®)
1 (16 ounce) can refried beans
1 cup shredded Mexican blend cheese
2 chopped green onion tops
2 tomatoes, seeded and diced
1 (2.25 ounce) can sliced black olives, drained

Directions

In a bowl, mash the avocados and mix in the lemon juice. In a separate bowl, mix the sour cream, mayonnaise, and taco seasoning.

Spread the refried beans over the bottom of a large serving platter or bowl. Top with avocado mixture. Spread sour cream mixture over the avocado, and sprinkle with cheese. Layer cheese with green onions (just the green part), then tomatoes, and top with the olives. Cover, and chill in the refrigerator 2 to 4 hours before serving.

Black Bean Lasagna

Ingredients

1 tablespoon vegetable oil
2 onions, chopped
4 cloves garlic, chopped
1/2 green bell pepper, diced
1/2 red bell pepper, diced
1 (14.5 ounce) can chopped tomatoes
1 cup salsa
2 (15 ounce) cans black beans, drained and rinsed
salt and black pepper to taste
2 avocados - peeled, pitted, and mashed
1 tablespoon fresh lemon juice
12 (6 inch) corn tortillas, quartered
2 cups shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13-inch baking dish.

Warm oil in a large skillet over medium heat. Stir in onions, 3 cloves of chopped garlic, and green and red bell peppers. Cook until the onions are soft and translucent. Stir in tomatoes with juice, salsa, and black beans. Season with salt and pepper. Bring to a simmer, and cook about 3 minutes.

In a bowl, mash the avocados with 1 clove chopped garlic and lemon juice.

Place a layer of tortillas on the bottom of the baking dish. Spread 1/3 of the tomato and bean mixture on top. Spread 1/2 of guacamole on top, then sprinkle with 1/3 of cheese. Lay out another layer of tortillas. Top with half of the remaining tomato and bean mixture. Then spread remaining guacamole on top. Sprinkle with half the cheese. Repeat with remaining ingredients.

Bake in preheated oven for 35 minutes, or until sauce is bubbly.

No Beans About It - Chili

Ingredients

1 pound ground beef
2 cloves garlic, minced
1 large onion, chopped
2 tablespoons chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon hot pepper sauce
1 (28 ounce) can crushed tomatoes
1/4 cup red wine vinegar

Directions

Crumble the ground beef into a stock pot or large Dutch oven over medium-high heat. Add the onion and garlic, and cook stirring frequently until beef is evenly browned. Drain off excess grease.

Season with chili powder, oregano, cumin and hot sauce. Stir in the tomatoes and vinegar. Bring to a boil, then reduce heat to low, and simmer for about 1 hour - or longer if you have time. Stir occasionally to prevent burning on the bottom.

Saucy Green Bean Bake

Ingredients

1 (8 ounce) can tomato sauce
2 tablespoons diced pimientos
1 tablespoon prepared mustard
1/4 teaspoon salt
1/8 teaspoon pepper
1 pound fresh or frozen cut green beans, cooked
1/2 cup chopped onion
1/3 cup chopped green pepper
1 garlic clove, minced
2 tablespoons butter or margarine
3/4 cup shredded process cheese (Velveeta)

Directions

In a bowl, combine the first five ingredients. Add the green beans; toss to coat. Transfer to an ungreased 1-qt. baking dish. Cover and bake at 350 degrees F for 20 minutes.

Meanwhile, in a skillet, saute onion, green pepper and garlic in butter until tender. Sprinkle over beans. Top with cheese. Bake, uncovered, for 3 minutes or until cheese is melted.

Soup For Couscous

Ingredients

- 1 green bell pepper
- 1 medium tomato
- 1 yellow onion
- 1 large carrot
- 1 baking potato
- 1 (15 ounce) can garbanzo beans, drained
- 2 eggs
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon ground turmeric
- 1 tablespoon chopped fresh cilantro
- 1 cube vegetable bouillon
- 8 cups water

Directions

Chop all the vegetables into medium chunks.

Heat the oil in a heavy pan, and saute the vegetables together with the salt, pepper, and hot sauce for 2 to 3 minutes.

Add water, garbanzo beans, coriander, turmeric, and bouillon cube. Bring soup to the boil. Wash the eggs thoroughly, and add to the pan. Turn down the heat, and simmer for 30 minutes.

Remove eggs, now hard-cooked; peel, slice, and add to the soup. Simmer for another 15 to 20 minutes. Serve over steamed couscous.

Hummus II

Ingredients

2 cloves garlic
2 (15 ounce) cans garbanzo
beans, drained
8 ounces tofu
3 lemons, juiced
1/4 cup parsley
3/4 cup tahini
1 teaspoon ground ginger
1 pinch ground cayenne pepper
1 tablespoon tamari
salt to taste
ground black pepper to taste

Directions

Mince garlic in the large bowl of a food processor. Add garbanzo beans, tofu, lemon juice, parsley, and tahini; blend until smooth. Add ginger, cayenne pepper, and tamari; blend. Season to taste with salt and black pepper. Blend in water if hummus is too thick.

Black Bean Cigars

Ingredients

24 frozen potato rounds, thawed and mashed slightly
1 large tomato, diced
1/4 cup chopped fresh cilantro
1 (15 ounce) can black beans, rinsed and drained
1 (8 ounce) container sour cream
2 cups shredded Colby-Jack cheese
1/2 cup picante sauce
1/2 tablespoon chili powder
1 pinch cayenne pepper
12 (8 inch) flour tortillas

Directions

Preheat the oven to 425 degrees F (220 degrees C). Coat a 9x13 inch baking dish with cooking spray.

In a large bowl, mix together the potato rounds, tomato, cilantro, black beans, sour cream, shredded cheese, picante sauce, chili powder and cayenne pepper. Spoon about 1/3 cup of the mixture into each tortilla, and roll up. Place filled tortillas seam side down in the prepared baking dish. Spray the tops of the tortilla rolls with cooking spray. Cover the dish with aluminum foil.

Bake for 15 minutes in the preheated oven, remove foil, and continue baking for another 15 minutes, or until golden. Let stand for 5 minutes to set before serving.

Kielbasa Skillet Stew

Ingredients

5 bacon strips
1 medium onion, chopped
1 pound smoked kielbasa
sausage, thinly sliced
2 (15.5 ounce) cans great
Northern beans, undrained
2 (8 ounce) cans tomato sauce
1 (4 ounce) can chopped green
chilies
2 medium carrots, thinly sliced
1/2 medium green pepper,
chopped
1/2 teaspoon Italian seasoning
1/2 teaspoon dried thyme
1/8 teaspoon pepper

Directions

In a 12-in. skillet, cook bacon until crisp; remove to paper towel to drain. In drippings, cook onion and sausage until the onion is tender; drain. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until vegetables are tender, stirring occasionally. Crumble bacon and sprinkle on top.

Chili Stew

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 (15 ounce) cans spicy chili beans
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (14.5 ounce) can diced tomatoes with garlic and onion
- 1 (8 ounce) can tomato sauce
- 1 (4 ounce) can chopped green chilies
- 2 tablespoons chili powder
- 1/2 teaspoon salt

Directions

In a Dutch oven or large saucepan, cook the beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes, stirring occasionally.

Lemon-Garlic Green Beans

Ingredients

2 garlic cloves, minced
2 teaspoons olive oil
1 pound green beans, trimmed
and cut into 2 inch pieces
1 tablespoon lemon juice
1/4 teaspoon coarsely ground
pepper
1/8 teaspoon salt

Directions

In a large nonstick skillet coated with nonstick cooking spray, cook the garlic in oil over medium heat for 30 seconds. Add the beans; cook and stir for 10-13 minutes or until crisp-tender. Stir in the lemon juice, pepper and salt.

Frozen Mocha Torte

Ingredients

1 cup chocolate wafer crumbs
1/4 cup sugar
1/4 cup butter, melted
1 (8 ounce) package cream cheese, softened
1 (14 ounce) can sweetened condensed milk
2/3 cup chocolate syrup
2 tablespoons instant coffee granules
1 tablespoon hot water
1 cup heavy whipping cream, whipped
Chocolate-covered coffee beans (optional)

Directions

In a small bowl, combine wafer crumbs, sugar and butter. Press onto the bottom and 1 in. up the sides of a greased 9-in. springform pan; set aside.

In a large mixing bowl, beat cream cheese, milk and chocolate syrup until smooth. Dissolve coffee granules in hot water; add to cream cheese mixture. Fold in whipped cream. Pour over crust. Cover and freeze for 8 hours or overnight.

Remove from the freezer 10-15 minutes before serving. Carefully run a knife around edge of pan to loosen. Remove sides of pan. Garnish with coffee beans if desired.

Chili Dog Casserole II

Ingredients

2 (15 ounce) cans chili with beans
1 (16 ounce) package beef
frankfurters
10 (8 inch) flour tortillas
1 (8 ounce) package Cheddar
cheese, shredded

Directions

Preheat oven to 425 degrees F (220 degrees C).

Spread 1 can of chili and beans in the bottom of a 9x13 inch baking dish. Roll up franks inside tortillas and place in baking dish, seam side down, on top of chili and bean 'bed'. Top with remaining can of chili and beans, and sprinkle with cheese.

Cover baking dish with aluminum foil, and bake at 425 degrees F (220 degrees C) for 30 minutes.

Baked Garlic Green Beans

Ingredients

1 tablespoon olive oil
1 1/2 teaspoons cider vinegar
1 teaspoon dried minced onion
1 garlic clove, minced
1/4 teaspoon salt
Dash pepper
1 1/2 cups frozen cut green beans, thawed
1 tablespoon dry bread crumbs
1 tablespoon grated Parmesan cheese
1 teaspoon butter, melted

Directions

In a small bowl, combine the oil, vinegar, onion, garlic, salt and pepper. Add the beans; toss to coat. Transfer to a greased 3-cup baking dish. Combine the bread crumbs, Parmesan cheese and butter; sprinkle over beans. Bake, uncovered, at 350 degrees F for 10-15 minutes or until heated through.

Quick Mediterranean Chicken

Ingredients

olive oil as needed
4 (6 ounce) skinless, boneless
chicken breast halves
salt and pepper to taste
Greek seasoning to taste
1 (15 ounce) can green beans,
drained
1 (10 ounce) can black olives,
drained
1 (14.5 ounce) can diced
tomatoes, drained
1/2 cup Greek-style vinaigrette
with feta

Directions

Heat some oil in a saute pan over medium-high heat. Place the frozen chicken breasts in the pan, and season with salt, pepper, and Greek seasoning. Cook until the chicken is lightly browned and has fully cooked. Add the green beans, olives, tomatoes, and vinaigrette. Cover, and simmer for 10 minutes to heat the vegetables.

Chili Verde

Ingredients

3 tablespoons Worcestershire sauce
1 tablespoon garlic pepper
3 pounds pork picnic roast
1 large onion, diced
1 (14.5 ounce) can chicken broth
2 (4 ounce) cans diced green chilies, drained
3 (7 ounce) cans green salsa
2 (15.5 ounce) cans great Northern beans, drained (optional)

Directions

Pour half of the Worcestershire sauce into the pan of a slow cooker, and half of the garlic pepper. Place the roast in the pan, and sprinkle remaining Worcestershire sauce and garlic pepper over the top. Add the onions, and chilies, and pour in the chicken broth. Cover, and cook on Low for 8 to 10 hours.

When the roast is tender enough to pull apart with a fork, add the green salsa, and the beans, if desired. Continue cooking until heated through. Serve as soup or over chimichangas.

Ham and Bean Soup II

Ingredients

1 pound dry navy beans, soaked overnight
4 quarts water
1 pound leftover ham bone with meat attached
1 onion, finely diced
2 carrots, sliced
2 stalks celery, diced
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/2 teaspoon paprika

Directions

In a large stock pot, add water, ham bone and pre-soaked beans. Bring to a boil, reduce heat and simmer until beans are close to soft.

Remove bone and cut off remaining meat. Remove 1/3 of beans and mash with potato masher or food processor.

Return ham and beans back to stock pot and add onion, carrots, celery, garlic powder, pepper and paprika. If you are using dripping from a previously cooked ham add those now. Simmer until vegetables are tender and serve.

Artichoke, Mushroom and Parma Ham Tart

Ingredients

1 3/4 cups sifted all-purpose flour
2 ounces grated Parmesan cheese
2/3 cup butter, diced
1 egg, beaten
1 tablespoon olive oil
8 ounces fresh mushrooms, sliced
3 ounces Parma ham
1 (4 ounce) can artichoke hearts, drained
7/8 cup creme fraiche
4 eggs
1 teaspoon chopped flat leaf parsley
1/3 cup milk
salt to taste
ground black pepper to taste

Directions

Place flour, parmesan cheese, butter, and a pinch of salt in food processor. Process briefly. Add the egg and 1 tablespoon oil through feeder tube, adding extra oil if necessary; you should be able to bring the dough together in your hands. Wrap in plastic, and chill for 1 hour.

Roll out to fit a 9 inch quiche pan with a loose bottom. Prick all over. Chill for at least 2 hours, preferably overnight.

Line pastry with foil, and cover bottom with uncooked beans. Bake at 375 degrees F (190 degrees C) for 15 minutes. Remove foil and beans, and cook for 5 more minutes. Remove and cool.

Saute; mushrooms in 1 tablespoon olive oil for 10 minutes. Drain and cool.

Lay ham over the pastry base, and top with mushrooms and artichokes. Beat together creme fraiche, eggs, parsley, and milk. Season well with black pepper and salt; pour mixture over the ham and vegetables. Bake for 40 minutes, until golden. Serve warm or cold.

Bean and Honey Burrito Casserole

Ingredients

- 1 1/2 cups cooked yellow rice
- 1 serving cooking spray
- 8 (8 inch) flour tortillas
- 1/4 cup prepared yellow mustard
- 1/4 cup sour cream
- 1/3 cup honey
- 1/2 cup diced red bell pepper
- 1/2 cup diced green bell pepper
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup corn kernels
- 2 cups shredded cooked chicken
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded Cheddar cheese
- 1 1/2 teaspoons ground cumin
- 1 tablespoon honey

Directions

Prepare yellow rice as directed on package; reserve 1 1/2 cups. Refrigerate any remaining rice for another use.

Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Line bottom of baking dish with 4 tortillas. To make the honey sauce, whisk together the mustard, sour cream, and 1/3 cup honey in a small bowl. Combine the red pepper, green pepper, garbanzo beans, black beans, and corn in a large bowl. Scoop out 1/2 cup of the bean mixture and reserve for topping.

Stir the chicken, 1/4 cup mozzarella cheese, 1/4 cup Cheddar cheese, cumin, yellow rice, and honey sauce into the bean mixture. Mix well. Pour mixture into the baking dish. Top with 4 tortillas; sprinkle with the remaining 1/4 cup mozzarella cheese, 1/4 cup Cheddar cheese, and the reserved 1/2 cup bean mixture.

Bake in preheated oven until hot and bubbly, 30 to 45 minutes. Cover with aluminum foil if top browns excessively. Remove from oven, drizzle with the remaining 2 tablespoons of honey.

Black Bean Lasagna I

Ingredients

9 lasagna noodles
1 pint part-skim ricotta cheese
1 egg
1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 cloves garlic, minced
2 (16 ounce) cans black beans
1 (15 ounce) can tomato sauce
8 ounces shredded mozzarella cheese

Directions

In a large pot of lightly salted boiling water, cook the lasagna noodles 10 minutes, until al dente, and drain.

In a bowl, blend the ricotta cheese and egg, and set aside. Preheat oven to 350 degrees F (175 degrees C). Coat a 3-quart baking dish with cooking spray.

Spray a large skillet with cooking spray, and saute the onion, green bell pepper, and garlic until tender. Mash 1 can of black beans. Stir mashed black beans, whole black beans, and tomato sauce into skillet, and cook until heated through.

Arrange 3 lasagna noodles in the bottom of the prepared baking dish, and layer with 1/3 each of the ricotta mixture, black bean mixture, and mozzarella cheese. Repeat twice.

Bake 40 to 45 minutes in the preheated oven. Let stand 10 minutes before serving.

Beef Pho

Ingredients

5 pounds beef knuckle, with meat
2 pounds beef oxtail
1 white (daikon) radish, sliced
2 onions, chopped
2 ounces whole star anise pods
1/2 cinnamon stick
2 whole cloves
1 teaspoon black peppercorns
1 slice fresh ginger root
1 tablespoon white sugar
1 tablespoon salt
1 tablespoon fish sauce

1 1/2 pounds dried flat rice
noodles
1/2 pound frozen beef sirloin

TOPPINGS:

sriracha hot pepper sauce
hoisin sauce
thinly sliced onion
chopped fresh cilantro
bean sprouts (mung beans)
sweet Thai basil
thinly sliced green onion
limes, quartered

Directions

Place the beef knuckle in a very large (9 quart or more) pot. Season with salt, and fill pot with 2 gallons of water. Bring to a boil, and cook for about 2 hours.

Skim fat from the surface of the soup, and add the oxtail, radish and onions. Tie the anise pods, cinnamon stick, cloves, peppercorns and ginger in a cheesecloth or place in a spice bag; add to the soup. Stir in sugar, salt and fish sauce. Simmer over medium-low heat for at least 4 more hours (the longer, the better). At the end of cooking, taste, and add salt as needed. Strain broth, and return to the pot to keep at a simmer. Discard spices and bones. Reserve meat from the beef knuckle for other uses if desired.

Bring a large pot of lightly salted water to a boil. Soak the rice noodles in water for about 20 minutes, then cook in boiling water until soft, but not mushy, about 5 minutes. Slice the frozen beef paper thin. The meat must be thin enough to cook instantly.

Place some noodles into each bowl, and top with a few raw beef slices. Ladle boiling broth over the beef and noodles in the bowl. Serve with hoisin sauce and sriracha sauce on the side. Set onion, cilantro, bean sprouts, basil, green onions, and lime out at the table for individuals to add toppings to their liking.

Dana's Taco Salad

Ingredients

1/2 cup dry lentils
1 cup water
1/2 pound ground turkey
1 cup water
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce, chopped
1 avocado - peeled, pitted and diced
1 tomato, diced
1 (15 ounce) can pitted black olives, chopped
1 (15 ounce) can kidney beans, drained and rinsed
1/3 cup Catalina salad dressing

Directions

Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.

Cook the turkey in a skillet over medium heat until no longer pink, 8 to 12 minutes. Stir the cooked lentils, 1 cup of water, and the taco seasoning mix into the turkey. Bring mixture to a boil; reduce heat to low and simmer until liquid is nearly gone, about 5 minutes.

Combine the lettuce, avocado, tomatoes, olives, kidney beans, lentil-and-turkey mixture, and Catalina dressing in a large bowl and toss until combined.

Miner's Chili

Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 3 stalks celery, diced
- 1 green bell pepper, chopped
- 3 (14.5 ounce) cans peeled and diced tomatoes
- 2 (15 ounce) cans dark red kidney beans
- 1 (15 ounce) can light red kidney beans
- 1 (16 ounce) jar hot salsa
- 4 teaspoons white sugar
- 1/2 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried oregano

Directions

In a large skillet over medium heat, cook beef until brown. Stir in onion, celery and bell pepper and cook until vegetables are tender.

Combine beef mixture with tomatoes, kidney beans and salsa in a slow cooker. Season with sugar, cayenne, chili powder, basil and oregano. Cook 8 hours on low. Then refrigerate 8 hours or overnight before reheating and serving.

Chili Casserole

Ingredients

1/2 pound macaroni, cooked
1 (15 ounce) can chili with beans
1 (15 ounce) can sweet corn,
drained
1/2 pound ground beef, browned
and drained
2 tablespoons hot sauce
1/2 cup chopped onion
1 tablespoon chili seasoning mix
1/2 cup shredded mozzarella
cheese

Directions

Preheat oven to 300 degrees F (150 degrees C).

In a large bowl, combine the macaroni, chili, corn, beef, hot sauce, onion, seasoning mix and cheese. Mix well and spread mixture into a 9x13 inch baking dish.

Bake in the preheated oven for 20 minutes, or until heated through.

Beans, Some Like It Hot!

Ingredients

1 (14 ounce) can coconut milk
4 tablespoons minced fresh ginger root
3 cloves garlic, minced
2 tablespoons chopped fresh parsley
1 teaspoon salt
2 teaspoons ground turmeric
2 teaspoons ground cumin
2 tablespoons chili powder
1 tablespoon curry paste
1 (14.5 ounce) can black beans, drained and rinsed
1 (14.5 ounce) can kidney beans, drained and rinsed
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped

Directions

Stir the coconut milk, ginger, garlic, and parsley into a deep skillet over medium heat. Season with salt, turmeric, cumin, chili powder, and curry paste. Bring to a slow boil. Then stir in black beans, kidney beans, and red and green bell peppers; simmer, stirring often, until about 1/3 of the liquid is evaporated and the sauce has thickened, about 30 to 45 minutes. Cover, and let cool for 5 to 10 minutes.

Black Bean and Corn Salsa

Ingredients

4 (15 ounce) cans black beans, rinsed and drained
1 yellow bell pepper, diced
1 orange bell pepper, diced
1 green bell pepper, diced
1/4 red onion, finely chopped
1 (16 ounce) package frozen corn, thawed
2/3 cup olive oil
2 tablespoons red wine vinegar
2 tablespoons balsamic vinegar
2 tablespoons apple cider vinegar
1 teaspoon salt
1 teaspoon ground cumin
1 tablespoon chopped fresh cilantro
1 tablespoon minced garlic
1/4 teaspoon hot sauce, or to taste

Directions

Stir the black beans, yellow bell pepper, orange bell pepper, green bell pepper, red onion, corn, olive oil, red wine vinegar, balsamic vinegar, apple cider vinegar, salt, cumin, cilantro, garlic, and hot sauce together in a non-reactive container. Chill in refrigerator overnight.

Portuguese Pork and Clams

Ingredients

- 1 cup white wine
- 3 cloves garlic, chopped
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 bay leaves
- 1/2 teaspoon ground cumin
- 1 pound boneless pork loin, cubed
- 1 tablespoon olive oil
- 1 onion, sliced
- 1 pound cooked and diced potatoes
- 1 (15 ounce) can cannellini beans
- 1 pinch ground cayenne pepper
- 18 clams
- 3 tablespoons chopped fresh parsley, for garnish

Directions

To Marinate: Combine the wine, garlic, oregano, salt, pepper, bay leaves, and cumin in a nonporous glass dish or bowl. Mix together. Add pork and toss to coat. Cover dish or bowl and refrigerate to marinate for 2 to 3 hours.

Heat oil in a large skillet over medium heat. Add onion and saute until soft. Remove pork from dish or bowl (reserving marinade) and add to skillet; brown quickly, then add potato cubes, reserved marinade, beans, cayenne pepper and clams or mussels. Cook until open, about 7 minutes. Garnish with parsley and serve hot.

African-Style Oxtail Stew

Ingredients

- 1 cup chopped celery
- 1 teaspoon minced garlic
- 1 (6 ounce) can tomato paste
- 2 cubes beef bouillon
- 10 cups water
- 6 whole black peppercorns
- 2 bay leaves
- 1/4 cup canola oil
- 3 pounds beef oxtail, cut into pieces
- 1 large onion, chopped
- salt and pepper to taste
- 1 (12 ounce) can kidney beans, drained
- 1/4 cup cornstarch dissolved in 1/2 cup water

Directions

Place celery, garlic, tomato paste, bouillon cubes, and water into a large Dutch oven; stir until the tomato paste has dissolved. Add peppercorns and bay leaves, place over medium heat and bring to a simmer.

Meanwhile, heat oil in a large skillet over medium-high heat. Add oxtail and cook until browned on all sides, about 10 minutes. Remove oxtail from hot oil and place into Dutch oven. Pour out all but 1 tablespoon of oil from the skillet, reduce heat to medium, and cook the onion until softened and translucent, about 5 minutes; add to oxtail.

Reduce heat to medium-low, cover, and simmer for 2 1/2 hours. Season with salt and pepper, recover, and continue to cook until the oxtail is tender, but not falling off of the bone, about 30 minutes.

Remove oxtail pieces and place into a serving dish. Add kidney beans to Dutch oven and return to a simmer. Thicken with cornstarch dissolved in water, simmer for 1 minute until thickened and clear. Pour sauce over the oxtail.

Chicken Chili

Ingredients

3 tablespoons vegetable oil
2 cloves garlic, minced
1 green bell pepper, chopped
1 onion, chopped
1 stalk celery, sliced
1/4 pound mushrooms, chopped
1 pound skinless, boneless chicken breast halves - cut into bite size pieces
1 tablespoon chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon cocoa powder
1/4 teaspoon salt
1 pinch crushed red pepper flakes
1 pinch ground black pepper
1 (14.5 ounce) can whole peeled tomatoes with juice
1 (19 ounce) can kidney beans, drained and rinsed

Directions

In a large skillet heat 2 tablespoons of the oil over medium heat. Sauté the garlic, bell pepper, onion, celery and mushrooms for 5 minutes. Set aside.

Add the remaining 1 tablespoon of oil to the skillet and brown the chicken over high heat until it is golden brown and firm on the outside. Return the vegetable mixture to the skillet.

Add the chili powder, cumin, oregano, paprika, cocoa powder, salt, hot pepper flakes and ground black pepper to the skillet. Stir for a few minutes to prevent burning. Add the tomatoes and beans, bring all to a boil and reduce heat to low. Cover the skillet and simmer for 15 minutes, then remove cover and simmer for 15 more minutes.

Chole Saag

Ingredients

2 tablespoons vegetable oil
3 cloves garlic, minced
1 onion, chopped
1 teaspoon red pepper flakes
1 teaspoon ground cumin
2 tablespoons curry powder
1 (15 ounce) can sweet peas,
drained
1 (15.5 ounce) can garbanzo
beans, drained
1 (10 ounce) box frozen chopped
spinach, thawed and squeezed
dry
1 (8 ounce) container plain yogurt
1 cup chicken broth
salt and pepper to taste

Directions

Heat oil in a large saucepan over medium heat. Stir in garlic, onion, red pepper flakes, cumin, and curry powder, and cook until the onion has softened and turned translucent, about 5 minutes. Add the drained peas and mash well. Stir in garbanzo beans, spinach, yogurt, and chicken broth. Cook and stir until heated through, then season to taste with salt and pepper before serving.

Sweet Pepper Balsamic Bean Salad

Ingredients

1 cup chopped yellow bell pepper
1 (15 ounce) can kidney beans,
drained and rinsed
1 (7 ounce) jar roasted red
peppers, drained
12 cherry tomatoes, halved
2 tablespoons chopped fresh
parsley
3 tablespoons balsamic vinegar
1 tablespoon vegetarian
Worcestershire sauce
1 teaspoon white sugar
1 teaspoon dried basil
1 teaspoon chopped garlic
1/2 head lettuce

Directions

In large bowl combine yellow pepper, beans, roasted red peppers and tomatoes.

In jar with tight-fitting lid combine parsley, vinegar, Worcestershire sauce, sugar, basil and garlic; shake well. Pour over vegetables; toss gently. Cover and let stand at room temperature for 30 minutes or refrigerate for 2 hours.

To serve, place leaves of lettuce on individual salad plates and top with bean mixture.

Meaty 'Cuban Black Bean' Soup

Ingredients

2 cups dry black beans
2 cups water
2 skinless, boneless chicken breast halves - cut into 1 inch strips
4 (3.5 ounce) links sweet Italian sausage
4 bay leaves
1 teaspoon ground cumin
2 onions, chopped
3 cloves garlic, minced
1 tablespoon sherry
1 (6 ounce) can tomato paste

Directions

In a large bowl, combine the beans with the water and let soak overnight. Beans will double in size so be sure to use a large enough bowl. In the morning, drain and rinse the beans.

In a large pot over high heat, combine the beans, chicken, sausage, bay leaves, cumin, onion, garlic and sherry. Add enough water to cover all ingredients.

Bring to a boil and reduce heat to low. Cover and simmer for about 30 minutes, or until beans are tender. Add tomato paste to soup and stir until dissolved.

Hearty Chicken Vegetable Soup II

Ingredients

1 (10 ounce) package frozen diced carrots
9 ounces frozen green beans
1/4 cup water
2 (10.75 ounce) cans condensed cream of chicken soup
2 cups milk
1 cup cubed, cooked chicken meat
1/3 cup chopped green onions

Directions

Combine carrots, beans, and water in saucepan. Cook over medium heat 6 to 8 minutes.

Mix in cream of chicken soup, milk and chicken. Cook 4 to 5 minutes, or until heated through. Garnish individual servings with green onions.

Sausage Bean Stew

Ingredients

1 pound fully cooked smoked sausage, halved and cut into 1/4-inch slices
2 (10 ounce) cans diced tomatoes and green chilies, undrained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can lima beans, drained
1 (15 ounce) can black beans, rinsed and drained
1/2 teaspoon salt
1/8 teaspoon pepper
Hot cooked rice

Directions

In a large saucepan, combine the first eight ingredients. Heat through. Serve in bowls over rice if desired.

Casablanca Chili

Ingredients

3 cups cooked ham, cut into one inch cubes
2 tablespoons brown sugar
1 teaspoon ground allspice
1 (9 ounce) package mango chutney
2 tablespoons lime juice
2 tablespoons creamy peanut butter
1/4 cup raisins
1 (15 ounce) can chickpeas, rinsed and drained
1 (16 ounce) can chili beans in spicy sauce
2 (10 ounce) cans diced tomatoes with green chile peppers

Directions

In a large saucepan or Dutch oven, combine the cubed ham, brown sugar, allspice, mango chutney, lime juice, peanut butter, raisins, chick peas, chili beans, and diced tomatoes with chilies. Cook over medium-high heat, stirring frequently, for 15 to 20 minutes, until thoroughly heated.

Cappuccino Cookie Bar

Ingredients

1 cup butter, softened
1 cup light brown sugar
1 egg yolk
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1/4 teaspoon salt
8 (1.5 ounce) bars chocolate candy
1 1/2 cups chopped walnuts
1/2 cup ground coffee beans

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

In a large bowl, cream together the butter, brown sugar, egg yolk and vanilla until smooth. Combine the flour and salt; stir into the creamed mixture. Spread evenly into the prepared pan.

Bake for 15 minutes in the preheated oven. Remove from the oven and place chocolate bars over the top in a single layer. Let stand until chocolate is soft enough to spread. Spread the chocolate out smooth and sprinkle with walnuts and ground coffee. Allow the bars to cool completely before cutting into squares.

Cheddar Green Beans

Ingredients

1 (9 ounce) package frozen cut green beans
1 tablespoon finely chopped onion
1 garlic clove, minced
1 teaspoon butter or margarine
salt and pepper to taste
2 tablespoons shredded Cheddar cheese

Directions

Cook beans according to package directions. Meanwhile, in a skillet, saute onion and garlic in butter until tender. Drain beans; add to onion mixture and toss to coat. Sprinkle with salt and pepper. Top with cheese just before serving.

Black Bean Vegetable Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 clove garlic, minced
2 carrots, chopped
2 teaspoons chili powder
1 teaspoon ground cumin
4 cups vegetable stock
2 (15 ounce) cans black beans,
rinsed and drained
1 (8.75 ounce) can whole kernel
corn
1/4 teaspoon ground black
pepper
1 (14.5 ounce) can stewed
tomatoes

Directions

In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to boil.

Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

Potluck Pasta Soup

Ingredients

1 1/2 pounds ground beef
8 cups water
2 (14.5 ounce) cans Italian stewed tomatoes
2 cups diced carrots
1 1/2 cups diced celery
1 cup chopped onion
1 (8 ounce) can tomato sauce
1 envelope onion soup mix
1 tablespoon sugar
1 teaspoon Italian seasoning
2 garlic cloves, minced
2 bay leaves
1/2 teaspoon pepper
3 cups cooked elbow macaroni
1 (15 ounce) can garbanzo beans, rinsed and drained
1/2 cup chopped green pepper

Directions

In a soup kettle or Dutch oven, cook beef over medium heat until no longer pink; drain. Add water, tomatoes, carrots, celery, onion, tomato sauce, soup mix and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 1 hour. Stir in macaroni, beans and green pepper; heat through. Discard bay leaves before serving.

Spanish Style White Bean and Sausage Soup

Ingredients

3 andouille sausage links
8 1/2 cups chicken stock
8 ounces dry great Northern beans
1 bay leaf
1 pinch crushed saffron threads
2 tablespoons olive oil
1 onion, finely chopped
4 cloves garlic, minced
1 red bell pepper, finely chopped
1 tablespoon sweet paprika
12 ounces kale, stems removed and leaves coarsely chopped

Directions

Bring 2 cups of water to a boil in a large skillet. Add sausages, and cook over medium heat for 7 minutes on each side. Remove from the pan, dice, and set aside.

In a large pot, combine the chicken stock and dry beans. Bring to a boil, then reduce the heat to low. Add the bay leaf and a pinch of salt. Simmer, partially covered, for 2 hours. Discard bay leaf. Remove 1/2 cup of the stock to a small bowl. Stir in saffron, and set aside to soak.

Heat the oil in a large skillet over medium-high heat. Add the sausage, and brown for about 5 minutes. Remove from the pan, and reduce the heat to low. Add the onion, and cook for about 5 minutes, then stir in the garlic and cook for another minute. Mix in the red bell pepper and paprika. Cook for a few minutes before adding the mixture to the soup pot along with the sausage.

Bring the soup to a low boil, and stir in the kale. Simmer for 10 minutes, until kale is tender. Serve hot.

Frank's Spicy Alabama Onion Beer Chili

Ingredients

2 pounds ground beef chuck
2 large white onions, chopped
2 (14.5 ounce) cans diced tomatoes with juice
2 (15 ounce) cans tomato sauce
1 (12 fluid ounce) can beer
2 (15 ounce) cans spicy chili beans
1/4 cup Worcestershire sauce
3 tablespoons hot pepper sauce (e.g. Tabasco[®]), or to taste
1/3 cup chili powder
4 fresh jalapeno peppers, seeded and chopped
3 tablespoons red pepper flakes, or to taste (optional)

Directions

Crumble the ground chuck into a skillet over medium heat. Cook, stirring occasionally until evenly browned. Drain grease. Transfer the beef to a large soup pot. Add onions, diced tomatoes, tomato sauce, beer and chili beans. Season with Worcestershire sauce, hot pepper sauce, chili powder, jalapenos, and red pepper flakes, if using.

Cover the pot, and simmer over low heat for 2 hours. Turn off heat, and let cool, then refrigerate for two days. It gets much better with time. Heat and serve.

Kidney Bean Tuna Salad

Ingredients

1 cup canned kidney beans,
rinsed and drained
1 (6 ounce) can water-packed
tuna, drained and broken into
chunks
1/3 cup chopped celery
1/3 cup shredded Cheddar
cheese
3 tablespoons sliced ripe olives
2 tablespoons finely chopped red
onion
2 tablespoons minced fresh
cilantro
DRESSING:
2 tablespoons olive oil
2 teaspoons white wine vinegar
2 teaspoons lemon juice
1 garlic clove, minced
1 teaspoon dill weed
1/4 teaspoon salt
1/4 teaspoon pepper
Lettuce Leaves

Directions

In a bowl, combine the first seven ingredients. For dressing, in a small bowl, whisk the oil, vinegar, lemon juice, garlic, dill, salt and pepper. Pour over tuna mixture and toss lightly. Serve on a bed of lettuce if desired.

Stir-Fry Spicy Green Beans

Ingredients

1/2 teaspoon vegetable oil
1/2 yellow onion, chopped
1 teaspoon minced garlic
1 pound fresh green beans,
trimmed and halved
1/4 cup soy sauce
3 tablespoons nuoc mam
(Vietnamese fish sauce)
1/4 cup water
1 medium tomato, diced
salt and pepper to taste

Directions

Heat the oil in a skillet over medium heat. Add the onion and garlic; cook and stir for a few minutes then add the green beans. Stir to coat with the flavors in the pan. Season with soy sauce and fish sauce and let simmer for about 2 minutes, stirring occasionally. Pour in the water and let simmer for about 10 minutes, or until green beans are tender. Stir in tomato and season with salt and pepper before serving.

Pan Seared Tuna with Citrus-Herb Vinaigrette

Ingredients

Tuna:

1/2 cup olive oil
1 tablespoon chopped fresh parsley
1/4 teaspoon red pepper flakes
4 (6 ounce) fillets ahi (yellowfin) tuna steaks, sushi-grade if possible

Dressing:

2 tablespoons red wine vinegar
2 tablespoons fresh orange juice
1 tablespoon fresh lemon juice
1 1/2 teaspoons fresh lime juice
1 1/2 teaspoons soy sauce
1 shallot, chopped
1 tablespoon chopped fresh parsley
1 1/2 teaspoons fresh thyme
1 1/2 teaspoons chopped fresh dill
1 tablespoon honey
1 teaspoon Dijon mustard
1/2 jalapeno or serrano chili pepper, seeded and chopped
1 1/2 teaspoons minced ginger
3/4 cup olive oil
Kosher salt and fresh cracked pepper to taste

Salad Vegetables:

48 haricots verts (thin, French green beans), trimmed
16 baby carrots, greens trimmed to 1/4-inch
16 grape or cherry tomatoes, halved
16 Nicoise, Gaeta, or Kalamata olives, pitted and halved
1 red onion, thinly sliced

Directions

Stir together 1/2 cup olive oil, 1 tablespoon parsley, and red pepper flakes. Toss tuna with marinade, and set aside to marinate for 30 minutes.

Pour vinegar, orange juice, lemon juice, lime juice, and soy sauce into the bowl of a blender. Add shallot, 1 tablespoon parsley, thyme, dill, honey, Dijon mustard, jalapeno, and ginger. Blend on high until smooth, then add 3/4 cups olive oil in a slow, steady stream with the blender running. Season to taste with salt and pepper, and set aside.

Bring a large pot of salted water to a boil over high heat. Fill another large container with half ice, half cold water, and set aside. Add the haricots verts to the boiling water, and cook until just tender, 35 to 40 seconds. Remove from the water, and immediately plunge into the ice water to cool. Next, blanch the carrots until just tender, about 1 1/2 minutes; chill in ice water until cold.

When the vegetables are cold, remove from the ice water and pat dry. Place into a large bowl, and toss with the halved tomatoes, olives, onion, and chervil; set aside.

Heat a heavy-bottomed skillet over high heat until very hot. Remove tuna steaks from marinade, and wipe off excess marinade. Season the tuna to taste with salt and pepper, then sear in hot skillet to desired doneness, about 1 minute per side for rare.

To assemble, toss the vegetable salad with enough dressing to lightly coat. Divide the salad among 4 plates, and place a seared tuna steak on top of each. Drizzle with additional dressing to serve.

Cowboy Mexican Dip

Ingredients

12 beef tamales, husked and
mashed
1 (15 ounce) can chili without
beans
1 (14.5 ounce) can diced tomatoes
and green chiles
1 (1 pound) loaf processed
cheese, cubed

Directions

Place the tamales, chili, diced tomatoes, and processed cheese into a slow cooker. Set heat on high, and cook, stirring occasionally until cheese is melted. Reduce heat to low to keep the dip warm while serving. Serve with corn chips or tortilla chips.

Chicken Spectacular

Ingredients

3 cups water
1 cup uncooked wild rice
3 cups cooked, cubed chicken breast meat
1 (10.75 ounce) can condensed cream of celery soup
1 (4 ounce) jar diced pimento peppers, drained
1 onion, chopped
2 (14.5 ounce) cans French-style green beans, drained
1 cup mayonnaise
1 cup water chestnuts, drained and chopped
salt and pepper to taste

Directions

Combine water and wild rice in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 50 minutes, or until tender.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, toss together the cooked rice, chicken, cream of celery soup, pimentos, onion, green beans, mayonnaise, water chestnuts, salt, and pepper. Transfer to a 3 quart casserole dish.

Bake in the preheated oven for 25 to 30 minutes, or until heated through.

Green Bean Bundles I

Ingredients

1 pound bacon
3 (15 ounce) cans whole green beans, drained
1 (16 ounce) bottle French dressing

Directions

Preheat oven to 375 degrees F (190 degrees C).

Slice bacon in half (easiest to slice whole package at once right down the middle). Bundle 6 to 7 green beans together and wrap one slice of bacon around the middle of the bundle. Secure with a toothpick. Arrange bundles in one layer in a baking dish. Pour French dressing over all of the bundles - make sure to drizzle some on each bundle.

Bake in a preheated 375 degrees F (190 degrees C) oven for 30 minutes or until the bacon is done.

Low-Fat Refried Beans

Ingredients

1 pound dried pinto or red beans
1 large onion, quartered
3 garlic cloves
1/2 teaspoon ground cumin
3 drops hot pepper sauce

Directions

Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain beans; discard liquid. Return beans to pan; add water to cover. Add onion and garlic; bring to a boil. Cover and cook over low heat for 2 hours or until beans are very tender, adding water to keep covered if needed. Discard onion and garlic. Mash beans with a potato masher, leaving some beans whole. Stir in cumin and hot pepper sauce.

Potpourri Soup

Ingredients

1 pound ground beef
2 onions, chopped
6 cups water
1 (28 ounce) can whole peeled tomatoes, with liquid
1/3 cup barley
3 carrots, chopped
3 stalks celery, chopped
1 (16 ounce) can chili beans, drained
1 tablespoon salt
1/2 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
1 teaspoon steak sauce
1 dash hot pepper sauce

Directions

In a large pot over medium heat, combine the ground beef and onions and saute for 10 minutes, or until the beef is browned and the onions are tender.

Add the water, tomatoes, barley, carrots, celery, beans, salt, ground black pepper, Worcestershire sauce, steak sauce and hot pepper sauce to taste.

Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables and barley are tender.

Western Bean Skillet

Ingredients

1 cup green bell pepper, chopped
1 cup onion, chopped
2 teaspoons vegetable oil
2 (28 ounce) cans vegetarian
baked beans
1 (12 ounce) package Morningstar
FarmsB® Meal StartersB,,Ÿ
GrillersB® Recipe CrumblesB,,Ÿ
1/2 cup hot-and-spicy barbecue
sauce
1/4 cup brown sugar, firmly
packed
1 1/2 teaspoons dry mustard
1 cup tomatoes, chopped
(optional)
1/4 cup fresh parsley, chopped
(optional)

Directions

In a 12-inch nonstick skillet cook bell pepper and onion in oil until tender. Stir in beans, Morningstar FarmsB® Meal StartersB,,Ÿ, GrillersB® Recipe CrumblesB,,Ÿ, barbecue sauce, brown sugar and mustard. Bring to boiling. Reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently.

Sprinkle tomato and parsley on top, if desired.

Oriental Green Bean Salad

Ingredients

3 tablespoons vegetable oil
2 cloves garlic, minced
2 slices fresh ginger root, minced
1 dried red chile pepper
3/4 pound chopped fresh green beans
2 tablespoons soy sauce
2 tablespoons oyster sauce

Directions

In a large pan or wok, heat oil over medium-high heat. Stir in the garlic, ginger, and chile pepper. As the garlic and ginger begin to sweat, add beans, toss to mix, cover and reduce heat. Steam for 5-8 minutes. Add 1/4 cup of water if necessary.

Remove cover, increase heat to high; add soy and oyster sauce and stir for two minutes more or until sauce thickens. Serve warm.

Quick Sesame Green Beans

Ingredients

8 ounces fresh green beans,
trimmed
2 tablespoons low sodium soy
sauce
1/2 tablespoon miso paste
1/2 teaspoon red pepper flakes
4 cloves garlic, minced
1 teaspoon grated fresh ginger
root
1 tablespoon sesame seeds,
toasted

Directions

Place the green beans into a steamer insert and set in a pot over one inch of water. Bring to a boil, cover and steam for 5 minutes. Remove from the heat and transfer beans to a serving bowl.

Meanwhile, in a small bowl, stir together the soy sauce, miso paste, red pepper flakes, garlic and ginger. Pour over the green beans and toss to coat. Sprinkle sesame seeds on top.

Creamy Chicken Stir-Fry

Ingredients

1 pound skinless, boneless chicken breast, cut into strips
3 cups cut-up vegetables (broccoli, carrots, green beans and red pepper)
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Celery Soup
1/2 cup milk
1 tablespoon low-sodium soy sauce
1/4 teaspoon garlic powder
4 cups hot cooked rice, cooked without salt

Directions

Spray skillet with vegetable cooking spray and heat 1 minute. Add chicken and stir-fry until browned and juices evaporate. Push chicken to one side of skillet.

Add vegetables and stir-fry until tender-crisp.

Add soup, milk, soy and garlic powder and heat through. Serve over rice.

Fat Free Refried Beans

Ingredients

2 cups canned black beans,
divided
1/2 cup water
2 cloves garlic, minced
1 teaspoon pepper
1 teaspoon salt
1 teaspoon liquid smoke flavoring
3/4 cup diced onion

Directions

In a small bowl mash 2/3 cup of beans to a smooth paste.

In a medium saucepan over medium heat, combine the remaining beans with the water. When heated through, stir in garlic, pepper, salt and liquid smoke.

Stir the bean paste into the whole beans and mix well. Stir in the onion and cook for 10 minutes, or until onions are slightly cooked.

Sunday Chicken Supper

Ingredients

4 medium carrots, cut into 2-inch pieces
1 medium onion, chopped
1 celery rib, cut into 2 inch pieces
2 cups fresh green beans (2-inch pieces)
5 small red potatoes, quartered
1 (3 pound) broiler/fryer chicken cut up
4 bacon strips, cooked and crumbled
1 1/2 cups hot water
2 teaspoons chicken bouillon granules
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1 pinch pepper

Directions

In a 5-qt. slow cooker, layer the first seven ingredients in order listed.

In a bowl, combine the remaining ingredients; pour over the top. Do not stir. Cover and cook on low for 6-8 hours or until vegetables are tender and chicken juices run clear.

Remove chicken and vegetables. Thicken juices for gravy if desired.

Rice & Beans (Haitian Style)

Ingredients

1 (8 ounce) package dry kidney beans
4 tablespoons olive oil
1 bulb shallot, minced
3 cloves garlic, minced
1 cup uncooked long grain white rice
2 bay leaves
1 teaspoon adobo seasoning (optional)
1 tablespoon kosher salt
freshly ground black pepper to taste
1/4 teaspoon ground cloves
3 sprigs fresh parsley
3 sprigs fresh thyme
1 scotch bonnet chile pepper

Directions

Place beans in a large pot, and cover with 3 inches of water. Bring to a boil, reduce heat, and simmer 1 1/2 hours, or until tender. Drain, reserving liquid.

Heat oil in a large skillet over medium heat. Saute shallot and garlic until fragrant. Stir in cooked beans, and cook for 2 minutes. Measure reserved liquid, and add water to equal 5 cups; stir into skillet. Stir in the uncooked rice. Season with bay leaves, adobo seasoning, salt, pepper, and cloves. Place sprigs of parsley and thyme, and scotch bonnet pepper on top, and bring to a boil. Reduce heat, cover, and simmer for 18 to 20 minutes. Remove thyme, parsley, and scotch bonnet pepper to serve.

Foil Wrapped Veggies

Ingredients

2 1/2 pounds new potatoes, thinly sliced
1 large sweet potato, thinly sliced
2 Vidalia onions, sliced 1/4 inch thick
1/2 pound fresh green beans, cut into 1 inch pieces
1 sprig fresh rosemary
1 sprig fresh thyme
2 tablespoons olive oil
salt and pepper to taste
1/4 cup olive oil

Directions

Preheat grill for high heat.

In a large bowl, combine the new potatoes, sweet potato, Vidalia onions, green beans, rosemary, and thyme. Stir in 2 tablespoons olive oil, salt, and pepper to coat.

Using 2 to 3 layers of foil, create desired number of foil packets. Brush inside surfaces of packets liberally with remaining olive oil. Distribute vegetable mixture evenly among the packets. Seal tightly.

Place packets on the preheated grill. Cook 30 minutes, turning once, or until potatoes are tender.

Delicious Barley Bake

Ingredients

2 cups barley
4 cups chicken broth
2 tablespoons olive oil
1 cup chopped celery
1 cup chopped carrots
6 cloves garlic, minced
1 cup chopped onion
2 cups sliced mushrooms
1 yellow zucchini, cut into half moons
1 cup fresh green beans, trimmed and cut into 1 inch pieces
2 cups broccoli florets
1 (4 ounce) package cream cheese, softened
1 (10.75 ounce) can condensed cream of chicken soup
1/3 cup sour cream
1/4 cup grated Locatella cheese
1/4 cup grated Parmesan cheese
1 tablespoon garlic powder
1/2 teaspoon ground nutmeg
1 tablespoon dried oregano
1 tablespoon dried basil
1 tablespoon ground thyme
1 cup green peas
1 cup whole kernel corn
1 cup roasted red peppers, drained and chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 cups shredded cooked chicken
salt and ground black pepper to taste
2 cups shredded mozzarella cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Bring the barley and chicken broth to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes.

Heat the olive oil in a skillet over medium heat. Stir in the celery, carrots, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the mushrooms, zucchini, green beans, and broccoli. Continue cooking and stirring until the broccoli is tender, about 5 minutes more. Remove skillet from heat.

Combine cream cheese, cream of chicken soup, sour cream, Locatella cheese, Parmesan cheese, garlic powder, nutmeg, oregano, basil, and thyme in a large bowl, mixing until smooth. Stir in the prepared barley, peas, corn, roasted red peppers, spinach, and shredded chicken. Season with salt and pepper. Spread mixture into a large baking dish and top with mozzarella cheese.

Bake in the preheated oven until bubbly, and cheese has melted, 20 to 30 minutes.

Green 'N' Gold Veggies

Ingredients

2 cups fresh green beans, cut into
1 inch pieces
1/3 cup water
1/4 cup thinly sliced green onions
1/4 cup butter or margarine
1 1/2 cups frozen corn, thawed
3/4 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon celery salt
1/2 teaspoon paprika

Directions

In a large saucepan, bring beans and water to a boil. reduce heat; cover and simmer for 5-7 minutes or until crisp-tender. Meanwhile, in a large skillet, saute onions in butter until tender. Stir in the corn, salt, sugar, celery salt and paprika. Drain beans; add to corn mixture. Cook and stir for 4 minutes or until heated through.

Black Bean and Corn Pasta with Chicken

Ingredients

1 (16 ounce) package jumbo pasta shells
1 cup fresh corn kernels
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes with juice
salt and pepper to taste
1 dash hot pepper sauce
1 dash Worcestershire sauce
2 boneless chicken breast halves, cooked and cut into bite-sized pieces

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over low heat, cook corn and black beans, 2 minutes. Stir in the tomatoes, reserving their juice. Season with salt and pepper, and cook 2 minutes more. Pour in enough tomato juice to cover and season with hot pepper sauce and Worcestershire. Increase heat slightly, stir in chicken, and heat through, 3 to 5 minutes. Spoon over cooked pasta.

Best Darn Minestrone Soup Around

Ingredients

8 tablespoons butter
1 1/2 cups chopped onions
4 (14 ounce) cans chicken broth
4 (15 ounce) cans mixed vegetables, with liquid
2 (16 ounce) cans kidney beans, with liquid
2 (14.5 ounce) cans whole peeled tomatoes, with liquid
1 (16 ounce) package frozen chopped spinach
2 tablespoons tomato paste
4 1/4 teaspoons garlic powder
4 teaspoons dried parsley
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried basil
1 cup uncooked elbow macaroni
1/2 cup grated Parmesan cheese
1 cup canned garbanzo beans, drained
4 cups heavy cream
1/2 cup grated Parmesan cheese for topping

Directions

In a large stock pot over medium heat, stir and cook onions in butter until soft. Add broth, mixed vegetables, kidney beans, tomatoes, spinach, and tomato paste; simmer gently for 1 1/2 hours.

Using a slotted spoon, remove about half of the vegetables to a blender or food processor, reserving liquid in stock pot. Puree the vegetables until smooth and return them to stock pot.

Stir in garlic powder, parsley, salt, pepper, basil, macaroni, 1/2 cup of Parmesan cheese, garbanzo beans, and heavy cream; cook for 1/2 hour, stirring frequently. Pour into bowls and sprinkle with additional Parmesan cheese.

Taco Soup III

Ingredients

1 1/2 pounds lean ground beef
1 onion, chopped
2 (10 ounce) cans diced tomatoes
with green chile peppers
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can white hominy,
drained
1 (1.25 ounce) package taco
seasoning mix
1 (1 ounce) package ranch
dressing mix
1/4 cup shredded Cheddar
cheese (optional)
1/4 cup sour cream (optional)
1 1/2 cups water

Directions

In a Dutch oven, brown ground beef or turkey with chopped onion, stirring frequently. Once beef is browned drain grease from pan.

Add canned tomatoes, kidney beans, hominy, taco seasoning and ranch salad dressing mix. Mix well and let simmer over low heat for two hours. (Add 1 to 2 cups of water if necessary to make soup the desired consistency)

Ladle into soup bowls and garnish with shredded Cheddar cheese and a dollop of sour cream, if desired.

Delicious Vegetable Beef Soup

Ingredients

2 (14 ounce) cans vegetable broth
2 cups water
5 small potatoes, peeled and diced
1/3 head cabbage, chopped
1 1/2 pounds ground beef
1 small onion, diced
1/4 cup diced celery
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
2 (11.5 ounce) cans tomato-vegetable juice cocktail
1 (14.5 ounce) can Italian-style diced tomatoes
1/2 (16 ounce) package frozen mixed vegetables
1 cup frozen cut okra
1 cup frozen lima beans
2 cubes beef bouillon, crumbled
2 tablespoons Worcestershire sauce
1 tablespoon celery seed
1 tablespoon bacon grease
salt and pepper to taste

Directions

Pour 1 can vegetable broth and water into a large pot. Place potatoes and cabbage into pot, and bring to a boil. Cook 10 minutes, or until potatoes are tender but firm.

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease and mix beef into the pot. Stir the onion, celery, green bell pepper, and garlic into the skillet. Cook until tender, then mix into the pot.

Pour remaining broth and tomato-vegetable juice cocktail into the pot. Mix in tomatoes, frozen mixed vegetables, okra, lima beans, beef bouillon, Worcestershire sauce, celery seed, and bacon grease. Season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 2 hours.

Red Bean 'N' Sausage Soup

Ingredients

1 pound turkey Italian sausage links, casings removed
1 medium onion, diced
3 cups chicken broth
3 medium tart apples, peeled and chopped
1 (14.5 ounce) can crushed tomatoes, undrained
2 tablespoons cider vinegar
2 tablespoons chopped green pepper
2 tablespoons chopped sweet red pepper
2 tablespoons brown sugar
1/2 teaspoon seasoned salt
1/2 teaspoon ground mustard
1/4 teaspoon rubbed sage
1/4 teaspoon chili powder
1/4 teaspoon pepper
1 (16 ounce) can kidney beans, rinsed and drained

Directions

In a large saucepan or soup kettle, cook the sausage and onion until meat is no longer pink; drain. Add the next 12 ingredients. Bring to a boil. Reduce heat; cover and simmer for 45 minutes, stirring occasionally. Add beans; heat through.

Atomic Canuck Chili

Ingredients

2 pounds lean ground beef
1/2 large onion, diced
1 tablespoon crushed red pepper
3 tablespoons garlic powder
1 tablespoon seasoned pepper
2 (4 ounce) cans mushroom pieces, drained
1 (28 ounce) can baked beans
2 (15.25 ounce) cans kidney beans with liquid
2 (6 ounce) cans tomato paste
1/4 cup white sugar
3 carrots, sliced
3 stalks celery, sliced
1 green bell pepper, diced
1 red bell pepper, diced
2 jalapeno chile peppers, diced
1/4 cup Canadian beer
2 tablespoons crushed red pepper
hot sauce
1/4 cup barbeque sauce

Directions

In a large skillet over medium heat, brown ground beef together with onion, crushed red pepper, garlic powder, and seasoned pepper. Drain off the fat, and place the mixture into a slow cooker.

Stir mushrooms, baked beans, kidney beans with liquid, tomato paste, sugar, carrots, celery, peppers, beer, and barbeque sauce into the slow cooker. Season with hot sauce and more crushed red pepper.

Cover, and cook on Low for 4 to 5 hours.

White Chili

Ingredients

1 pound ground turkey, browned
1 cup medium salsa
1 cup frozen corn kernels
1 cup water
2 (14 ounce) cans great Northern beans, rinsed and drained
1 (8 ounce) package jalapeno pepper Cheddar cheese, cubed

Directions

In a large pot or saucepan combine the browned turkey, salsa, corn, water, beans and cheese. Stir together and simmer over low heat for about 30 minutes, or until cooked through and cheese has melted.

Aztec Salsa

Ingredients

2 avocados - peeled, pitted, and chopped
1/4 cup red wine vinegar
1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexican-style corn
3 tomatoes, seeded and chopped
3 green onions, sliced
1 small red onion, chopped
1/4 cup olive oil, or as needed
1 (.7 ounce) package dry Italian-style salad dressing mix

Directions

Lightly combine the avocados with red wine vinegar in a salad bowl. Stir in the black beans, corn, tomatoes, green onions, and red onion.

Whisk together the olive oil and Italian dressing mix in a bowl, pour over the salad, and toss lightly.

White Bean Bruschetta

Ingredients

1 cup canned great northern beans, rinsed and drained
3 plum tomatoes, seeded and chopped
1/4 cup chopped pitted Greek olives
6 tablespoons olive oil, divided
1/4 cup fresh basil, cut into thin strips
1 tablespoon minced garlic
salt and pepper to taste
1 French baguette, cut into 1/3 inch thick slices
5 ounces goat cheese

Directions

In a medium bowl, combine the beans, tomatoes, olives, 4 tablespoons oil, basil, garlic, salt and pepper.

Place bread slices on an ungreased baking sheet. Brush with remaining oil. Broil 3-4 in. from the heat until golden, about 1 minute. Spread with cheese; top with bean mixture. Serve immediately.

Lamb, Carrot, and White Bean Curry Stew

Ingredients

- 1 pound ground lamb
- 1 onion, grated
- 1 egg
- 3 tablespoons minced fresh dill
- 1/4 cup minced fresh cilantro
- 2 teaspoons coarse salt
- 1 tablespoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1/4 cup olive oil
- 1 (8 ounce) package baby carrots
- 2 (15.5 ounce) cans cannellini beans
- 1 cup water
- 1 tablespoon sour cream

Directions

Mix together the ground lamb, onion, egg, dill, cilantro, salt, cumin, turmeric, cinnamon, and pepper in a bowl until evenly incorporated.

Heat the olive oil in a skillet over medium-high heat. Crumble the lamb mixture into the skillet and cook until no longer pink, 5 to 10 minutes. Add the carrots to the mixture; reduce heat to medium. Pour in the contents of the 2 cans of beans and the water; stir. Simmer mixture 25 minutes. Stir the sour cream through the mixture; cook until the liquid thickens, 5 to 10 minutes.

Three Sisters Soup

Ingredients

2 cups canned white or yellow hominy, drained
2 cups fresh green beans, trimmed and snapped
2 cups peeled and cubed butternut squash
1 1/2 cups diced peeled potatoes
5 cups water
1 1/2 tablespoons chicken bouillon granules
2 tablespoons butter, melted
2 tablespoons all-purpose flour
1/4 teaspoon pepper

Directions

Place the hominy, green beans, squash, and potatoes into a pot, and pour in water and chicken bouillon. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

Tex-Mex Potatoes

Ingredients

4 baking potatoes
1 tablespoon vegetable oil
1 onion, chopped
1 large green bell pepper,
chopped
1 teaspoon minced garlic
1 (16 ounce) can chili beans in
spicy sauce, undrained
1 tablespoon vegetarian
Worcestershire sauce
1/2 teaspoon minced jalapeno
peppers
1 cup shredded Monterey Jack
cheese

Directions

Scrub potatoes and prick in several places with toothpick or sharp knife. Place on paper towel in microwave and cook at high power for 8 minutes Turn and rotate potatoes and cook for another 8 to 10 minutes or until tender. Alternately you can bake potatoes in a 400 degrees F (200 degrees C) oven for about 1 hour or until tender

Over medium high, heat oil in a medium skillet. Saute onions and bell peppers until softened. Stir in beans, Worcestershire sauce, and jalapeno peppers. Reduce heat to low, cover and simmer for 5 to 6 minutes.

Split potatoes and top with bean mixture. Sprinkle with cheese.

Sharon's Awesome Chicago Chili

Ingredients

2 pounds ground beef
4 (14.5 ounce) cans kidney beans
4 (15 ounce) cans diced tomatoes
1 (12 fluid ounce) bottle beer
1 (12 ounce) bottle tomato-based chili sauce
1 large white onion, chopped
6 cloves garlic, minced
2 tablespoons chili seasoning
1 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon cayenne pepper
1/2 teaspoon oregano
1/4 cup sugar
1 teaspoon hot sauce
1 teaspoon Worcestershire sauce

Directions

Place the ground beef in a large pot and cook over medium heat until evenly brown. Drain off the excess fat.

Mix in the kidney beans, diced tomatoes, beer, chili sauce, onion, garlic, chili seasoning, black pepper, garlic powder, onion, cayenne pepper, oregano, sugar, hot sauce, and Worcestershire sauce. Bring to a boil. Reduce heat to low, and simmer for about 4 hours, stirring occasionally.

Jill's Vegetable Chili

Ingredients

1 pound cubed turkey breast
1 cup minced onion
1 tablespoon minced garlic
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1 (14.5 ounce) can peeled and diced tomatoes
1 (14 ounce) can chicken broth
1 (15 ounce) can kidney beans
1 (15 ounce) can pinto beans
1 (10 ounce) package frozen corn kernels

Directions

In a large pot over medium heat, cook turkey until browned. Stir in onions, cover and cook 5 minutes.

Stir in garlic, chili powder, cumin and cinnamon and cook until fragrant, about a minute. Pour in tomatoes and bring to a boil. Stir in broth, kidney beans, pinto beans and corn and bring to a boil again. Then reduce heat and simmer 10 minutes, or until thoroughly heated.

Filipino Oxtail Stew

Ingredients

1 1/2 pounds beef oxtail, cut into pieces
1 large onion, quartered
2 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper, or to taste
1 large eggplant, cut into 2-inch chunks
1/2 head bok choy, cut into 1-inch pieces
1/2 pound fresh green beans, trimmed and snapped into 2-inch pieces
1/4 cup peanut butter, or as needed to thicken sauce

Directions

Fill a large saucepan with water, and drop in the oxtail pieces, onion, garlic, salt, and pepper. Bring to a boil, and simmer for 2 hours over medium-low heat, skimming the foam occasionally, until the oxtail meat is very tender and the broth is reduced to 3 cups.

Stir in the eggplant, bok choy, and green beans, and simmer for about 20 minutes, until the vegetables are tender.

Just before serving, place the peanut butter in a small bowl and thin with 1 or 2 tablespoons of broth. Stir until smooth and add to the stew.

Mexican Fiesta Pasta Salad

Ingredients

1 (16 ounce) package dried rotini pasta
1 1/2 cups medium chunky salsa
1 cup mayonnaise
1/2 cup sour cream
1 (16 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexican-style corn with red and green peppers, drained
1/2 cup chopped red bell pepper
2 green onions, sliced thin
1 (6 ounce) can sliced black olives, drained
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin, or to taste
1/2 teaspoon dried cilantro, or to taste
1 teaspoon salt
ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a rolling boil; cook the rotini in the boiling water until the pasta is cooked through yet firm to the bite, about 8 minutes. Drain. Rinse under cold running water until completely cooled; drain thoroughly.

Whisk the salsa, mayonnaise, sour cream, black beans, Mexican-style corn, red bell pepper, green onions, black olives, garlic powder, cumin, cilantro, salt, and pepper together in a large bowl; add the cooled pasta and stir to coat evenly. Cover the bowl with plastic wrap and refrigerate 2 hours to overnight before serving.

Black-Eyed Pea and Bacon Soup

Ingredients

1/2 pound bacon, diced
1 onion, chopped
3 quarts water
4 cubes chicken bouillon
2 1/2 cups dry black-eyed peas
1/2 teaspoon salt
1/2 teaspoon pepper
6 small potatoes, diced

Directions

Brown the bacon in a large pot over medium heat. Drain grease, and place onion in the pot. Cook and stir until tender. Pour in the water. Mix in the bouillon cubes until dissolved. Stir in black-eyed peas, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 45 minutes.

Place the potatoes in the pot, and continue cooking 15 minutes, or until beans and potatoes are tender. Serve warm.

Green Beans Italiano

Ingredients

1 pound fresh green beans,
trimmed
1/4 cup chopped onion
2 teaspoons minced garlic
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
2 cups chopped fresh tomatoes

Directions

Place green beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain.

In a large skillet, saute the onion, garlic, oregano, basil, salt if desired and pepper in oil until onion is tender. Add beans and tomatoes; heat through.

Bean and Beef Shaloupias

Ingredients

1 pound pinto beans, boiled
according to package directions
2 cubes beef bouillon
water to cover
1 1/2 pounds ground beef
1/4 teaspoon salt
1/4 teaspoon ground black
pepper
1/2 onion, diced
10 (6 inch) corn tortillas
3 cups shredded Mexican-style
cheese

Directions

In slow cooker, combine boiled pinto beans with bouillon cubes and enough water to almost fill cooker. Let simmer on Low setting for 8 hours.

In a large skillet, brown beef with salt, pepper and onion. Drain well and set aside.

Assemble as follows: Top each tortilla with beef mixture, cheese and a ladel of beans with juice from slow cooker. Top with preferred garnishes as desired and serve.

Thyme Green Beans with Almonds

Ingredients

2 pounds fresh green beans
2 tablespoons butter
1 tablespoon minced fresh thyme
1/2 teaspoon salt
1/2 teaspoon pepper
1/3 cup slivered almonds, toasted

Directions

Place beans in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 10-12 minutes or until crisp-tender.

In a large skillet, melt butter; add the beans, thyme, salt and pepper. Cook and stir for 5 minutes or until heated through. Sprinkle with almonds.

Chuck Wagon Stew

Ingredients

1 pound ground beef
1/2 onion, chopped
2 potatoes, diced
2 cubes beef bouillon
1 cup water
1 (14.5 ounce) can green beans
1 (14.5 ounce) can diced tomatoes
salt and pepper to taste

Directions

Brown the ground beef with the onion in a large skillet over medium heat; drain the excess fat from the pan. Stir the potatoes, beef bouillon, and water into the beef. Drain the liquid from the canned green beans into the beef mixture; set the green beans aside. Cook the mixture until the potatoes are soft. Add the green beans and diced tomatoes and cook until hot. Season with salt and pepper before serving.

Wicked Good Veggie Chili

Ingredients

1/2 cup texturized vegetable protein (TVP)
1 cup water
2 1/2 tablespoons olive oil
1 onion, chopped
6 cloves garlic, minced
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons chili powder
2 teaspoons ground cumin
2 teaspoons ground cayenne pepper
1/4 teaspoon cinnamon
1 tablespoon honey
2 (12 ounce) cans kidney beans with liquid
2 (12 ounce) cans diced tomatoes with juice
1 green bell pepper, chopped
2 carrots, finely chopped
1 bunch green onions, chopped
1 bunch cilantro, chopped
1 (8 ounce) container dairy sour cream

Directions

Place the textured vegetable protein (TVP) in water, and soak 30 minutes. Press to drain.

Heat the oil in a large pot over medium heat, and saute TVP, onion, and garlic until onion is tender and TVP is evenly browned. Season with salt, pepper, 1/2 the chili powder, 1/2 the cumin, 1/2 the cayenne pepper, and cinnamon. Mix in honey, beans, tomatoes, green bell pepper, and carrots. Cook, stirring, occasionally, 45 minutes.

Season the chili with remaining chili powder, cumin, and cayenne pepper, and continue cooking 15 minutes. To serve, divide into bowls, garnish with green onions and cilantro, and top with dollops of sour cream.

Rigatoni

Ingredients

1 (8 ounce) package rigatoni pasta
2 (15 ounce) cans cannellini beans
4 tomatoes, chopped
8 ounces fresh mushrooms, sliced
1 clove garlic, minced
2 green onions, chopped
1/2 teaspoon dried basil
1 tablespoon olive oil
3/4 cup tomato juice
ground black pepper to taste
2 tablespoons grated Parmesan cheese

Directions

Cook rigatoni in boiling water until al dente. Drain, and set aside.

Drain and rinse cannellini beans; set aside.

In a large skillet, heat oil over medium heat. Saute mushrooms, garlic, and scallions with pepper and basil.

Add tomatoes, pasta, beans, and tomato juice to skillet. Bring skillet mixture to a boil. Reduce heat, and simmer for 15 minutes or until mixture is hot. Serve immediately. Top with grated parmesan cheese.

Ingredients

1/2 tablespoon extra virgin olive oil
1 cup fresh bean sprouts, rinsed and drained
1/4 cup chopped green onion
1/8 cup sliced fresh mushrooms
1/8 cup sliced black olives
1/8 cup sliced carrots
1/8 cup sliced celery
1/4 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup cooked black beans, rinsed and drained
4 whole wheat pita breads, cut into quarters
1/8 cup sunflower seeds
2 cups shredded Monterey Jack cheese
1/2 cup sour cream, for topping
1/4 cup chopped fresh chives

Directions

Heat olive oil in a large skillet over medium-high heat. Sauté bean sprouts, onions, mushrooms and olives until tender, about 3 minutes. Reduce heat to low, and add the carrots, celery, ginger, salt and pepper. Cook for a few more minutes to blend the flavors. The carrots and celery should remain crisp. Stir the black beans and sunflower seeds into the skillet, and cook just until heated through. Remove from heat.

Meanwhile, prop open each pita using a toothpick, place some of the shredded cheese inside, and heat in the microwave for about 30 seconds, or until cheese has melted. Set aside.

Spoon vegetable mixture into the pita triangles, and remove toothpicks. Garnish with sour cream and chives.

Easy Mexican Rice

Ingredients

1 1/2 cups uncooked brown rice
3 cups water
1 (1 ounce) package taco seasoning mix
1 (15.25 ounce) can kidney beans, drained
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes, drained
salt and pepper to taste
1/2 cup shredded lettuce

Directions

In a saucepan bring 3 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 45 minutes. Remove from heat and let stand for 15 minutes.

Stir in taco seasoning, kidney beans, tomato sauce, diced tomatoes, salt, pepper and lettuce.

Cook over medium heat until heated through.

Bean Relish

Ingredients

7 (16 ounce) cans kidney beans,
rinsed and drained
1/2 cup minced onion
1 clove garlic, minced
2 cups mayonnaise
2 cups sweet relish
1 teaspoon salt
1 dash white pepper
2 teaspoons dry mustard

Directions

In a medium bowl, stir together beans, onion, garlic, mayonnaise, and relish. Season with salt, white pepper, and mustard. Mix well, and refrigerate for several hours before serving.

Creole Vegetables

Ingredients

1/2 pound bacon
2 tablespoons bacon grease
1/2 cup finely chopped onion
1/2 cup finely chopped green bell pepper
2 cups chopped peeled tomatoes
2 cups chopped fresh green beans
3/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups fresh corn kernels, cut from the cob
3 tablespoons all-purpose flour
3 tablespoons water
1 cup evaporated milk

Directions

In a large skillet over medium heat, cook bacon until evenly brown. Set aside, reserving 2 tablespoons bacon fat. Saute onion and green pepper in bacon fat until tender. Stir in tomatoes, green beans, salt, and pepper. Cover, and simmer for 15 minutes. Stir in corn, cover, and continue cooking until vegetables are tender, about 20 minutes.

In a small bowl, mix together flour and water. Stir into vegetables, and cook until thickened, about 2 minutes. Remove from heat, and stir in evaporated milk. Crumble bacon over top. Serve immediately.

Hot Bean Soup

Ingredients

1 cup pinto beans, drained
2 cups garbanzo beans, drained
2 cups water
1 teaspoon chicken bouillon powder
1/4 teaspoon hot pepper sauce

Directions

Place pinto beans and garbanzo beans in a medium sized stock pot with water. Cook for 5 minutes over medium-high heat and then add chicken bouillon granules. Mix well and add hot pepper sauce.

Once heated through mash the beans and serve.

No Tomato Chili

Ingredients

2 1/2 pounds lean ground beef
salt to taste
1 medium onion, chopped
1 green bell pepper, seeded and chopped (optional)
3 cloves garlic, pressed
1/4 cup Worcestershire sauce
5 tablespoons chili powder
2 teaspoons ground cumin
2 teaspoons dried oregano
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can cannellini beans, rinsed and drained
2 (12 ounce) bottles chile sauce
1 (14 ounce) can beef broth
2 cups shredded Cheddar cheese
1/4 cup chopped jalapeno pepper (optional)

Directions

Crumble the ground beef into a soup pot over medium-high heat. Cook and stir until browned. Drain off the grease, and season with salt to taste. Add the onion, bell pepper, and garlic; cook and stir for about 3 minutes. Reduce the heat to medium, and season with Worcestershire sauce, chili powder, cumin and oregano. Cook and stir for another 5 minutes.

Reduce heat to low, and stir in the chili sauce, beef broth, kidney beans and cannellini beans. Cover, and simmer for about 35 minutes. Ladle into bowls to serve, and top with shredded Cheddar cheese and jalapeno.

Grandma Coffee's Beef Barley Vegetable Soup

Ingredients

1 pound beef stew meat, cut into bite-size pieces
6 cups water, plus more if desired
1 bay leaf
2 (14.5 ounce) cans canned diced tomatoes with their juice
4 carrots, cut into 1/4 inch rounds
4 stalks celery, cut into bite-size pieces
1 rutabaga, peeled and cut into bite-size pieces
1 large sweet onion, chopped
1/2 cup uncooked pearl barley
1 (10 ounce) package frozen white corn
1 (10 ounce) package frozen cut green beans
1 (10 ounce) package frozen baby lima beans (optional)
seasoned salt (such as Morton® Nature's Seasons® Seasoning Blend) to taste

Directions

Place the beef, water, and bay leaf in a large soup pot over medium heat, and cook until the beef is very tender, about 1 hour. Stir in the tomatoes, carrots, celery, rutabaga, onion, and pearl barley, and simmer until the vegetables are tender, about 30 minutes. Add the frozen white corn, green beans, and lima beans, season to taste, and simmer an additional 15 to 20 minutes, until the frozen vegetables are tender. Add more water if the soup is too thick.

Caribbean White Beans

Ingredients

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1/2 green bell pepper, chopped
- 1/2 cup water
- 1 (15.5 ounce) can small white beans
- 1 (6.5 ounce) can tomato sauce
- 1 1/2 teaspoons minced garlic
- 1 sprig cilantro, coarsely chopped
- 1/4 cup calabaza (pumpkin-like squash), peeled and medium diced
- 1 (.18 ounce) packet sazón with coriander and achiote
- 1 cube chicken with tomato flavored bouillon
- 1 pinch salt
- 1 pinch black pepper
- 1 pinch ground cumin

Directions

Heat olive oil in a large saucepan over medium-high heat. Stir in the onion and green pepper; cook until the onion begins to turn brown, about 5 minutes. Pour in the water, white beans, tomato sauce, garlic, cilantro, and calabaza. Season with the sazón packet, bouillon cube, salt, pepper, and cumin; stir well to combine.

Bring to a boil, then reduce heat to a simmer, cover, and cook until the calabaza has softened, about 20 minutes. Remove the cover, and continue cooking until the sauce has thickened, about 10 more minutes.

Jalapeno Hummus

Ingredients

1 cup garbanzo beans
1/3 cup canned jalapeno pepper
slices, juice reserved
3 tablespoons tahini
3 cloves garlic, minced
2 tablespoons lemon juice
1/2 teaspoon ground cumin
1/2 teaspoon curry powder
crushed red pepper to taste

Directions

In a blender or food processor, mix the garbanzo beans, jalapeno peppers and reserved juice, tahini, garlic, and lemon juice. Season with cumin, curry powder, and crushed red pepper. Blend until smooth.

Garlicky, Spicy and Sesamey Green Beans

Ingredients

1 pound fresh green beans,
trimmed
1 1/2 teaspoons sesame oil
1 teaspoon vegetable oil
2 cloves garlic, minced
1 teaspoon shallot, minced
kosher salt and ground black
pepper to taste
1/4 cup sesame seeds, toasted

Directions

Bring a large pot of water to a boil. Add the green beans, and cook for about 2 minutes. Drain, and immediately transfer to a bowl of ice water to stop the cooking. Drain again.

Heat the sesame oil and vegetable oil in a large skillet over medium-high heat. Add the green beans, and fry for 2 to 3 minutes, stirring constantly. Add the garlic, shallot, salt and pepper to the beans. Cook and stir for 1 minute. Mix in the sesame seeds, cook for 1 more minute, then serve.

Hamburger Stew

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (10.75 ounce) can condensed tomato soup
3 3/4 cups water
1 cup chopped onion
4 carrots, chopped
3 potatoes, peeled and cubed
1 stalk celery, chopped
1 (15 ounce) can pork and beans

Directions

In a large pot over medium high heat, saut E the ground beef. Add the taco seasoning, soup, water, onions, carrots, potatoes, celery and beans. Reduce heat to low. Cover and simmer about 30 minutes, or until the vegetables are tender.

Mom's Authentic Kosher Cholent Recipe

Ingredients

3 onions, quartered
4 tablespoons vegetable oil
4 pounds chuck roast, cut into large chunks
1 cup dry kidney beans
1 cup dried pinto beans
1 cup pearl barley
5 large potatoes, peeled and cut into thirds
boiling water to cover
2 (1 ounce) packages dry onion and mushroom soup mix
2 tablespoons garlic powder
salt and pepper to taste

Directions

In a large oven safe pot or roasting pan, saute onions in oil over medium heat.

Add meat, and brown well on all sides.

Mix in beans; stir continuously until the beans start to shrivel. Stir in the barley. Add potatoes, and add just enough boiling water to cover the meat and potatoes. Mix in dry soup mix and garlic. Season with salt and pepper. Bring to a boil, lower heat, and simmer partially covered for 20 minutes on stove top.

Preheat oven to 200 degrees F (95 degrees C).

Cover pot tightly, and place in preheated oven. Allow to cook overnight for at least 10 to 15 hours. Check periodically to make sure you have enough liquid to cover; add small amounts of water if needed. Do not stir; stirring will break up the chunks of potatoes.

Wagon Wheel Pasta Salad

Ingredients

3 cups uncooked wagon wheel pasta or elbow macaroni
1 (16 ounce) can kidney beans, rinsed and drained
1 cup cubed Cheddar cheese
1 cup halved cherry tomatoes
1 small green pepper, julienned
1 small sweet red pepper, julienned
1/2 cup thinly sliced green onions
2 cups mayonnaise
1 cup picante sauce
1 teaspoon salt
1 teaspoon ground cumin

Directions

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, beans, cheese, tomatoes, peppers and onions; mix well. Combine the mayonnaise, picante sauce, salt and cumin; pour over salad and toss to coat. Cover and refrigerate for 2 hours before serving.

Green Green Pasta

Ingredients

1 (8 ounce) package pappardelle pasta
2 tablespoons olive oil, divided
1 zucchini, halved and sliced
1 bunch thin asparagus, cut into 1 1/2-inch lengths
1 crown broccoli, cut into florets
8 ounces fresh green beans, cut into 1-inch lengths
2 green onions, thinly sliced
1 (15 ounce) can garbanzo beans, drained and rinsed
2 tablespoons reserved pasta water
1 tablespoon chopped fresh basil
salt and pepper to taste
1/4 cup crumbled feta cheese

Directions

Bring a large pot of lightly salted water to boil. Add pappardelle, and cook until al dente, 8 to 10 minutes. Drain, reserving some pasta water. Coat with 1 tablespoon olive oil; set aside.

Meanwhile, heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat. Add zucchini; cook and stir until zucchini begins to brown around the edges but is still firm. Stir in asparagus, broccoli, and green beans; continue to cook until vegetables turn bright green in color, about 3 minutes. Add green onions and garbanzo beans; cook and stir until vegetables are lightly browned around the edges.

Add reserved pasta water to vegetables. Cover skillet; reduce heat to low and simmer until garbanzos are heated through and vegetables are just tender. Stir vegetables and basil into pasta; season to taste with salt and pepper, and top with crumbled feta.

Orange Meringue Pie

Ingredients

1 (9 inch) unbaked pie crust
3/4 cup sugar
1/3 cup cornstarch
1 pinch salt
1 cup orange juice
1/2 cup lemon juice
1/4 cup water
4 eggs, separated
4 tablespoons butter or margarine,
cut into pieces
2 teaspoons grated orange zest
1/2 cup diced orange segments
1/2 cup white sugar
1/4 teaspoon cream of tartar

Directions

Preheat oven to 400 degrees F (205 degrees C). Line pastry with aluminum foil and a layer of pie weights or dried beans. Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights; bake about 5 minutes more.

In a small saucepan, stir together the 3/4 cup sugar, 1/3 cup cornstarch, and salt. Mix in the orange juice, lemon juice, and water. Whisk in the egg yolks. Cook over medium heat, stirring frequently, until thick and bubbly, about 5 minutes. Remove from heat, and stir in butter and orange zest. If desired; stir in diced orange segments. Pour into prepared pie crust, cover with plastic wrap, and set aside to cool.

When pie filling has cooled to room temperature, preheat oven and prepare meringue. Preheat oven to 350 degrees F (175 degrees C). In a large glass or metal bowl, beat egg whites until foamy. Gradually add 1/2 cup sugar and cream of tartar, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape. Spread over pie, making sure the meringue completely covers the filling and meets the edges of the pie crust.

Bake in preheated oven until meringue topping is golden brown, about 15 minutes.

Anika's Cheesy Green Bean Casserole

Ingredients

3 (15 ounce) cans French cut green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup
salt and pepper to taste
1 (5 ounce) jar bacon cheese spread
1 (6 ounce) can Cheddar-flavored French fried onions (such as French's®)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix the green beans and mushroom soup in a large bowl. Spoon into 9x13 inch baking dish; season with salt and pepper. Dollop the cheese spread on top of the beans in heaping tablespoons.

Bake in preheated oven for 30 minutes. Remove from oven; scatter fried onions over casserole. Bake until onions are golden brown, about 5 additional minutes.

Brown Beans

Ingredients

1 pound dried pinto beans
1/2 teaspoon salt
8 cups reduced-salt chicken broth
1 3/4 pounds ham hock
1/2 teaspoon black pepper
salt to taste

Directions

Pick over the beans, rinse them, and place them in a large bowl with 1/2 teaspoon of salt and enough water to cover by 3 or 4 inches. Allow the beans to soak overnight.

The next day, drain and rinse the beans, and place them in a large pot. Stir in the chicken broth, ham hock, black pepper, and salt. Bring to a boil over medium heat, and reduce the heat to a simmer.

Simmer the beans over low heat for 4 hours, adding water occasionally if needed to keep the soupy consistency. Remove the ham hock before serving.

Black Bean Lasagna II

Ingredients

9 lasagna noodles
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1/2 cup frozen corn kernels,
thawed
2 cloves garlic, chopped
1 (15 ounce) can black beans,
rinsed and drained
1 (16 ounce) can refried black
beans
2 3/4 cups canned tomato sauce
1/2 cup salsa
1/2 cup chopped fresh cilantro,
divided
1 1/2 cups cottage cheese
1 cup ricotta cheese
1/4 cup sour cream
8 ounces Monterey Jack cheese,
shredded
1/4 cup sliced ripe olives
8 sprigs fresh cilantro

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Coat a large skillet with non-stick cooking spray, and place over medium heat. Saute onion, red bell pepper, corn and garlic until tender. Stir in black beans, refried beans, tomato sauce, salsa and 1/4 cup cilantro. Cook until heated through and slightly thickened; set aside.

In a large bowl, combine cottage cheese, ricotta, sour cream, shredded Monterey Jack cheese and remaining 1/4 cup chopped cilantro; set aside.

Coat a 9x13 inch casserole dish with non-stick cooking spray. Arrange 3 of the cooked lasagna noodles in the bottom of the dish, cutting to fit if necessary. Spread with 1/3 of the bean mixture, then 1/3 of the cheese mixture. Repeat layers twice more.

Cover, and bake in preheated oven for 45 minutes. Garnish with sliced black olives and sprigs of cilantro.

Festive Bean Spread

Ingredients

- 1 (16 ounce) can refried beans
- 1 cup salsa
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1 pint sour cream
- 1 (1.25 ounce) package taco seasoning mix
- 1 bunch green onions, chopped
- 2 tomatoes, chopped
- 2 cups shredded Cheddar cheese
- 1 cup shredded Monterey Jack cheese

Directions

First (bottom) layer: mix together beans, salsa, cumin, and garlic powder, and spread on large, flat serving dish as a thin layer, maybe 1/2 inch thick.

Second (middle) layer: mix together sour cream and taco seasoning, and spread over bean layer.

Third (top) layer: sprinkle the cheese on first, then top with chopped tomatoes and green onions.

Cover with plastic wrap, and chill for about an hour. Serve cold with tortilla chips.

Hearty Vegetable Soup

Ingredients

3/4 cup chopped celery
3/4 cup chopped onion
1 cup chopped carrots
1 (14.5 ounce) can diced tomatoes, drained
3 cups tomato-vegetable juice cocktail
2 cups water
1 leek, chopped
1 potato, peeled and cubed
1 (15 ounce) can peas, drained
1 (15 ounce) can whole kernel corn, drained
2 (15 ounce) cans garbanzo beans, drained
1 cup long-grain white rice
1 tablespoon soy sauce
1/4 teaspoon dried thyme
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 teaspoon dried dill weed

Directions

In a large pot over high heat, combine the celery, onion, carrots, tomatoes, tomato-vegetable juice, water, leek, potato, peas, corn, beans, rice, soy sauce, thyme, ground black pepper, garlic powder and dill weed.

Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender.

Bean and Tomato Stew with Sage

Ingredients

3 tablespoons olive oil
4 cloves garlic, quartered
1/4 cup white wine
1 (14.5 ounce) can diced tomatoes in juice
2 tablespoons water
1/4 teaspoon ground black pepper
1 1/2 teaspoons ground sage
1/2 teaspoon dried thyme
1 bay leaf
1 (16 ounce) can cannellini beans
salt and pepper (optional)

Directions

Heat the olive oil in a large saucepan over medium heat. Add garlic, and saute until lightly browned. Pour in the white wine, and simmer for a minute. Pour in the tomatoes with juice and water, and season with pepper, sage, thyme, and the bay leaf. Bring to a boil, and let simmer for about 20 minutes.

Pour in the beans, and simmer for another 20 minutes or so, until the stew is thickened and flavors have blended. Remove the bay leaf, taste, and season with salt and pepper before serving.

Cookson Stew

Ingredients

1 pound ground pork sausage
1 (16 ounce) can pinto beans
1 (4 ounce) can sliced jalapeno peppers
1 (15 ounce) can kidney beans
1 (14.5 ounce) can yellow wax beans
1 (16 ounce) can baked beans with pork
1 (18 ounce) bottle barbeque sauce
1 (28 ounce) can peeled and diced tomatoes
1 (6 ounce) can tomato paste
1/2 cup brown sugar

Directions

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Preheat oven to 350 degrees F (175 degrees C).

In a large oven proof pot or Dutch oven, combine cooked sausage, pinto beans, peppers, kidney beans, wax beans, baked beans, barbeque sauce, chopped tomatoes, tomato paste and brown sugar. Note that all of the juice from the cans is added as well.

Bake in preheated oven for 60 minutes.

Booyah Chicken

Ingredients

1 (4 pound) whole chicken, cut into pieces
2 1/2 pounds cubed beef stew meat
1 1/2 pounds pork shoulder roast
7 cups water
3 cups chicken broth
3 cloves garlic, whole
2 bay leaves
water to cover
1 tablespoon vegetable oil
2 cups diced onion
2 cups diced carrots
2 stalks celery, diced
1 clove garlic, minced
6 potatoes, unpeeled and diced
1 1/2 cups fresh green beans, cut into 1 inch pieces
1 (14.5 ounce) can whole peeled tomatoes, drained
1 1/2 teaspoons salt
1 teaspoon dried rosemary
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/2 cup frozen green peas
1 1/2 teaspoons grated lemon zest
1/2 teaspoon crushed red pepper
1/2 cup chopped fresh parsley, for garnish

Directions

Combine the chicken, beef, pork, water and broth in a large pot and bring to a boil. Add whole cloves of garlic and bay leaves, then reduce heat to low, cover and simmer for 2 hours.

Remove chicken, beef and pork. Strip meats from bones and cut into bite size pieces. Strain stock in pot and add water to yield 8 cups of stock. Return meats to broth.

Heat oil in a medium skillet and saute the onion, carrot, celery and minced garlic for about 5 minutes. Add saute mixture to pot along with the potatoes, beans, tomatoes, salt, rosemary, pepper and thyme. Bring to a boil, reduce heat to low and simmer uncovered for about 10 minutes. Stir in the peas, lemon zest and red pepper. Heat through and serve garnished with parsley.

Red Zone Chili

Ingredients

1 (12 ounce) package Hebrew National[®] Beef Franks, sliced
1/2 pound ground sirloin beef, uncooked
1 (28 ounce) can Hunt's[®] Petite Diced Tomatoes, undrained
1 (15 ounce) can Ranch Style[®] Black Beans
1 (15 ounce) can Ranch Style[®] Pinto Beans
1 (8 ounce) can Hunt's[®] Tomato Sauce-No Salt Added
1 cup finely chopped onion
1 cup finely chopped poblano chile with seeds
2 tablespoons finely chopped jalapeno chile with seeds
2 tablespoons Gebhardt[®] Chili Powder
1 tablespoon ancho chile powder
1 tablespoon brown sugar
1 tablespoon minced garlic
2 teaspoons ground cumin

Directions

Place all ingredients in 4-quart slow cooker; stir to combine thoroughly.

Cook on LOW setting 6-1/2 hours or until vegetables are tender.

Hearty Red Beans and Rice

Ingredients

3 celery ribs, chopped
1 medium onion, chopped
6 green onions, thinly sliced
2 garlic cloves, minced
1 3/4 cups water
1 (15 ounce) can light red kidney beans, rinsed and drained
1 (16 ounce) can dark red kidney beans, drained and rinsed
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper
1/4 teaspoon pepper
1/4 pound fully cooked smoked turkey sausage, halved and cut into 1/2 inch pieces
4 cups hot cooked rice

Directions

In a large skillet that has been coated with nonstick cooking spray, saute celery, onions and garlic until tender. Add water, beans, oregano, thyme, red pepper flakes and pepper. Bring to a boil; reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.

Remove about 1-1/2 cups of bean mixture and mash with a fork. Return to skillet. Add sausage; bring to a boil. boil for 5 minutes or until bean mixture reaches desired thickness. Serve over rice.

Old-Fashioned Green Beans

Ingredients

6 slices bacon, cut into 1/2 inch pieces
2 pounds fresh green beans
3 tablespoons brown sugar
1/2 cup water

Directions

In a large skillet, cook bacon over medium heat until crisp, about 5 minutes. Add beans, brown sugar and water. Stir gently; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until beans are crisp-tender. Remove to a serving bowl with a slotted spoon.

Quick Chicken Cassoulet with Artichoke and

Ingredients

1 tablespoon olive oil
1 pound skinless, boneless
chicken breast meat - cut into
bite-size pieces
3 cloves crushed garlic
3/4 cup white wine
3/4 cup chicken stock
3 (16 ounce) cans great Northern
beans, drained
1 (14 ounce) bag baby spinach
1 (14 ounce) can artichoke hearts
in water, drained and quartered
1 (8 ounce) can whole black
olives, drained
1 tablespoon chopped fresh
tarragon
1 sprig fresh rosemary
ground black pepper to taste

Directions

Heat the oil in a large pot over medium-high heat. Stir in the chicken breast, and cook 3 minutes, stirring occasionally. Add the garlic, and continue cooking until the chicken has turned golden brown on all sides. Pour in the white wine, and simmer for 1 minute, then stir in the chicken stock, great Northern beans, spinach, artichokes, olive, tarragon, and the whole rosemary sprig. Season with ground black pepper.

Bring the mixture to a simmer, then reduce heat to medium-low, cover, and simmer 30 minutes, stirring occasionally. Remove the rosemary sprig before serving.

Hamburger Minestrone

Ingredients

1 pound lean ground beef
1/2 cup chopped onion
1 garlic clove, minced
6 cups water
1 (28 ounce) can diced tomatoes, undrained
1 1/2 cups sliced zucchini
1 (16 ounce) can kidney beans, rinsed and drained
1 1/2 cups frozen whole-kernel corn, thawed
1 cup shredded cabbage
1 celery rib with leaves, chopped
2 teaspoons beef bouillon granules
2 teaspoons Italian seasoning
3/4 teaspoon salt
1/2 cup uncooked elbow macaroni

Directions

In a Dutch oven, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Add the water, tomatoes, zucchini, beans, corn, cabbage, celery, bouillon, Italian seasoning and salt; bring to a boil. Add macaroni. Reduce heat; cover and simmer for 15 minutes or until macaroni is tender.

Chili With Pulled Beef & Pork for a Crowd

Ingredients

2 (2 pound) flat, boneless beef chuck roasts, patted dry
8 country-style pork ribs, patted dry
1/2 cup vegetable oil or other flavorless oil
Salt and freshly ground black pepper
2 tablespoons ground cumin
1 cup mild chili powder
4 teaspoons dried oregano
4 teaspoons ground cumin
4 large onions, diced
2 (28 ounce) cans crushed tomatoes
1 (16 ounce) can crushed tomatoes
12 garlic cloves, minced
2 ounces bittersweet chocolate, coarsely chopped
4 (15.5 ounce) cans pinto or kidney beans, rinsed (optional)

Directions

Adjust oven rack to middle position; heat oven to 450 degrees. Set a large, heavy-duty roasting pan over 2 burners on medium heat.

Pour 2 Tbs. oil into a medium bowl. Add half the meat; coat. Generously sprinkle with salt, pepper, and 1 Tb. cumin. Repeat entire process with rest of meat.

Increase heat under roasting pan to medium-high. Add half the meat; cook until a solid brown crust forms on one side, 4 to 5 minutes. Turn over; cook until a crust again forms, 4 to 5 minutes. Transfer meat to a soup pot. Brown remaining meat; add to soup pot. Set roasting pan aside. Add 2 1/2 cups water to the soup pot and cover with heavy-duty foil, pressing down so foil is concave and touches the meat. Seal foil around the top of the pot so it is airtight; place lid on pot. Heat until you hear pan juices bubble. Set pot in oven. Cook, without checking, 90 minutes (meat should be very tender). Carefully remove from oven and let cool. Shred pork and beef into bite-size pieces, discarding pork bones. Measure meat juices, then add enough water to equal 12 cups.

Meanwhile, in a medium skillet over low heat, slow-toast chili powder, oregano and remaining 4 teaspoons cumin, stirring constantly, until spices are fragrant and darker in color; be careful not to burn. Set roasting pan over two burners on medium-high heat; add remaining 1/4 cup oil. Add onions; saute until soft, 7 to 8 minutes. Add spices, tomatoes, meat and juices. Simmer until flavors are unified, 1 to 1 1/2 hours. Add garlic, chocolate and optional beans; simmer 5 minutes. Serve.

Black-Eyed Pea Salsa

Ingredients

1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can white corn, drained
1 1/3 cups medium salsa
3/4 cup chopped green pepper
1/2 cup chopped green onions
1 (2.25 ounce) can chopped ripe olives, drained
1 jalapeno pepper, seeded and chopped*
1 envelope Italian salad dressing mix
1 teaspoon ground cumin
1 teaspoon garlic powder
Tortilla chips

Directions

In a bowl, combine the first 12 ingredients. Serve with tortilla chips.

Cowboy Tacos

Ingredients

1 pound cubed or minced pork
stew meat
1 (1.25 ounce) package taco
seasoning mix
1 tablespoon vegetable oil
1 cup chunky salsa
1 (16 ounce) can chili beans,
undrained
1/3 cup apricot preserves
12 taco shells
1 (10 ounce) can sliced ripe olives,
for topping

Directions

In a large resealable bag, toss pork meat with the taco seasoning mix until coated. Heat oil in a skillet over medium-high heat. Fry the seasoned pork in the hot oil, stirring occasionally until pork is no longer pink.

Stir the beans, salsa and apricot preserves into the skillet with the pork. Reduce heat to low, and simmer until heated through, about 10 minutes.

Spoon 1/3 cup of the pork mixture into each taco shell, and top with sliced olives.

Mexican Bean Stew

Ingredients

1 cup dried pinto beans
1 cup dry black beans
1 cup dry garbanzo beans
1 tablespoon olive oil
1 onion, diced
4 cloves garlic, crushed
1 teaspoon ground cumin
1 (14.5 ounce) can crushed tomatoes
2 cups fresh corn kernels
1/2 teaspoon ground cinnamon
salt and pepper to taste
cayenne pepper to taste

Directions

Rinse and sort pinto beans, black beans and garbanzo beans. Place in a large bowl and cover with water. Soak overnight.

Drain beans and place in a large pot; cover with water. Bring to a boil and cook for 1 hour, or until beans are tender. It may be necessary to add more water during cooking to prevent drying out or scorching.

Heat oil in a small saucepan over medium-high heat. Saute onion and garlic until onion is transparent. Stir in cumin. To the beans add the onions, garlic and crushed tomatoes. Simmer for 20 minutes. Stir in corn and cinnamon; cook 15 minutes more. Season with salt, pepper and cayenne to taste before serving.

Curried Mustard Greens with Kidney Beans

Ingredients

1 bunch mustard greens
1 tablespoon ghee (clarified butter)
2 medium shallots, chopped
1 tablespoon minced fresh ginger root
1 pinch red pepper flakes
1 (15 ounce) can kidney beans, drained and rinsed
1 (15 ounce) can tomato sauce
2 teaspoons curry powder
1/2 cup half and half

Directions

Bring a large pot of lightly salted water to a boil. Place greens in the pot, cover, and cook 7 minutes, or just until tender. Drain, and rinse under cold water.

Heat the ghee in a skillet over medium-high heat, and cook the shallots until lightly brown. Stir in ginger, and season with red pepper. Mix in greens, kidney beans, tomato sauce, and curry powder. Stir in the half and half, and continue cooking until heated through.

New Year's Day Soup

Ingredients

1 pound dry black-eyed peas
3 (10.5 ounce) cans beef broth
1 (1 ounce) package dry onion soup mix
1 pound smoked sausage, sliced
1 cup uncooked long grain white rice
1 (4 ounce) can diced green chilies, drained
ground black pepper to taste

Directions

In a large saucepan with enough water to cover, soak the black-eyed peas 8 hours, or overnight.

Drain and rinse the soaked black-eyed peas, and return to the saucepan. Mix in the beef broth, dry onion soup mix, sausage, rice, and green chilies. Season with pepper. Bring to a boil, reduce heat, and simmer 1 hour and 30 minutes, or until the beans are tender. Add water as necessary to keep the ingredients covered with liquid.

Lots-A-Veggies Stew

Ingredients

- 1 pound ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 (16 ounce) can baked beans, undrained
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can butter beans, rinsed and drained
- 1 (14.5 ounce) can beef broth
- 1 (11 ounce) can whole kernel corn, undrained
- 1 (10.5 ounce) can condensed vegetable soup, undiluted
- 1 (6 ounce) can tomato paste
- 1 medium green pepper, diced
- 1 cup sliced carrots
- 1 cup sliced celery
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon pepper

Directions

In a skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Add the remaining ingredients and mix well. Cover and cook on low for 5 hours or until vegetables are tender.

Corn Chili

Ingredients

2 tablespoons vegetable oil
1 onion, diced
1 teaspoon ground cayenne pepper
2 teaspoons dried oregano
1 pound frozen corn kernels
2 (14.5 ounce) cans Mexican-style stewed tomatoes
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can kidney beans, drained
2 teaspoons chicken bouillon granules
1 cup water
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 1/2 cups tomato sauce
2 tablespoons tomato paste

Directions

In a large pot, cook onion in oil over medium heat 1 minute. Stir in cayenne and oregano and cook 1 minute more. Stir in corn, tomatoes, pinto beans, kidney beans, chicken bouillon granules, water, salt, pepper, tomato sauce and tomato paste. Cook, uncovered, until heated through and slightly thickened, 10 to 15 minutes.

Favorite Green Bean Casserole

Ingredients

2 (16 ounce) packages frozen cut green beans
1 cup water
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup milk
1 (4 ounce) jar diced pimento peppers, drained
1/8 teaspoon ground black pepper
1 (2.8 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan over medium heat, place the green beans in water, and bring to a boil. Cover, and cook 6 minutes, until tender. Remove from heat, and drain.

In an 8x8 inch baking dish, mix together the cream of mushroom soup, milk, pimentos, and pepper. Stir in the green beans. Sprinkle with French-fried onions.

Bake, uncovered, 30 to 40 minutes in the preheated oven, until the casserole is hot and bubbly in the center.

Squash and Coconut Milk Stew

Ingredients

1 tablespoon butter
1 (1 inch) piece fresh ginger, minced
1 clove garlic, minced
1 small onion, chopped
1 acorn squash, peeled and cut into 1-inch cubes
1 (14 ounce) can coconut milk
8 ounces green beans, cut into 3-inch pieces
8 ounces cooked shrimp, peeled and deveined
1 (14 ounce) package extra-firm tofu, cut into 1/2-inch cubes
Salt and pepper to taste
2 tablespoons white sugar

Directions

Melt butter in a large skillet over medium heat. Add ginger, garlic, and onion. Cook until garlic begins to brown, about 5 min.

Add squash, coconut milk, and green beans to skillet. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer for 30 minutes until squash is tender, stirring occasionally. Stir in shrimp and tofu, then season to taste with salt, pepper, and sugar.

Easy Curried Cauliflower

Ingredients

3 cups grated cauliflower
3 tablespoons vegetable oil
1/2 large onion, diced
2 cloves garlic
1 teaspoon cumin seeds
1 tomato, diced
1/2 teaspoon cayenne pepper
1 teaspoon salt, or to taste
1 teaspoon ground dried turmeric
2 teaspoons ground coriander seed
1 (12 ounce) can kidney beans, drained and rinsed
2 teaspoons garam masala

Directions

Heat the vegetable oil in a large skillet over medium heat. Stir in the onion, garlic, and cumin seeds. Cook and stir until the onion has turned golden brown; about 10 minutes.

Stir in the diced tomato, cayenne pepper, salt, turmeric, and coriander. Continue cooking 2 more minutes, then stir in the cauliflower, and reduce heat to medium-low. Cook until the cauliflower is tender, about 10 minutes, stirring occasionally. Add the kidney beans; cook and stir until heated through. Sprinkle with garam masala to serve.

Southwest-Style Egg Rolls

Ingredients

1/4 cup olive oil
1/4 cup chopped green onion
8 cups fresh baby spinach
1 cup frozen corn
1 (15 ounce) can black beans,
drained
1 tablespoon fresh lime juice
1/2 teaspoon salt
1 teaspoon ground cumin
6 ounces Monterey Jack cheese,
shredded
1 (14 ounce) package egg roll
wrappers
vegetable oil for frying

Directions

Heat olive oil in a skillet over medium heat. Stir in onions, and cook until tender. Stir in spinach, corn, black beans, and lime juice. Season with salt and cumin. Remove from heat, and stir in cheese.

Place 1/4 cup of filling in the center of each egg roll wrapper. Fold in the sides, and roll egg rolls; dampen the edges with a small amount of water to seal.

In a large heavy skillet, heat enough vegetable oil to cover egg rolls over medium-high heat. Working in batches, carefully place egg rolls in hot oil, and cook until golden brown. Remove to paper towels.

Homemade Vanilla

Ingredients

1 (750 milliliter) bottle vodka
2 vanilla beans

Directions

Submerge vanilla beans in vodka and store in a cool, dark place for several weeks, shaking occasionally.

Michelle's Blonde Chicken Chili

Ingredients

1 tablespoon vegetable oil
3 pounds skinless, boneless
chicken breast meat - cubed
1 cup chopped onion
2 cups chicken broth
2 (4 ounce) cans chopped green
chile peppers
5 (14.5 ounce) cans great
Northern beans, undrained
1 tablespoon garlic powder
1 tablespoon ground cumin
1 tablespoon dried oregano
2 teaspoons chopped fresh
cilantro
1 teaspoon crushed red pepper

Directions

In a large skillet over medium-high heat, place the vegetable oil and chicken. Cook the chicken, stirring occasionally, until all pieces are evenly brown. Stir in the onions. Cook until translucent. Drain mixture and set aside.

In a large saucepan over medium heat, bring the chicken broth and green chile peppers to a boil. Stir in 3 cans great northern beans, garlic powder, cumin, oregano, cilantro and crushed red pepper. Stir in the chicken and onion mixture, and reduce heat. Simmer 30 minutes or longer, adding additional beans from the remaining cans for a thicker consistency as desired.

Garden Fresh Salad

Ingredients

1 pound new red potatoes,
scrubbed and halved
1 pound new white potatoes,
scrubbed and halved
1/2 pound fresh green beans,
trimmed and snapped
1/2 pound fresh wax beans,
trimmed and snapped
1/2 cup mayonnaise
2 teaspoons Dijon mustard
2 stalks celery, chopped
1/3 cup chopped fresh dill
salt and pepper to taste

Directions

Place the potatoes into a large pot with enough water to cover. Bring to a boil, and cook until potatoes are tender, about 10 minutes. Add the green beans and wax beans during the last 2 minutes to blanch them. Drain, and rinse under cold water to stop the cooking. Cool before adding to the dressing.

In a large bowl, mix together the mayonnaise, mustard, celery, dill, salt, and pepper. Add the cooled potatoes and beans, and stir to coat. Refrigerate until ready to serve.

Green Beans and Pears with Bacon

Ingredients

1/2 pound thick sliced bacon, cut into 1 inch pieces
1 pound fresh green beans, trimmed and cut into 1 1/2-inch pieces
3 Bosc pears, cored and cut into quarters
1 quart water
salt and pepper to taste

Directions

Cook the bacon in a large, deep skillet over medium-high heat, stirring occasionally, until partially cooked but not brown, 5 to 6 minutes; drain on paper towels.

Combine the drained bacon, green beans, and pears in a large saucepan; pour enough water over the mixture to cover. Bring to a boil; reduce the heat to low and simmer until cooked and tender, about 30 minutes.

Remove from the pan to a serving dish with a slotted spoon, draining excess water. Season with salt and pepper to serve.

White Bean Chicken Chili

Ingredients

2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced

1 (14.5 ounce) can chicken broth
1 (18.75 ounce) can tomatillos,
drained and chopped
1 (16 ounce) can diced tomatoes
1 (7 ounce) can diced green chiles
1/2 teaspoon dried oregano
1/2 teaspoon ground coriander
seed
1/4 teaspoon ground cumin
2 ears fresh corn
1 pound diced, cooked chicken
meat
1 (15 ounce) can white beans
1 pinch salt and black pepper to
taste

Directions

Heat oil, and cook onion and garlic until soft.

Stir in broth, tomatillos, tomatoes, chilies, and spices. Bring to a boil, then simmer for 10 minutes.

Add corn, chicken, and beans; simmer 5 minutes. Season with salt and pepper to taste.

Nona's Tableside Homemade Soft Tofu

Ingredients

1 1/4 cups dried soybeans
14 fluid ounces water
1 1/2 teaspoons liquid nigari

Directions

Soak the dry beans in water for at least 12 hours Drain the beans. You want to end up with 14 ounces of soaked beans.

Place a colander inside a larger bowl. Line the colander with a few layers of cheesecloth or a cotton towel. Use a blender to blend the beans with 14 fluid ounces of water. Pour into a nonstick saucepan and bring to a boil. Stir frequently. As soon as it comes to a boil, reduce the heat to low; simmer and stir for about 3 minutes.

Pour the soybean mixture into the lined colander. Gather the edges and twist the solids in a ball to wring out all of the liquid. I use a can to help press out all of the soy milk. You will need 3 cups of the soy milk, (24 fluid ounces). If you don't have enough, pour some more hot water over the soybean solids (okara) until you have enough.

Pour the soymilk into a saucepan. Heat to 170 to 175 degrees F (75 to 80 degrees C).

At the table, have a container ready that is about 4 inches deep and 4 to 6 inches across to make the tofu in. You can use any container that is big enough to hold the milk, but if it is too big, it will be more difficult to form the tofu.

Measure the nigari into the container at the table first. Pour the hot soy milk into the container. No stirring is necessary as the act of pouring the liquid in stirs it enough to form the tofu. Wait for 3 to 5 minutes for the tofu to form. You can serve immediately, or refrigerate for later use.

Pumpkin, Kale, and Black Bean Stew

Ingredients

2 tablespoons extra-virgin olive oil
2 yellow onions, diced
5 cloves garlic, minced
1 small sugar pumpkin, peeled, seeded, cut into 1/2-inch dice
4 cups beef broth
1 (16 ounce) can diced tomatoes, undrained
1/2 teaspoon salt
1 teaspoon ground black pepper
1 bunch lacinato kale, stems removed, chopped
1 pound cubed cooked ham
1 (15 ounce) can black beans, rinsed and drained
2 tablespoons sherry vinegar
1 tablespoon thinly sliced sorrel

Directions

Heat olive oil over medium heat in a soup pot. Cook onion until it begins to soften, about 5 minutes. Add garlic and diced pumpkin and cook for another 5 minutes. Stir in the beef broth, tomatoes, salt and pepper. Bring to a boil, then turn heat to low and simmer until vegetables are tender, about 15 minutes.

While soup is simmering, bring a pot of salted water to a boil. Add the kale and simmer until softened, about 3 minutes. Drain into a colander.

After soup has cooked for 15 minutes, add the kale, ham, and black beans; simmer for another 5 minutes. Stir in the sherry vinegar and sorrel; remove pot from the heat.

Adzuki Bean Mango Stir Fry with Cilantro Lime

Ingredients

Sauce:

- 1 cup light coconut milk
- 1/2 cup chopped fresh cilantro
- 1 lime, juiced
- 1 inch piece fresh ginger root, minced
- 1 clove garlic, minced
- 1 tablespoon agave nectar

Stir Fry:

- 1 tablespoon peanut oil
- 1 red onion, cut into 1 inch long strips
- 1 green bell pepper, cut into 1 inch long strips
- 1/2 cup thinly sliced carrot
- 1 cup canned adzuki beans, drained
- 2 small mangos - peeled and cut into strips

Directions

To make the sauce, blend the coconut milk, cilantro, lime juice, ginger, garlic, and agave nectar in a blender until smooth; set aside.

Heat the peanut oil in a wok or large skillet over medium-high heat. Cook the onion, bell pepper, and carrot in the hot oil until the carrot is tender, about 10 minutes. Add the adzuki beans and mango; cook and stir until the mango is hot. Pour the sauce overtop to serve.

Zesty Bean Dip

Ingredients

1 (16 ounce) can refried beans
1 (1.25 ounce) package taco seasoning mix
1 tomato, chopped
1 cup shredded Cheddar cheese

Directions

In a medium saucepan over medium heat, mix refried beans, taco seasoning mix and tomato. Allow the mixture to simmer approximately 20 minutes, stirring occasionally.

Spoon the mixture into a medium serving bowl. Top with Cheddar cheese and serve warm.

Beans and Rice

Ingredients

1 1/2 cups uncooked long grain white rice
3 cups water
1 pound ground beef
1 medium onion, chopped
1 (14 ounce) can refried beans
1 (4.5 ounce) can chopped green chiles, drained
1/2 cup water
1 tablespoon prepared yellow mustard
1 teaspoon soy sauce
1 teaspoon Worcestershire sauce
1 teaspoon hot sauce
1 1/2 tablespoons ground cumin
1 tablespoon seasoned salt
1/4 teaspoon salt

Directions

Bring the rice and 3 cups water to a boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.

Place the ground beef in a large skillet over medium heat, and cook until evenly brown. Drain grease. Mix in onion, refried beans, and green chiles. Stir in water, mustard, soy sauce, Worcestershire sauce, and hot sauce. Season with cumin, seasoned salt, and salt. Reduce heat to low, and cook 25 minutes, stirring often. Serve over rice.

Taco Soup II

Ingredients

2 pounds lean ground beef
1 onion, chopped
1 (4 ounce) can diced green chiles
1 teaspoon salt
1 teaspoon ground black pepper
1 (15 ounce) can pinto beans,
drained
1 (15 ounce) can lima beans,
drained
1 (1.25 ounce) package taco
seasoning mix
1 1/2 cups water
1 (1 ounce) package ranch
dressing mix
1 (15 ounce) can white hominy,
drained
1 (14.5 ounce) can stewed
tomatoes
1 (15 ounce) can kidney beans,
drained and rinsed

Directions

In a large Dutch oven, brown the beef and chopped onion over medium heat. Drain off any fat.

Add chilies, salt and pepper, beans, water, seasoning mixes, hominy, and stewed tomatoes to the beef and onion. Bring to a boil. Reduce heat, and simmer for 30 minutes.

Top with shredded cheese, and serve with chips.

New England Bean Dip

Ingredients

2 cups canned kidney beans,
drained
1 small onion, minced
1/2 cup mayonnaise
1/2 cup sweet pickle relish
1 pinch dry mustard
1 dash Worcestershire sauce
1/2 teaspoon white horseradish
1/8 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black
pepper

Directions

Rinse the kidney beans, and set aside to drain. In a medium bowl, stir together the onion, mayonnaise, relish, dry mustard, Worcestershire sauce, horseradish, garlic powder, salt and pepper. Gently mix in kidney beans until coated with dressing. Refrigerate until serving.

Echo Valley Bean Soup

Ingredients

10 bacon strips, diced
1 medium onion, diced
2 garlic cloves, minced
1 (14.5 ounce) can stewed tomatoes
2 (15 ounce) cans pork and beans
2 (14.5 ounce) cans beef broth

Directions

In a saucepan, cook bacon until crisp. Set bacon aside; drain, reserving 1-2 tablespoons drippings. In the drippings, saute the onion and garlic until tender.

Meanwhile, in a blender or food processor, process tomatoes until smooth. Add to the onion mixture. Stir in pork and beans and broth. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through. Stir in bacon.

Chili Beef Bake

Ingredients

2 pounds ground beef
1 medium onion, chopped
1 garlic clove, minced
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon pepper
12 (6 inch) flour tortillas
2 (15 ounce) cans pinto beans,
drained and rinsed
6 slices process American cheese
2 (10.75 ounce) cans condensed
cream of chicken soup, undiluted
1 (10 ounce) can diced tomatoes
and green chilies, undrained

Directions

In a skillet, brown beef; drain. Add onion and garlic; cook until tender. Remove from the heat; add chili powder, salt and pepper. Place six tortillas in a greased 13-in.x 9-in.x 2-in. baking dish, overlapping slightly. top with half of the meat mixture. Layer with beans, remaining meat mixture, cheese and remaining tortillas. Combine soup and tomatoes; pour over tortillas (dish will be full). Bake, uncovered, at 350 degrees F for 30 minutes or until bubbly and heated through.

Picnic Bean Casserole

Ingredients

2 (15 ounce) cans pork and beans
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can lima or butter
beans, rinsed and drained
1 medium onion, chopped
1/2 cup packed brown sugar
1/2 cup ketchup
4 bacon strips, cooked and
crumbled

Directions

In a large bowl, combine the beans, onion, brown sugar and ketchup. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with bacon. Cover and bake at 350 degrees F for 1 hour. Uncover; bake 30 minutes longer.

Buffy's Refried Beans

Ingredients

1/2 cup lard
3 (15 ounce) cans pinto beans,
rinsed and drained
salt to taste
1 cup water

Directions

Melt the lard in a deep, heavy pot over medium-high heat; when the lard is hot, add the beans. Stir constantly while cooking until the beans reach a paste-like consistency. Season with salt. Reduce heat to low and stir in the water. Simmer and stir until the beans cook down to your desired consistency.

Easy Masoor Daal

Ingredients

1 cup red lentils
1 slice ginger, 1 inch piece, peeled
1/4 teaspoon ground turmeric
1 teaspoon salt
1/2 teaspoon cayenne pepper, or
to taste
4 teaspoons vegetable oil
4 teaspoons dried minced onion
1 teaspoon cumin seeds

Directions

Rinse lentils thoroughly and place in a medium saucepan along with ginger, turmeric, salt and cayenne pepper. Cover with about 1 inch of water and bring to a boil. Skim off any foam that forms on top of the lentils. Reduce heat and simmer, stirring occasionally, until beans are tender and soupy.

Meanwhile, in a microwave safe dish combine oil, dried onion and cumin seeds. Microwave on high for 45 seconds to 1 minute; be sure to brown, but not burn, onions. Stir into lentil mixture.

Two by Four Stew

Ingredients

2 pounds ground beef
2 (14.5 ounce) cans diced tomatoes
2 (15 ounce) cans ranch-style beans
2 (19 ounce) cans minestrone soup

Directions

Place beef in a large saucepan over medium-high heat. Cook, stirring occasionally until evenly brown and crumbled. Drain excess grease. Reduce heat to medium, and stir in the diced tomatoes, ranch-style beans and minestrone soup. Stir occasionally until heated through.

Turkey Garbanzo Bean and Kale Soup with Pasta

Ingredients

16 ounces whole-wheat pasta shells
1 tablespoon extra-virgin olive oil
1 pound ground turkey
1 cup chopped onion
3 cloves garlic, minced
2 tablespoons chopped fresh sage
2 tablespoons chopped fresh rosemary
3 (14 ounce) cans chicken broth
3/4 cup water
1 (15 ounce) can garbanzo beans, drained and rinsed
1/3 cup tomato paste
2 cups roughly chopped kale
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Stir in the pasta, and return to a boil. Boil, stirring occasionally, until cooked through but still firm to the bite, about 12-15 minutes. Drain well.

Heat olive oil in a large soup pot; add turkey, onion, and garlic. Cook over medium heat until meat browns and onion is soft, about 5 minutes. Stir in sage and rosemary and cook for about 1 minute, do not allow herbs to brown. Pour the broth and water into the pot along with the garbanzo beans and tomato paste. Bring to a boil and add kale. Simmer until kale softens, about 5 minutes. Season soup with salt and pepper.

To serve, place a serving of cooked pasta in the bottom of a soup bowl and ladle hot soup over.

Pistou Soup

Ingredients

3 quarts vegetable broth
2 cups water
2 cups fresh green beans - rinsed, trimmed, and snapped into bite-size pieces
4 zucchini, cut into small cubes
3 carrots, cut into bite size pieces
4 potatoes, cut into bite sized pieces

1 bunch basil, leaves picked from stems
10 cloves garlic, minced
3 tomatoes, chopped
1/2 cup olive oil
1 teaspoon salt

1 (15 ounce) can kidney beans, drained and rinsed
1 (15.5 ounce) can white beans, drained and rinsed
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) package spaghetti, broken into 2-inch pieces

1/2 cup shredded Gruyere cheese
1/2 cup grated Parmesan cheese

Directions

Bring the vegetable broth and water to a boil in a large pot. Stir in the green beans, zucchini, carrots, and potatoes. Return to a boil, reduce heat to medium-low, and simmer 45 minutes.

Meanwhile, prepare the pistou by processing the basil leaves, garlic, tomatoes, olive oil, and salt together in a food processor until finely chopped; set aside.

Stir the kidney beans, white beans, canned diced tomatoes, and spaghetti into the soup and return to a simmer. Cook until the spaghetti is tender, about 10 minutes. Remove the soup from the heat and stir in the pistou. Sprinkle with Gruyere cheese and Parmesan cheese to serve.

Monica's He-Man Chili

Ingredients

1/2 pound bacon
1 pound kielbasa sausage, cut into 1 inch pieces
1 pound ground beef
1 large onion, chopped
1 green bell pepper, chopped
1 tablespoon chopped jalapeno pepper
1 cup Merlot wine
2 (28 ounce) cans whole peeled tomatoes, mashed, liquid reserved
2 tablespoons chili powder, or to taste
2 (15.5 ounce) cans pinto beans, drained (optional)

Directions

In a skillet over medium-high heat, cook the bacon until evenly brown and crisp. Reserve juices in skillet, and set bacon aside. Brown the sausage in the bacon juices. Set aside. Cook the ground beef in the skillet until evenly brown. Set aside. Saute the onion and green pepper in the skillet juices until tender.

In a large pot over medium heat, mix the bacon, sausage, beef, onion, green pepper, and jalapeno pepper. Pour in the wine and tomatoes, and season with chili powder. Cook 20 minutes, stirring often. Mix in the beans, and continue to cook and stir 25 minutes.

Microwave Tater-Tot Casserole

Ingredients

1 (32 ounce) package frozen potato rounds
1 (10.75 ounce) can condensed cream of chicken soup with herbs
8 ounces shredded Cheddar cheese
2 tablespoons sour cream
1 (15 ounce) can green beans, drained
8 slices ham, chopped
salt and pepper to taste (optional)

Directions

Pour the potato rounds into a 9x13 inch glass baking dish. Heat in the microwave for about 2 minutes to thaw. The potato rounds should be cold, but not frozen.

In a medium bowl, stir together the cream of chicken soup, Cheddar cheese, and sour cream. Stir in the green beans and ham. Stir this mixture into the potato rounds until evenly blended.

Return to the microwave, and cook on high power for 5 minutes, or until heated all of the way through. If you have a high powered microwave, you may want to check on your casserole every two minutes or so. Season with salt and pepper, and serve.

Broccoli Bean Bake

Ingredients

6 cups fresh broccoli florets
1/3 cup chopped onion
1 teaspoon minced garlic
3 tablespoons butter, divided
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (4 ounce) jar diced pimientos, drained
1 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups shredded Cheddar cheese
3 tablespoons dry bread crumbs

Directions

Place broccoli in a saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until crisp-tender. Meanwhile, in a skillet, saute the onion and garlic in 1 tablespoon butter. Spread into a greased 11-in. x 7-in. x 2-in. baking dish.

Drain broccoli; place over onion mixture. Top with beans and pimientos. Sprinkle with oregano, salt, pepper, cheese and bread crumbs. Melt remaining butter; pour over the top. Bake, uncovered, at 375 degrees F for 20-25 minutes or until heated through.

Cuban-Style Black Beans

Ingredients

2 tablespoons olive oil
1 teaspoon minced garlic
1 (15.5 ounce) can black beans, drained
1 green bell pepper, chopped
1/2 sweet onion, chopped
1/2 (12 ounce) can light beer
1 tablespoon fresh chopped cilantro, for garnish

Directions

Heat the oil in a skillet over medium heat; cook the garlic in the oil 15 seconds. Stir in the onion and green pepper; cook and stir 10 minutes. Pour in the black beans and beer; simmer until thick, about 15 minutes; garnish with cilantro.

Mexican Lasagna

Ingredients

- 1 pound extra-lean ground beef
- 1 (16 ounce) can refried beans
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 3/4 teaspoon garlic powder
- 12 dry lasagna noodles
- 2 1/2 cups water
- 2 1/2 cups salsa
- 2 cups sour cream
- 3/4 cup chopped green onions
- 1 (2 ounce) can sliced black olives
- 1 cup shredded Pepper Jack cheese

Directions

In a large skillet, cook the ground beef over medium-high heat until evenly brown. Drain off excess fat. In a large bowl, combine the cooked beef, refried beans, oregano, cumin and garlic powder.

Place four of the uncooked lasagna noodles in the bottom of a 9x13 inch baking dish. Spread half of the beef mixture over the noodles. Top with 4 more uncooked noodles and the remaining half of the beef mixture. Cover with remaining noodles. Combine the water and the salsa in a medium bowl, and pour over all.

Cover tightly with foil. Bake at 350 degrees F (175 degrees C) for 1 1/2 hours, or until noodles are tender.

In a medium bowl, combine the sour cream, green onions and olives. Spoon over casserole, and top with shredded cheese. Return to the oven, and bake for an additional 5 to 10 minutes, or until cheese is melted.

Peppered Green Beans

Ingredients

1 medium sweet red pepper,
julienned
1 medium onion, julienned
1 tablespoon olive or vegetable oil
1 (16 ounce) package frozen cut
green beans
2 tablespoons cider vinegar
1/8 teaspoon crushed red pepper
flakes
salt and pepper to taste

Directions

In a skillet, saute red pepper and onion in oil until crisp-tender. Add beans; cook and stir for 10-12 minutes or until heated through. Remove from the heat; drain. Stir in vinegar, pepper flakes if desired, salt and pepper.

Enchilada Stuffed Shells

Ingredients

15 uncooked jumbo pasta shells
1 pound lean ground turkey
1 (10 ounce) can enchilada sauce
1/2 teaspoon dried minced onion
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon ground cumin
1/2 cup fat-free refried beans
1 cup shredded reduced-fat Cheddar cheese

Directions

Cook pasta according to package directions; drain. In a nonstick skillet, cook turkey over medium heat until no longer pink; drain. Stir in enchilada sauce and seasonings; set aside.

Place a rounded teaspoonful of refried beans in each pasta shell, then fill with turkey mixture. Place in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray.

Cover and bake at 350 degrees F for 25 minutes. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

3BC (Best Baked Bean Casserole)

Ingredients

1 tablespoon butter
1 small onion, diced
1/2 pound bacon
1 (28 ounce) can baked beans
(such as Bush's OriginalB®)
2 teaspoons Worcestershire sauce
1 tablespoon ketchup
1 teaspoon prepared yellow
mustard
1 cup brown sugar, divided

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Melt the butter in a skillet over low heat. Cook and stir until the onion has softened and turned translucent, 10 to 15 minutes. Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Cut bacon into bite-sized pieces and set aside.

Combine the baked beans, Worcestershire sauce, ketchup, mustard, and onions in a 2-quart casserole dish. Stir in 2/3 of the cooked bacon and 1/4 of the brown sugar until evenly mixed. Cover the bean mixture with the remaining bacon, and sprinkle with the remaining brown sugar.

Bake in the preheated oven until hot and bubbly, about 45 minutes.

Bacon and 3-Bean Salad

Ingredients

1 (2.1 ounce) package Hormel® Fully Cooked Bacon, coarsely chopped
1 (14.5 ounce) can Great Northern beans, rinsed and drained
1 (14.5 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can pork and beans
1 cup Western-style salad dressing
1 bunch green onions, finely chopped

Directions

In medium salad bowl, toss together Great Northern beans, pinto beans, pork and beans, bacon and onions. Fold in dressing, mixing thoroughly. Cover; let stand at room temperature 20 minutes to develop flavors.

Stir-Fry Sesame Green Beans

Ingredients

1 pound fresh green beans, cut into 1 inch pieces
1 tablespoon canola oil
1 cup julienned sweet red pepper
1 cup sliced fresh mushrooms
1/4 cup thinly sliced green onions
2 garlic cloves, minced
3 tablespoons reduced-sodium soy sauce
2 teaspoons minced fresh gingerroot
1/4 cup dried apricots, sliced
1 teaspoon sesame oil
2 teaspoons sesame seeds, toasted

Directions

In a large nonstick skillet or wok, stir-fry beans over medium-high heat in oil for 2 minutes. Add sweet pepper and mushrooms; stir-fry 2 minutes longer. Add green onions and garlic; stir-fry for 1-2 minutes.

Combine the soy sauce and ginger; stir into skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 2 minutes. Stir in apricots; cook and stir for 1 minute longer. Remove from the heat; stir in sesame oil and sesame seeds. Serve immediately.

Italian Vegetable Soup with Beans, Spinach &

Ingredients

1 1/2 tablespoons olive oil
1 large onion, cut into small dice
3 medium carrots, peeled and sliced 1/4-inch thick
3 medium celery stalks, sliced 1/4-inch thick
1 medium bell pepper (red or yellow), stemmed, seeded and cut into medium dice
1 pound all-purpose potatoes, unpeeled and cut into medium dice
1 (16 ounce) can petite diced tomatoes
2 (15.5 ounce) cans cannellini or other white beans, undrained
6 cups low-sodium chicken broth in can or carton
7 ounces loosely packed baby spinach
1 cup frozen green peas
Salt and ground black pepper
Prepared pesto (found in grocer's refrigerated section)

Directions

Heat oil in a soup kettle over medium-high flame. Add onions, and saute until tender, about 5 minutes. Add carrots, celery, peppers, potatoes, tomatoes, bean and chicken broth; bring to a boil. Reduce heat to low and simmer until vegetables are just tender, about 15 minutes. Add spinach and peas; continue to simmer until spinach wilts, 3 to 4 minutes longer. Season to taste with salt and pepper. Ladle into bowls, adding a spoonful of pesto to each serving of soup.

For lunch, pack soup in separate leakproof containers. Warm soup in microwave and top with pesto.

Emilia's Cuban Black Beans

Ingredients

1/4 pound bacon, chopped
2 achiote (annatto) seeds
1 yellow onion, diced
1/4 teaspoon minced garlic, or to taste
1/2 cup chopped fresh parsley
1/4 cup chopped cilantro
1 pound dried black beans, picked over and rinsed
2 tablespoons chopped fresh oregano
1 tablespoon ground cumin
kosher salt to taste
1 tablespoon ground black pepper
1 lime, juiced
2 bay leaves
1/2 cup large pimento-stuffed Spanish green olives, sliced
1/4 cup chopped fresh cilantro
1 teaspoon chopped fresh parsley, or as desired

Directions

In a large pot over medium heat, cook and stir the bacon with the annatto seeds until the bacon pieces are browned, crisp, and colored from the seeds. Stir in onion, garlic, 1/2 cup parsley, and 1/4 cup cilantro; cook and stir the vegetables in the bacon drippings until the onion is translucent, about 5 minutes. Add the beans, oregano, cumin, kosher salt, pepper, lime juice, and bay leaves. Pour in enough water to cover the beans by about 4 inches, and bring to a boil over medium heat.

Cover the pot and simmer the beans and seasonings until tender, about 3 hours, adding water if necessary to prevent burning. Stir in the olives and 1/4 cup cilantro, and simmer for 30 more minutes, uncovered, to reduce excess soupiness if desired. Sprinkle with 1 teaspoon or more of fresh parsley, and serve.

Chicken Enchilada Casserole II

Ingredients

1 (16 ounce) container sour cream
1 (16 ounce) jar salsa
1 (10.75 ounce) can condensed
cream of chicken soup
1/4 cup diced onion
1 (8 ounce) can chili beans,
drained
6 (12 inch) flour tortillas, cut into
strips
6 skinless, boneless chicken
breast halves - cooked and
shredded
4 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans.

Layer the bottom of a 9x13 inch baking dish with 1/3 tortilla strips. Top with 1/3 chicken, 1/3 sour cream mixture and 1/3 Cheddar cheese. Repeat layering with remaining ingredients.

Bake in the preheated oven 20 to 30 minutes, or until golden and bubbly. Let stand about 10 minutes, or as long as you can stand it!!!
You're done!

Tequila Chili

Ingredients

1 pound ground beef
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (15 ounce) can light red kidney beans, drained
1 onion, chopped
1 clove garlic, minced
1 (8 ounce) can tomato sauce
1 1/2 fluid ounces tequila
1 tablespoon chili powder
1 1/2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon cayenne pepper

Directions

Brown the ground beef in a large pot over medium heat, breaking it up with a spoon while it cooks; drain. Stir in the tomatoes, kidney beans, onion, garlic, tomato sauce, tequila, chili powder, cumin, salt, and cayenne pepper; simmer 20 minutes.

Fruit 'n' Nut Chili

Ingredients

1 1/2 pounds ground beef
1 cup chopped onion
1 cup chopped green pepper
1 teaspoon minced garlic
1 (28 ounce) can crushed tomatoes
2 cups water
2 cups chopped, peeled apples
1 (15.5 ounce) can chili beans, undrained
1 (6 ounce) can tomato paste
1/3 cup slivered almonds
2 tablespoons baking cocoa
2 tablespoons chili powder
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon pepper
Sour cream

Directions

In a Dutch oven, cook the beef, onion, green pepper and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, water, apples, beans, tomato paste, almonds, cocoa and seasonings.

Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through. Garnish with sour cream if desired.

Summer Olive Pizza

Ingredients

3 medium tomatoes
2 tablespoons olive oil, or more if needed
1/2 teaspoon salt, or to taste
1/4 teaspoon pepper
1 tablespoon dried tarragon
5 cloves garlic, minced
1/3 cup drained canned cannellini beans
1/4 cup canned mushrooms, drained
1 teaspoon poultry seasoning
1 teaspoon garlic powder
2 1/2 cups shredded mozzarella cheese
1/2 cup sliced black olives
3 (10 inch) flour tortillas

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Bring a saucepan of water to a boil. Boil tomatoes for about 5 minutes, then remove from the pan, and drop into a bowl of cold water. Peel, and cut in half. Place tomato halves cut side up onto a baking sheet. Drizzle with olive oil, and season with salt, pepper and tarragon to taste. Reserve 1 teaspoon of tarragon for later.

Bake for 12 minutes in the preheated oven. Meanwhile, combine the beans and mushrooms in the container of a food processor or blender, and process until smooth. Set aside in a small dish.

Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the garlic, and cook stirring until fragrant. Add the bean and mushroom paste, and stir to blend. When the tomatoes are done, place them into the food processor, and process for about 10 seconds. The tomatoes should not become a paste, but more of a pulp. Stir the tomatoes into the skillet a little bit at a time, and season with poultry seasoning and the remaining teaspoon of tarragon. Heat through.

Place tortillas into the oven, and cook for about 1 minute, or until slightly hardened. Remove from the oven, and place on a baking sheet. Spread some sauce onto the browned side of each tortilla, sprinkle with olive slices, and cover generously with shredded mozzarella cheese.

Bake for 3 to 5 minutes in the preheated oven, or until cheese is melted and the edges are lightly browned. Cool for a few minutes, then cut into quarters and serve.

Layered Nacho Bake

Ingredients

1 pound ground beef
1 onion, chopped
1 (1.25 ounce) package taco seasoning mix
2 (16 ounce) cans refried beans
2 cups shredded Cheddar cheese
1 (15 ounce) jar salsa
1 (12 ounce) bag tortilla chips

Fresh Toppings:

chopped iceberg lettuce (optional)
chopped green onions (optional)
diced tomatoes (optional)
shredded Cheddar cheese (optional)
diced avocado (optional)
sour cream (optional)
taco sauce (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch pan; set aside.

Heat a large skillet over medium-high heat and stir in the ground beef and onions. Cook and stir until the beef is crumbly and evenly browned. Drain fat. Mix in the taco seasoning, and set aside.

Spread the refried beans to cover the bottom of the prepared 9x13 inch pan. Layer the cooked ground beef and onions evenly over the refried beans. Pour the jar of salsa over the ground beef and spread 2 cups shredded Cheddar cheese over the salsa layer.

Bake in the preheated oven until the cheese is bubbly and the layers are heated through. Serve with tortilla chips and your choice of fresh toppings.

Three-Bean Salad

Ingredients

1 pound fresh green beans
1 pound wax beans
1 (15.5 ounce) can kidney beans,
rinsed and drained
1 cup Italian salad dressing
1/4 cup finely chopped onion
2 garlic cloves, minced
1 tablespoon dried parsley flakes

Directions

Cut green and wax beans into 1-1/4-in. pieces; place in a saucepan. Cover with water and cook until crisp-tender. Drain; place in a large bowl. Add remaining ingredients; mix gently. Cover and chill for several hours before serving.

Couscous Royale

Ingredients

1 tablespoon olive oil
2 pounds small chicken thighs
12 ounces Merguez or spicy Italian sausage
1 tablespoon minced garlic
2 onions, minced
2 carrots, peeled and cut into 1/2-inch rounds
1/2 stalk celery, cut into 1/2 inch pieces
1 rutabaga, parsnip, or turnip - peeled and cut into 1-inch cubes
1/2 green bell pepper, cut into 1/4 inch strips
1/2 red bell pepper, cut into 1/4 inch strips
1 (14.5 ounce) can diced tomatoes
1 (15.5 ounce) can garbanzo beans
2 cups chicken stock
2 teaspoons chopped fresh thyme
1 teaspoon turmeric
1 teaspoon cayenne pepper
1/4 teaspoon harissa, or to taste
1 bay leaf
2 zucchini, halved lengthwise and sliced into 1-inch pieces
2 tablespoons extra virgin olive oil
2 cups couscous
2 cups chicken stock
1/2 cup plain yogurt

Directions

Heat olive oil in a large skillet over medium-high heat. Add chicken thighs, skin-side down, and sear until golden brown on both sides; set aside. Reduce heat to medium, add sausage, and cook sausage until no longer pink; set aside.

Stir garlic and onions into skillet; cook until onions have softened and turned translucent. Stir in the carrots, celery, rutabaga, green pepper, red pepper, diced tomatoes, garbanzos, and 2 cups chicken stock. Season with thyme, turmeric, cayenne, harissa, and bay leaf. Cut sausage into 1--inch pieces, and add to skillet along with chicken. Cover, and simmer for 30 minutes until chicken is no longer pink. When the chicken is done, stir in the zucchini, and cook until tender, about 5 minutes.

While the chicken is cooking, mix 2 tablespoons of extra virgin olive oil (EVOO) into couscous in a heatproof bowl. Bring 2 cups of chicken stock to a boil and stir into the couscous, cover, and keep hot.

Serve chicken stew over the couscous with a dollop of yogurt.

Spicy Mexican Salad

Ingredients

1 (10 ounce) package chopped romaine lettuce
1 1/2 cups shredded Cheddar and Monterey cheese blend
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can black beans, rinsed and drained
2 tomatoes, chopped
1 (16 ounce) package corn chips
1 (16 ounce) bottle Catalina salad dressing

Directions

In a large bowl, combine the romaine, cheese, pinto beans, black beans, and tomatoes.

Add the corn chips and enough dressing to coat; toss and serve.

Black Bean Soup II

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 onion, chopped
2 cloves garlic, chopped
1 green bell pepper, chopped
7 cups water
1 teaspoon olive oil
salt to taste
ground black pepper to taste
1/8 teaspoon ground cumin

Directions

In a Dutch Oven saute onion, garlic and green pepper in oil over medium heat till tender.

Add beans and water and season with salt, pepper and cumin to your desired taste. Mix well and simmer for 25 minutes.

Pour soup into blender and puree. Once soup is to your desired consistency return to Dutch Oven and return to medium-low heat.

Pour a few drops of olive oil in bowl for added flavor and dish up soup.

Tomato Green Bean Soup

Ingredients

1 cup chopped onion
1 cup chopped carrots
2 teaspoons butter or stick
margarine
6 cups chicken broth
1 pound fresh green beans, cut
into 1 inch pieces
1 garlic clove, minced
3 cups diced fresh tomatoes
1/4 cup minced fresh basil
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large saucepan, saute onion and carrots in butter for 5 minutes. Stir in the broth, beans and garlic; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in the tomatoes, basil, salt and pepper. Cover and simmer 5 minutes longer.

Pecos Pasta

Ingredients

4 ounces macaroni
1 tablespoon butter
1 green bell pepper, chopped
1 onion, chopped
1 (8.75 ounce) can whole kernel corn, drained
1 (15 ounce) can chili with beans
1 teaspoon salt
1 teaspoon ground black pepper

Directions

In a large pot of boiling salted water cook macaroni past until al dente. Drain well.

Meanwhile, in a large skillet melt the butter or margarine and add chopped green bell pepper and chopped onion. Cook vegetables until tender. Add chili beans, corn, salt and pepper. Simmer on low heat for 5 minutes. Stir in cooked and drained macaroni. Cover and cook on low 5 minutes.

Serve warm.

Mexican Chicken and Black Bean Salad

Ingredients

2 (4 ounce) frozen skinless,
boneless chicken breast halves
1 (8 ounce) can low sodium
tomato sauce
1/4 cup water
1 (1 ounce) packet taco seasoning
1 (15.5 ounce) can black beans
4 cups baby spinach leaves
2 tablespoons fat-free sour cream
1/2 cup shredded Mexican cheese
blend
1/2 cup salsa

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.

Place the chicken breasts in the prepared dish. Mix the tomato sauce, water and taco seasoning in a small bowl; pour sauce over the chicken.

Bake in preheated oven until chicken is no longer pink in the center, about 30 minutes.

Divide spinach between two plates. Place the chicken breasts on the spinach beds and spoon half the black beans over each piece. Divide sour cream, shredded cheese and salsa to top each salad.

Stove Top Tofu Chili

Ingredients

1/2 (12 ounce) package extra firm tofu
1 teaspoon chili powder
1 clove garlic, minced
2 tablespoons vegetable oil
1/2 cup onion, chopped
2 stalks celery, chopped
1/2 cup whole kernel corn, undrained
1 (15.25 ounce) can kidney beans, undrained
1 (14.5 ounce) can stewed tomatoes, undrained
1 quart water

Directions

In a medium bowl, crumble the tofu and toss with the chili powder and garlic.

Heat the oil in a large saucepan over medium heat, and saute the onion and celery until tender. Stir in the tofu mixture. Continue cooking about 5 minutes over low heat.

Mix in the corn, kidney beans, and stewed tomatoes. Add water and bring to a boil. Reduce heat to low and simmer about 50 minutes.

Ham and Chickpea Slow Cooker Soup

Ingredients

1 pound dry garbanzo beans
1 meaty ham bone
10 new potatoes, halved
5 carrots, chopped
1/2 cup frozen corn
ground black pepper to taste

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.

The next day, rinse the soaked beans and place them into a slow cooker; place the ham bone in the cooker, and pour in enough water to cover the beans and ham bone by several inches. Set the cooker to Low, and cook for 8 hours.

Skim any foam from the top of the soup, and remove the ham bone. Strip as much meat as possible from the ham bone, and return the meat to the slow cooker; discard the bone. Stir in potatoes, carrots, frozen corn, and black pepper to taste. Set the cooker on Low, and cook for 1 hour; then turn the heat up to High and cook 1 more hour (10 hours total cooking time).

Tropical Coconut Black Bean Soup

Ingredients

1 (15.5 ounce) can Mexican-seasoned black beans
1 (14 ounce) can light coconut milk
1 (6 ounce) package frozen green peas
2 cups chicken stock or water
1 tablespoon fresh lime juice

Directions

In a stock pot or large saucepan, combine the black beans, coconut milk, peas and stock or water. Bring to a boil, then simmer over low heat for 10 minutes. Pour into a blender and puree until smooth. Return to the pan and stir in the lime juice.

White Chili II

Ingredients

1 1/2 pounds skinless, boneless chicken breast halves - cubed
1 bunch green onions, thinly sliced
1 red bell pepper, chopped
1 yellow bell pepper, chopped
4 fresh jalapeno peppers, seeded and minced
1 clove garlic, minced
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/2 teaspoon dried sage
1/2 teaspoon ground cumin
1/2 teaspoon ground white pepper
1 tablespoon olive oil
3 tablespoons butter
1/4 cup all-purpose flour
2 cups chicken broth
2 (14 ounce) cans great Northern beans, undrained

Directions

In a large skillet, heat olive oil over medium heat. Add chicken, and saute until cooked through. Remove the chicken from the pan.

Saute the onion, red bell pepper, yellow bell pepper, jalapeno chile peppers and garlic in the same skillet. Return the chicken, along with the ginger, salt, sage, cumin and white pepper. Mix thoroughly.

In a separate small saucepan or skillet, melt butter or margarine over medium heat. Stir in flour to make a roux. Whisk in the chicken broth and mix all together. Stir this mixture into the sauteed chicken and vegetables.

Stir in the beans with can liquid, and simmer all over low heat for 15 to 20 minutes or until cooked and heated through.

Ken Shoe Green Beans

Ingredients

1/2 cup peanut oil for frying
1 pound fresh green beans,
trimmed and cut into 2-inch
pieces
1 tablespoon minced fresh ginger
root
1 tablespoon minced garlic
1 1/2 teaspoons dark soy sauce
1/2 teaspoon white sugar
1 pinch black pepper

Directions

Heat the peanut oil in a wok or skillet with high sides over medium-high heat until almost smoking; add the green beans. Quickly cook and stir the beans in the hot oil until they are bright green and starting to show brown spots, about 2 minutes. Remove the beans to a bowl. Drain all but 2 tablespoons of oil from the pan and return to heat. Cook and stir the ginger and garlic in the oil until they have started to brown, about 2 minutes. Return the green beans to the wok; add the dark soy sauce, sugar, and black pepper. Cook until hot; about 30 more seconds.

Never Enough Green Bean Casserole

Ingredients

1 (10 ounce) can condensed cream of mushroom soup
3 ounces processed cheese (i.e. Velveeta®), cubed
1 tablespoon real bacon bits
1 (4 ounce) can mushroom stems and pieces, drained
2 (15 ounce) cans cut green beans, drained
1 (2.8 ounce) can French-fried onions

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Heat the undiluted cream of mushroom soup in a saucepan over medium heat. Stir in the processed cheese and bacon, and continue stirring until completely melted. Remove from the heat, stir in the mushrooms, then the green beans until evenly coated. Pour the mixture into a casserole dish, and top with the fried onions, leaving a 1 inch margin around the sides.

Bake for 25 to 30 minutes in the preheated oven, until heated through and bubbly. Check near the end of cooking to make sure the onions aren't getting too brown.

White Chili I

Ingredients

1 pound ground pork
2 tablespoons olive oil
2 onions, chopped
5 cloves garlic, chopped
2 (4 ounce) cans diced green chiles
2 teaspoons ground cumin
1 teaspoon dried oregano
4 cups chicken broth
1 (14.5 ounce) can great Northern beans, rinsed and drained
2 cups shredded Monterey Jack cheese

Directions

Cook and drain the pork.

In a large stockpot, saute onions and garlic in olive oil until transparent. Stir in the chilies, cumin, and oregano. Cook and stir 2 to 3 minutes more. Add broth, pork, and beans; bring to a boil. Reduce the heat to a simmer, and cook uncovered for 20 minutes.

Remove from heat, and stir in the cheese until melted.

Beef 'n' Biscuit Bake

Ingredients

1 pound ground beef
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed tomato soup, undiluted
1/4 cup milk
2 tablespoons minced onion
1/2 teaspoon chili powder
1/4 teaspoon salt
1 cup cubed process cheese (Velveeta)
1 (12 ounce) can refrigerated biscuit dough
2 tablespoons butter, melted
1/3 cup yellow cornmeal

Directions

In a saucepan over medium heat, cook the beef until no longer pink; drain. Add beans, corn, soup, milk, onion, chili powder and salt; bring to a boil. Remove from the heat; stir in cheese until melted. Spoon into a greased 2-1/2-qt. baking dish. Bake, uncovered, at 375 degrees F for 10 minutes.

Meanwhile, brush all sides of biscuits with butter; roll in cornmeal. Place on top of bubbling meat mixture. Return to the oven for 10-12 minutes or until biscuits are lightly browned and cooked through.

Campbell's® Healthy Request® Chili and Rice

Ingredients

3/4 pound ground beef (85% lean)
1 medium onion, chopped
1 tablespoon chili powder
1 (10.75 ounce) can Campbell's®
Healthy Request® Condensed
Tomato Soup
1/4 cup water
1 teaspoon vinegar
1 (15 ounce) can kidney beans,
rinsed and drained
4 cups hot cooked regular long-
grain white rice, cooked without
salt

Directions

Cook beef, onion and chili powder in skillet until beef is browned.
Pour off fat.

Add soup, water, vinegar and beans. Heat to a boil. Cook over low
heat 10 minutes. Serve over rice.

Gramma's Old Fashioned Chili Mac

Ingredients

1 cup elbow macaroni
1 pound ground beef
1 small onion, chopped
1 cup chopped celery
1/2 large green bell pepper,
chopped
1 (15 ounce) can kidney beans,
drained
2 (10.75 ounce) cans condensed
tomato soup
2 (14.5 ounce) cans diced
tomatoes
1/8 cup brown sugar
salt and pepper to taste

Directions

Bring a pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small saucepan, simmer celery and green pepper with water to cover until tender; Drain.

Place ground beef in a large heavy skillet over medium heat. Cook until evenly brown. Add onion, and cook until tender and translucent. Drain excess fat. Add celery and green pepper. Stir in kidney beans, condensed tomato soup, diced tomatoes and brown sugar. Season with salt and pepper, and stir in macaroni.

Vegetarian Bean Curry

Ingredients

2 tablespoons olive oil
1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin
1 pinch cayenne pepper
1 (28 ounce) can crushed tomatoes
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (8 ounce) can kidney beans, drained and rinsed
1/2 cup raisins
salt and pepper to taste

Directions

Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Herbed Feta Dip

Ingredients

3/4 cup nonfat plain yogurt
1/2 cup crumbled feta cheese
1 (15 ounce) can cannellini beans,
drained and rinsed
2 cloves garlic
1 tablespoon lemon juice
2 tablespoons chopped fresh
parsley
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh
chives
2 tablespoons chopped fresh mint
1 teaspoon ground black pepper

Directions

Place yogurt, feta, beans, garlic, and lemon juice in the bowl of your food processor and blend until smooth. Add parsley, dill, chives, mint, and pepper; pulse until they are well combined. Transfer dip to serving bowl and chill until ready to serve.

Corn 'N' Bean Bake

Ingredients

1 (16 ounce) package frozen cut green beans
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup shredded Cheddar cheese, divided
1/2 cup crushed butter-flavored crackers

Directions

In a bowl, combine the beans, corn, soup and 1/2 cup cheese. Spoon into a greased 1-1/2-qt. baking dish. Top with crackers and remaining cheese. Bake, uncovered, at 350 degrees F for 35 minutes or until heated through.

Dilled Green Beans

Ingredients

2 quarts water
2 pounds fresh green beans,
washed and trimmed
1 teaspoon salt
2 teaspoons mustard seed
2 teaspoons dried dill weed
1 teaspoon red pepper flakes
1 teaspoon dill seed
4 cloves garlic, minced
2 cups distilled white vinegar
2/3 cup white sugar
2 cups water

Directions

Bring 2 quarts of water to boil. Add green beans and boil for 5 minutes or until beans are just tender. Plunge the beans in cold water to set their color, drain well.

In a large bowl combine salt, mustard seed, dill weed, chiles, dill seed and garlic. Mix. Add cooled beans to the bowl and stir.

In a small saucepan bring 2 cups water, vinegar, sugar and salt (to taste) to boil. Pour this mixture over the beans and spices. Mix well.

Chill the beans in an airtight container at least overnight before eating. The beans are best if given a week to marinate refrigerated before eating.

Texas Jambalaya

Ingredients

2 tablespoons olive oil
1 cup diced onion
1/2 cup diced green bell pepper
1/2 cup diced celery
1 1/2 teaspoons chopped garlic
1 cup converted long-grain white rice
4 ounces smoked sausage, cut into slices
4 ounces cooked ham, cut into bite-size pieces
2 (10 ounce) cans diced tomatoes with green chile peppers
1 cup chicken broth
1/4 teaspoon dried thyme
1 bay leaf
2 (15 ounce) cans ranch-style beans, undrained

Directions

Heat oil in a large saucepan over medium heat. Saute onion, green pepper and celery, until onions are soft and translucent. Stir in garlic, and cook another minute. Add rice, sausage and ham. Cook 2 to 3 minutes, to coat the rice with oil, stirring frequently. Pour in tomatoes with green chiles and chicken broth. Season with thyme and bay leaf. Bring to a boil, then reduce heat. Cover, and simmer 20 to 25 minutes, or until liquid is absorbed. Stir in the beans, mix well and heat through.

Johnny Marzetti I

Ingredients

1 pound lean ground beef
2 onions, chopped
1 green bell pepper, chopped
1/2 pound fresh mushrooms,
sliced
1 cup chopped celery
1 (28 ounce) can crushed
tomatoes
1 (15 ounce) can kidney beans
1 (16 ounce) package wide egg
noodles
1 cup shredded Cheddar cheese

Directions

Cook noodles in a large pot of boiling water until done. Drain.

Brown meat in a large skillet. Add onions, pepper, mushrooms, and celery; cook until soft.

Combine hamburger mixture with tomatoes, beans, and cooked noodles in a 3 - 4 quart baking dish.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Top with cheddar cheese, and bake 30 minutes longer.

Campbell'sB® Chili and Rice

Ingredients

3/4 pound ground beef (85% lean)
1 medium onion, chopped
1 tablespoon chili powder
1 (10.75 ounce) can
Campbell'sB® Healthy
RequestB® Condensed Tomato
Soup
1/4 cup water
1 teaspoon vinegar
1 (15 ounce) can kidney beans,
rinsed and drained
4 cups hot cooked regular long-
grain white rice, cooked without
salt

Directions

Cook the beef, onion and chili powder in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often. Pour off any fat.

Stir the soup, water, vinegar and beans in the skillet and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the mixture is hot and bubbling. Serve over the rice.

Garden Veggie Cheese Soup

Ingredients

1/2 cup butter
1/4 cup diced celery
1 teaspoon onion powder
7 cups chicken broth
4 cups chopped cauliflower
1/2 cup chopped carrots
1/2 cup fresh green beans, cut
into 1 inch pieces
1 pound processed cheese,
cubed
1/2 cup cooking sherry
2 cups milk
1 tablespoon garlic powder
1 teaspoon salt
2 pinches ground nutmeg
2/3 cup cornstarch
1 cup water

Directions

In a large pot over medium heat, melt butter. Stir in celery and onion powder and cook 5 minutes. Pour in chicken broth and stir in cauliflower, carrots and green beans. Simmer until tender, about 10 to 15 minutes.

Stir in cheese until melted. Stir in sherry, milk, garlic powder, salt, and nutmeg. Combine cornstarch and water in a bowl until cornstarch is dissolved. Stir into soup. Cook, stirring, until thickened and heated through.

Vegan-Friendly Falafel

Ingredients

- 1 pound dry garbanzo beans
- 1 onion, quartered
- 1 potato, peeled and quartered
- 4 cloves garlic, minced
- 1/2 cup cilantro leaves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 2 teaspoons fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 2 teaspoons baking soda
- 2 cups canola oil

Directions

Rinse the garbanzo beans under cold water and discard any bad ones. Place in a large pot, and cover with water. Let soak 24 hours, and rinse again.

Place the garbanzo beans, onion, and potato in the bowl of a food processor. Cover, and process until finely chopped. Leaving about 1 cup of the garbanzo bean mixture in the food processor bowl, pour the rest into a mixing bowl. Add the garlic, cilantro, coriander, cumin, salt, pepper, and cayenne pepper to the garbanzo bean mixture in the food processor bowl; process on low to blend thoroughly. Return the reserved garbanzo bean mixture to the food processor bowl, and add the lemon juice, and olive oil; process on low into a coarse meal. Cover, and refrigerate 2 hours.

Stir the baking soda into the garbanzo bean mixture until evenly blended. Using damp hands, form the mixture into 1 1/2 inch diameter balls.

Pour the canola oil into a wok 1 to 2 inches deep, and heat over medium-high heat. Cook the falafel balls, turning so all sides are evenly browned, about 5 minutes. Remove falafel from oil, and drain on paper towels. Repeat to cook remaining falafel balls.

Old-Fashioned Baked Beans

Ingredients

1 pound dried great Northern beans
1 quart water
1/2 teaspoon salt
1 medium onion, chopped
2 tablespoons prepared mustard
2 tablespoons brown sugar
2 tablespoons dark molasses
1/2 pound sliced bacon, cooked and crumbled

Directions

Place beans in a Dutch oven or kettle; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain and rinse beans, discarding liquid. Return beans to pan. Add water and salt; bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/4 hours or until beans are tender. Drain, reserving 2 cups cooking liquid.

In a greased 13-in. x 9-in. x 2-in. baking dish, combine the beans, onion, mustard, brown sugar, molasses, bacon and 1 cup reserved cooking liquid. Cover and bake at 400 degrees F for 45 minutes or until beans have reached desired thickness, stirring occasionally (add additional reserved cooking liquid if needed).

South of the Border Soup

Ingredients

1 egg
1/4 cup dry bread crumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound ground beef
1 (16 ounce) jar picante sauce
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 1/4 cups water

Directions

In a bowl, combine the first four ingredients. Crumble beef over mixture and mix well. Shape into 1-in. balls. In a large saucepan, brown meatballs; drain. Add the picante sauce, corn, beans, tomatoes and water; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until the meat is no longer pink.

Santa Fe Cornmeal Pizza

Ingredients

- 1 cup cornmeal
- 1 1/3 cups water, divided
- 6 tablespoons grated Parmesan cheese, divided
- 1 medium onion, chopped
- 1 small green pepper, julienned
- 1 garlic clove, minced
- 2 tablespoons olive or vegetable oil
- 1 (8 ounce) can tomato sauce
- 8 fresh mushrooms, sliced
- 3/4 teaspoon dried basil
- 3/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 (15 ounce) can black beans, rinsed and drained
- 1 1/2 cups shredded mozzarella cheese, divided
- 1/2 cup sliced ripe olives

Directions

In a small bowl, combine the cornmeal and 2/3 cup water. In a saucepan, bring the remaining water to a boil. Gradually whisk in the cornmeal mixture; cook and stir until thickened. Stir in 2 tablespoons Parmesan cheese. When cool enough to handle, pat into a greased 12-in. pizza pan. Bake at 375 degrees F for 15 minutes or until lightly browned. Cool slightly.

Meanwhile, in a skillet, saute the onion, green pepper and garlic in oil until tender. Add the tomato sauce, mushrooms, basil, oregano and pepper. Cover and cook for 5 minutes. Add the beans. Sprinkle 1/2 cup mozzarella and 2 tablespoons Parmesan cheese over crust. Top with the bean mixture and remaining cheeses. Sprinkle with olives. Bake at 375 degrees F for 15-20 minutes or until cheese is melted.

Shepherd's Pie Complete

Ingredients

1 (7.6 ounce) package potato flakes
2 pounds lean ground beef
1 onion, finely diced
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained
4 (10.5 ounce) cans brown gravy
salt and pepper to taste
1/4 pound American cheese slices

Directions

Preheat oven to 350 degrees F (175 degrees C).

Prepare potatoes according to directions on box. Set aside.

In a large skillet, saute ground beef over medium heat for 1 minute. Add onion to skillet and continue to cook until beef is no longer pink and onion is beginning to brown. Drain off some of grease if desired.

Add corn, green beans, and gravy to skillet. Mix thoroughly. Add salt and pepper to taste. Pour mixture into a 9x13 inch baking dish. Spread potatoes over top. Lay cheese slices over potatoes.

Bake in preheated oven for 40 minutes, until cheese turns golden brown.

Potato Chip Casserole

Ingredients

1 pound ground beef
1 (15 ounce) can green beans,
drained
1 (11 ounce) can whole kernel
corn, drained
2 (10.75 ounce) cans condensed
cream of mushroom soup,
undiluted
1 (8 ounce) package shredded
mozzarella cheese
1 cup crushed plain potato chips
(optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until evenly browned. Drain off the grease. Stir in the green beans and corn, and cook for a few minutes. Mix in the cans of soup until well blended. Transfer to a 9x13 inch baking dish. Top with shredded cheese and crushed potato chips.

Bake for about 15 minutes in the preheated oven, until the cheese melts and the chips are toasted. If you like crispier chips, you can sprinkle them on top after the cheese has melted, and bake for another 5 minutes.

Old World Escarole and Beans

Ingredients

2 slices bacon
1 tablespoon olive oil
1 head escarole, coarsely
chopped
2 cloves garlic, pressed
1 (15 ounce) can chicken broth
1 (15.5 ounce) can cannellini
beans, rinsed and drained
1/8 teaspoon crushed red pepper
flakes
2 tablespoons grated Parmesan
cheese

Directions

Place bacon in a large skillet over medium-high heat. Cook until crisp, 7 to 8 minutes. Remove the bacon and reserve the drippings in the pan. Add olive oil to the drippings and heat for 1 minute. Add the escarole; cook and stir for 3 to 4 minutes. Stir in the garlic, and continue cooking and stirring until fragrant, about 1 minute. Pour in the chicken broth and beans, and season with red pepper flakes. Simmer for 5 to 7 minutes. Ladle into bowls to serve and top with the crumbled bacon and Parmesan cheese.

Heddy's Black and Red Bean Soup

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 6 cloves garlic, chopped
- 1 tablespoon ground cumin
- 2 tablespoons chili powder, or to taste (optional)
- 2 teaspoons maple syrup (optional)
- 1/4 teaspoon ground black pepper
- 4 cups vegetable broth
- 2 (15 ounce) cans black beans, drained and rinsed
- 2 (15.5 ounce) cans canned red beans, drained and rinsed
- 1 (15 ounce) can whole kernel corn, with liquid
- 1 (14.5 ounce) can crushed tomatoes, with liquid

Directions

Heat oil in a large pot over medium-high heat. Add the onion, celery, carrots and garlic; cook and stir for a few minutes to release the flavors. Season with maple syrup, cumin, chili powder, and black pepper. Pour in the vegetable broth, black beans, 1 can of red beans, and corn. Bring to a boil.

Meanwhile, combine the remaining can of red beans and crushed tomatoes in the container of a large food processor or blender. Process until smooth. Pour into the soup pot, and stir to blend. Reduce heat to medium, and simmer for 15 minutes.

Two-Bean Chili

Ingredients

1 pound ground beef
1 large onion, chopped
3 (16 ounce) cans kidney beans,
rinsed and drained
1 (46 ounce) can tomato juice
2 (14.5 ounce) cans diced
tomatoes, undrained
2 cups refried beans
3 tablespoons sugar
3 tablespoons chili powder
1 teaspoon salt
1/4 teaspoon cayenne pepper
Dash pepper

Directions

In a soup kettle or Dutch oven, cook the beef and onion over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients; cook until heated through.

Awesome Red Pepper Hummus Dip

Ingredients

1 (14 ounce) can garbanzo beans, drained, liquid reserved
2 tablespoons tahini (sesame seed paste)
1 lemon, juiced
2 cloves garlic, minced
3/4 teaspoon salt
1/2 cup bottled roasted red bell peppers

Directions

Place the garbanzo beans, tahini, lemon juice, garlic, salt, and red peppers in the bowl of a food processor. Add 2 tablespoons of the reserved juice from the garbanzo beans. Pulse until the mixture is smooth, scraping the sides and blade to mix completely. Cover, and refrigerate until ready to use.

Zucchini Hummus

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 zucchini, chopped
- 1 cup pinto beans, rinsed and drained
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon salt

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic for 30 second, then add zucchini. Cook and stir until zucchini softens.

Place zucchini, pinto beans, lemon juice, tahini, ground cumin, paprika, and salt in a food processor. Process until smooth.

Chili Without The Beans

Ingredients

2 pounds lean ground beef
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can tomato sauce
1 (29 ounce) can diced tomatoes
4 cups water
6 potatoes, diced
1 teaspoon hot pepper sauce

Directions

In a large pot, brown the meat, and then add the onion and garlic. Cook until the onion is soft.

Pour in the tomatoes and water. Add the potatoes. Cook for 45 minutes.

Add hot sauce, and cook for an additional 10 minutes. Before serving stir in chopped fresh parsley or dried parsley.

Cottage Cheese, Avocado, and Black Bean Salsa

Ingredients

1 ear corn, husked and cleaned
1 (15 ounce) can reduced sodium black beans
1 (32 ounce) container 1% fat cottage cheese
1 avocado - peeled, pitted, and diced
2 roma (plum) tomatoes, seeded and diced
2 cups salsa
1 (13.5 ounce) package tortilla chips, if desired

Directions

Place corn on the cob in a microwave safe dish with 1/4 inch of water. Cover, and microwave on medium high for 4 minutes, or until tender. Cool under running water, and slice kernels from cob. Set aside.

Cook the black beans in a small saucepan over medium heat until warm and tender, about 10 minutes. Strain, and rinse under cold water to remove liquid and excess sodium. Set aside.

Place the cottage cheese in a mixing or serving bowl. Peel, pit, and dice the avocado into bite size pieces, and add to the cottage cheese. Cut the tomatoes in half lengthwise, remove seeds, and dice into bite size pieces. Add to the cottage cheese along with the corn, black beans, and salsa. Stir until well blended. Cover and refrigerate until ready to serve. Serve with tortilla chips, if desired.

Barbecued Beans

Ingredients

1 pound dry navy beans
1 pound sliced bacon, cooked
and crumbled
1 (32 fluid ounce) bottle tomato
juice
1 (8 ounce) can tomato sauce
2 cups chopped onion
2/3 cup packed brown sugar
1 tablespoon soy sauce
2 teaspoons garlic salt
1 teaspoon Worcestershire sauce
1 teaspoon ground mustard

Directions

Place beans in a 3-qt. saucepan; cover with water. Bring to a boil; boil for 2 minutes. Remove from the heat; let stand for 1 hour. Drain beans and discard liquid. In a 5-qt. slow cooker, combine remaining ingredients; mix well. Add the beans. Cover and cook on high for 2 hours. Reduce heat to low and cook 8-10 hours longer or until beans are tender.

Down-South Style Green Beans

Ingredients

6 cups water
1 ham hock
2 tablespoons lard or other cooking fat
1 teaspoon seasoning salt
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 pound fresh green beans - rinsed, trimmed and snapped into bite size pieces

Directions

Combine the water, ham hock, and lard in a large pot over medium-high heat. Season with seasoning salt, salt, pepper, garlic powder, and onion powder. Bring to a boil, then reduce heat to medium-low, and add green beans. Simmer covered for about 2 hours.

Spicy Three Pepper Hummus

Ingredients

2 (16 ounce) cans garbanzo beans, drained
2 tablespoons olive oil
1/8 cup lemon juice
2 tablespoons tahini
8 cloves garlic, minced
2 slices jarred jalapeno pepper, chopped
1 teaspoon liquid from the jar of jalapeno peppers
1/2 teaspoon ground black pepper
1 1/2 teaspoons cayenne pepper
1/2 teaspoon ground cumin
3/4 teaspoon dried oregano

Directions

In the bowl of a stand mixer, combine the garbanzo beans, olive oil, lemon juice, tahini, garlic, jalapeno, and juice from the jalapeno jar. Season with black pepper, cayenne, cumin and oregano.

Mix using the whisk attachment on low speed until the ingredients start to blend, then turn the speed to medium, and blend to your desired consistency. Cover and refrigerate overnight to allow the flavors to blend. Make sure your container is sealed well, or your fridge will smell like garlic!

Three-Ingredient Green Bean Casserole

Ingredients

6 slices bacon, chopped
2 (15 ounce) cans green beans,
drained
1/2 cup French salad dressing

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.

Fry bacon in a large skillet over medium heat until crisp. Drain on paper towels. In a large bowl, stir together the green beans and salad dressing; pour into the prepared dish. Crumble bacon over the top.

Bake uncovered for 30 minutes in the preheated oven.

Chicken Fiesta Salad

Ingredients

2 skinless, boneless chicken breast halves
1 (1.27 ounce) packet dry fajita seasoning, divided
1 tablespoon vegetable oil
1 (15 ounce) can black beans, rinsed and drained
1 (11 ounce) can Mexican-style corn
1/2 cup salsa
1 (10 ounce) package mixed salad greens
1 onion, chopped
1 tomato, cut into wedges

Directions

Rub chicken evenly with 1/2 the fajita seasoning. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear; set aside.

In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.

Prepare the salad by tossing the greens, onion and tomato. Top salad with chicken and dress with the bean and corn mixture.

French Short Pastry

Ingredients

1 1/2 cups all-purpose flour
1/8 teaspoon salt
1/2 cup unsalted butter, chilled
and cut into small pieces
6 tablespoons ice water

Directions

In a food processor, mix together flour and salt. Add butter, and process until mixture resembles coarse crumbs. Add water 1 tablespoon at a time. Pulse briefly until dough begins to form in clumps. Remove dough from processor onto a floured surface, and form into a ball. Allow dough to rest at room temperature for 30 to 45 minutes before rolling out.

On a lightly floured surface, roll out dough to fit pie pan. Place in pan, and crimp edge. Prick the bottom of dough several times with a fork. Place in freezer for 15 to 20 minutes. Meanwhile, preheat oven to 425 degrees F (220 degrees C).

Fill crust with beans, or use pie weights. Bake in preheated oven for 15 minutes. Remove pie weights, and bake another 5 minutes. If necessary, cover with foil to prevent overbrowning.

Orange Beef and Beans

Ingredients

2 tablespoons sugar
1 tablespoon grated orange peel
3/4 pound boneless beef sirloin
steak, cut into thin strips
1 tablespoon canola oil
3 cups fresh green beans, cut into
2 inch pieces
2 tablespoons water
1 teaspoon cornstarch
1 teaspoon ground ginger
1/8 teaspoon pepper
1/4 cup reduced-sodium soy
sauce
3 tablespoons orange juice

Directions

In a large bowl, combine sugar and orange peel; mix well. Add beef; toss to coat. In a large nonstick skillet, stir-fry beef in oil for 5 minutes or until browned. In a microwave-safe dish, cover and cook beans in water for 3-5 minutes on high; drain. Add beans to skillet; cook, stirring constantly, until tender.

In a bowl, combine the cornstarch, ginger and pepper. stir in the soy sauce and orange juice until smooth. Pour the sauce over beef and beans; toss to coat. Bring to a boil; cook and stir for 2 minute or until thickened. Serve immediately.

Mexican Pizza

Ingredients

1/2 (16 ounce) can spicy fat-free refried beans*
1 cup salsa, divided
1 (12 inch) pre-baked Italian pizza crust
2 cups shredded hearts of romaine lettuce
3 medium green onions, thinly sliced
1/4 cup ranch dressing
1/4 cup crumbled tortilla chips
1 cup shredded pepper Jack or Monterey Jack cheese

Directions

Adjust oven rack to lowest position, and heat oven to 450 degrees. Mix beans and 1/2 cup salsa in a medium bowl. Place crust on a cookie sheet, then spread the bean mixture over crust. Bake until it's crisp and warm, about 10 minutes.

Remove from oven; top with lettuce, green onions and dollop with the remaining salsa. Drizzle (or, if dressing has an easy-pour top, squirt) dressing over pizza. Top with chips and cheese, then return to oven and bake until the cheese melts, about 2 minutes longer. Cut into 6 slices and serve.

Peasant Bean Soup

Ingredients

1 pound Great Northern beans,
washed and sorted
2 1/2 quarts cold water, divided
3 carrots, sliced
3 stalks celery, sliced
2 medium onions, chopped
1 garlic clove, minced
1 (16 ounce) can stewed
tomatoes, cut up
1 bay leaf
2 tablespoons olive oil
salt and pepper to taste

Directions

Soak beans overnight in 2 qts. water. Add remaining water to softened beans and bring to a boil; reduce heat and simmer 30 minutes. Add all remaining ingredients; simmer 60 minutes or until beans are tender. Remove bay leaves before serving.

Chickpea and Tomato Soup

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans,
drained and rinsed
4 cups water
1 cube chicken bouillon, crumbled
1 tablespoon chopped fresh
rosemary
salt and pepper to taste

Directions

In a large saucepan over medium heat, cook garlic in oil 1 minute. Stir in tomatoes and cook 2 minutes. Stir in garbanzo beans, water, bouillon cube, rosemary, salt and pepper. Simmer, covered, 10 minutes.

Praline Pie

Ingredients

2 cups chopped pecans
1 cup packed brown sugar
1 cup white sugar
1 cup heavy whipping cream
1 cup unsalted butter
1 (9 inch) deep dish pie crust

Directions

Preheat oven to 350 degrees F (175 degrees C) Line a deep dish pie pan with pastry dough. Line dough with foil, fill with uncooked beans or something similar (this will keep the sides from falling as it bakes). Bake for 10 minutes. Remove from the oven.

Reduce oven temperature to 200 degrees F (95 degrees C).

In a large sauce pan, combine pecans, brown sugar, white sugar, cream and butter. Cook until it reaches 230 degrees F (110 degrees C) on a candy thermometer.

Remove foil and beans from pie shell. Pour praline mixture into pie shell.

Bake at 200 degrees F (95 degrees C) for 20 minutes. I cover the edges of the pie with aluminum foil so crust won't burn. Serve warm with whipped topping, if desired.

Red Bean Toss

Ingredients

1 (15.5 ounce) can red kidney beans, drained and rinsed
1 (15.5 ounce) can chili beans in chili sauce
1 cup thinly sliced celery
1/3 cup chopped sweet pickle
1/4 cup chopped onion
1 cup shredded sharp Cheddar cheese
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1/2 cup mayonnaise
1 cup coarsely crushed corn chips

Directions

In bowl, combine kidney beans, chili beans, celery, pickle, onion and cheese. In smaller bowl, blend salt and Worcestershire sauce with mayonnaise; toss with bean mixture. Place in 1-1/2-qt. casserole dish. Sprinkle with corn chips. Bake at 375 degrees F for about 25 minutes or until bubbly.

Kidney Bean Sausage Supper

Ingredients

1 pound Italian turkey sausage links
1 large green pepper, julienned
1 medium onion, sliced
1/2 cup reduced-sodium chicken broth
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes and green chilies, undrained
Hot cooked rice

Directions

In a large nonstick skillet, cook sausage over medium heat until no longer pink; drain. Slice sausage and return to the pan. Add green pepper, onion and broth; cover and cook for 5 minutes or until vegetables are tender. Add beans and tomatoes; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Serve in bowls over rice.

Steven's Baked Nachos

Ingredients

1 (8 ounce) skinless, boneless chicken breast half
1 (14.25 ounce) can refried beans
8 ounces corn tortilla chips
1 1/2 cups grated pepper Jack cheese
1/4 cup chopped green onions
1/2 cup sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x9 inch baking dish.

Place the chicken on a microwave-safe plate, cover with a paper towel, and place in a microwave oven. Cook on high power until the chicken is no longer pink and cooked through, about 10 minutes. Cool, and use a knife to shred the chicken. Set aside.

Place the refried beans in a saucepan over medium heat. Stir until thoroughly heated.

Layer half the chips, 1/2 cup cheese, and green onions on the bottom of prepared baking dish. Spoon the refried beans over the chip mixture. Sprinkle with another 1/2 cup cheese, and spread with the sour cream. Arrange the shredded chicken over the sour cream layer. Top with the remaining chips and 1/2 cup cheese.

Bake in preheated oven until the cheese melts throughout, 15 to 18 minutes.

'Chinese Buffet' Green Beans

Ingredients

1 tablespoon oil, peanut or
sesame
2 cloves garlic, thinly sliced
1 pound fresh green beans,
trimmed
1 tablespoon white sugar
2 tablespoons oyster sauce
2 teaspoons soy sauce

Directions

Heat peanut oil in a wok or large skillet over medium-high heat. Stir in the garlic, and cook until the edges begin to brown, about 20 seconds. Add the green beans; cook and stir until the green beans begin to soften, about 5 minutes. Stir in the sugar, oyster sauce, and soy sauce. Continue cooking and stirring for several minutes until the beans have attained the desired degree of tenderness.

Green Bean 'N' Pea Salad

Ingredients

1 (16 ounce) package frozen peas, thawed
3 cups frozen French-style green beans, thawed
1 cup chopped celery
1/2 cup chopped green pepper
1/3 cup finely chopped onion
1/4 cup diced pimientos
3/4 cup sugar
1/3 cup cider vinegar
2 tablespoons water
1/2 teaspoon salt

Directions

In a large bowl, combine the first six ingredients. In a small bowl, combine the sugar, vinegar, water and salt; stir until sugar is dissolved. Pour over vegetables; toss to coat. Refrigerate for 3-4 hours. Serve with a slotted spoon.

Slow Cooker Bean Casserole AKA Sweet Chili

Ingredients

1/2 cup ketchup
1/4 cup molasses
1 teaspoon dry mustard
1 (16 ounce) can baked beans
with pork
1 teaspoon salt
1/2 teaspoon ground black
pepper
4 slices bacon
1 large green bell pepper,
chopped
1 1/2 pounds ground beef

Directions

In a slow cooker, mix together ketchup, molasses, mustard, pork and beans, salt, and pepper.

Cook bacon and bell pepper in a large skillet over medium heat for about 5 to 7 minutes, then add to the slow cooker. In same skillet, brown beef, and stir into the slow cooker.

Cover, and cook on High setting for 1 hour.

Roasted Green Beans

Ingredients

3/4 pound fresh green beans
1 small onion, thinly sliced,
separated into rings
2 cloves garlic, thinly sliced
1 tablespoon red wine vinegar
2 teaspoons olive oil

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain.

Place beans in a greased 11-in. x 7-in. x 2-in. baking dish. Top with onion and garlic. Drizzle with vinegar and oil; toss to coat. Bake, uncovered, at 450 degrees F for 10 minutes. Stir; bake 5 minutes longer.

Divine Chicken with Green Beans

Ingredients

2 tablespoons olive oil
1 pound skinless, boneless
chicken breast halves - diced
1 tablespoon minced garlic, or to
taste
1/4 cup thinly sliced onion
12 ounces fresh or frozen green
beans
1/4 cup grated Parmesan cheese
3 tablespoons heavy cream

Directions

Heat the oil in a large skillet over medium-high heat. Add the chicken and cook until browned. Add garlic and onion, and reduce the heat to medium. Cook and stir just until fragrant. Mix in the green beans, cover and cook to your desired doneness, at least 5 minutes.

Uncover, and stir in the cream and cheese just until everything is coated. Remove from the heat and enjoy.

Mom's Baked Beans I

Ingredients

2 (28 ounce) cans baked beans
2 onions, cut into wedges
1/4 cup molasses
1/2 cup barbeque sauce
1 tablespoon liquid smoke
flavoring

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a 3 quart casserole dish combine beans, onions, molasses, barbecue sauce and liquid smoke flavoring.

Bake in preheated oven for 2 to 2 1/2 hours, stirring every 20 minutes.

Chili Beef Casserole

Ingredients

3/4 pound lean ground beef
2 teaspoons olive oil
2 onions, chopped
1 green bell pepper, chopped
1/4 cup frozen green peas
1/2 teaspoon chili powder
1/2 teaspoon red pepper flakes
1 (14.5 ounce) can canned tomatoes, drained and chopped
1/4 cup tomato paste
1 (15.25 ounce) can kidney beans, drained
1 (11 ounce) can whole kernel corn, drained
4 (6 inch) corn tortillas, quartered
1/3 cup shredded reduced-fat Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain, and set aside.

Heat the olive oil in a separate skillet over medium heat, and cook the onions until tender. Mix in the green pepper and peas, and season with chili powder and red pepper flakes. Stir the cooked beef, tomatoes, and tomato paste into the mixture. Reduce heat to low, and simmer 5 minutes. Mix in the kidney beans and corn.

Spoon 1/2 the skillet mixture into the prepared casserole dish, and top with 1/2 the tortilla quarters. Layer with remaining skillet mixture.

Cover and bake 25 minutes in the preheated oven. Remove cover, and top with remaining tortillas and cheese. Continue baking 10 minutes, or until cheese is melted and golden brown.

Brown Sugar Baked Beans

Ingredients

1 2/3 cups dried pinto beans
1 medium onion, chopped
1 cup chunky salsa
1/2 cup packed brown sugar
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1/4 teaspoon dried oregano
1/8 teaspoon cayenne pepper

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain and rinse beans, discard liquid. Return beans to Dutch oven; add onion and enough water to cover by 2 in. Bring to a boil. Reduce heat; cover and simmer for 60-70 minutes or until the beans are tender.

Drain beans and place in an ungreased 2-qt. baking dish. Add the remaining ingredients. Cover and bake at 350 degrees F for 25 minutes or until heated through.

Green Bean Bundles II

Ingredients

2 (15 ounce) cans whole green beans, drained
1 cup Italian-style salad dressing
9 slices bacon, cut in half

Directions

In a medium bowl combine green beans and dressing; toss gently. Cover and chill overnight.

Preheat oven to Broil. Place a rack high in the oven, about 5 inches from the top.

Drain beans; arrange in bundles of 10 to 12 beans each. Wrap half a slice of bacon around each bundle, and secure with a toothpick.

Place bundles on a baking sheet and broil for 7 minutes, or until bacon is cooked.

Filipino Menudo (Pork and Liver Stew)

Ingredients

2 1/4 boneless pork chops
1/2 pound pork liver
3 tablespoons olive oil
2 cloves garlic, minced
1 onion, diced
salt and pepper to taste
2 tomatoes, diced
1 (15.5 ounce) can garbanzo beans, drained
1 (1.5 ounce) box raisins
2 potatoes, diced

Directions

Bring a large pot of lightly salted water to a boil; add the pork chops and return to a boil. Cook the pork chops at a boil for 5 minutes, remove, and set aside to cool. Remove 1 cup of the broth from the pot and set aside for later use. Once the chops are cooled to the touch, cut into bite-size pieces.

Return the water to a boil; add the pork liver to the pot and cook at a boil until tender, 7 to 10 minutes. Drain and discard the liquid. Set the liver aside to cool; cut into bite-size pieces.

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until tender, about 5 minutes. Stir the pork chops into the onion and garlic; cook and stir together for 5 minutes. Season with salt and pepper. Add the tomatoes and reserved broth; cover and cook for 10 minutes. Stir the pork liver, garbanzo beans, raisins, and potatoes into the mixture; cover and simmer until the potatoes are fork-tender, about 10 minutes.

Garbanzo Bean Salad

Ingredients

1 (15 ounce) can garbanzo beans, drained
1/2 cup chopped celery
1 tablespoon diced onion
1 apple, cored and chopped
1/4 cup chopped walnuts
1/4 cup mayonnaise
1 tablespoon honey
1/2 teaspoon prepared mustard
1/4 teaspoon lemon juice
1/2 head iceberg lettuce - rinsed, dried, and shredded

Directions

In a salad bowl, combine the chick peas, celery, onion, apple or grapes and chopped nuts.

Prepare the dressing by whisking together the mayonnaise, honey, mustard and lemon juice.

Combine the salad mixture and dressing. Toss and serve on a bed of shredded lettuce.

Spicy Three Bean Soup

Ingredients

1/4 cup olive oil
1 onion, diced
2 cloves garlic, diced
2 (16 ounce) cans great Northern beans, rinsed and drained
2 (15.25 ounce) cans red kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
3 stalks celery, chopped
3 carrots, chopped
2 large potatoes, cubed
15 ounces tomato-vegetable juice cocktail
2 tablespoons brown sugar
1 1/2 teaspoons dried thyme
4 cups water
2 cubes vegetable bouillon
1 cup red wine

Directions

Heat the olive oil in a large saucepan over medium heat. Place onion and garlic in the saucepan and slowly cook and stir until tender and browned.

Place the great northern beans, red kidney beans, black beans, celery, carrots, potatoes, tomato-vegetable juice cocktail, brown sugar, thyme, water and vegetable bouillon in the saucepan. Cook over medium-high heat approximately 25 minutes. As the mixture thickens, stir in the red wine.

Spicy Green Beans and Pork, Asian Style

Ingredients

2 cups vegetable oil for frying
1 pound fresh green beans,
trimmed and dried well with paper
towels

Pork Sauce:

1 tablespoon vegetable oil
3 cloves garlic, minced
2 teaspoons minced fresh ginger
root
2 green onions, minced
1/2 pound ground pork
2 tablespoons Asian chili garlic
sauce
1/4 cup chicken broth
2 teaspoons soy sauce
2 teaspoons cornstarch
2 tablespoons cold water

Directions

Heat 2 cups of vegetable oil in a large wok or deep sided skillet to 375 degrees F (190 degrees C). Carefully add the beans to the hot oil, and fry, stirring occasionally, until the beans are blistered, 3 to 5 minutes. Dip the beans out of the oil with a strainer, and quickly rinse them in cold water.

Remove the oil from the wok, but do not wipe the pan. Heat 1 tablespoon of vegetable oil in the wok over medium heat, and stir in the garlic, ginger, and green onion. Cook and stir until fragrant, about 30 seconds, and stir in the ground pork. Cook and stir the pork, breaking it up as it cooks, until no longer pink, about 4 minutes. Stir in the chili garlic sauce, chicken broth, and soy sauce, and bring to a boil.

Mix the cornstarch with the water in a small bowl, stir into the pork mixture, and let simmer until the sauce thickens, 1 to 2 minutes. Gently stir the green beans into the pork sauce, heat through, and serve.

Roasted Garlic Bean Dip

Ingredients

4 medium heads garlic
4 tablespoons olive oil
1 teaspoon dried rosemary
salt and pepper to taste
1 large sweet onion, peeled and chopped
1 (15 ounce) can navy beans, rinsed and drained
2 teaspoons ground cumin
1/3 cup nonfat sour cream

Directions

Preheat oven to 375 degrees F (190 degrees C).

Leaving the cloves intact, remove the outer skin from the garlic. Wrap heads in aluminum foil with 2 tablespoons olive oil, rosemary, salt and pepper.

Bake garlic approximately 45 minutes in the preheated oven, until the skins are easily removed.

In a medium saucepan over medium heat, cook and stir sweet onion with remaining 2 tablespoons of olive oil until soft and lightly browned.

Remove garlic cloves from their skin, and place in a blender or food processor with the sweet onion, navy beans, cumin and nonfat sour cream. Salt and pepper to taste. Blend to desired consistency. Refrigerate until serving. Serve at room temperature.

Southwestern Green Chile with Pork Stew

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 pounds pork loin, cut into 1 inch cubes
1/2 cup all-purpose flour
3 (14.5 ounce) cans chicken broth
4 cups water
4 potatoes, peeled and cubed
8 green chile peppers, chopped
1 (15 ounce) can black beans, undrained
1 (15 ounce) can kidney beans, drained
3 cloves garlic, minced
salt and pepper to taste

Directions

In a large pot over medium high heat, combine the oil and onion and saute for 5 minutes, or until onions are tender. Dredge the pork in the flour and add to the pot. Saute quickly until browned.

Add the broth, water, potatoes and chile peppers. Bring to a boil and reduce heat to low. Simmer for 15 minutes, or until potatoes are tender. Add the black beans, kidney beans, garlic, and salt and pepper to taste. Simmer for 30 minutes or more.

Down Home Baked Beans

Ingredients

1 pound bacon
2 (28 ounce) cans baked beans
1 (12 ounce) bottle chili sauce
1 large sweet onion, chopped
2 cups packed brown sugar

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large bowl combine beans, chili sauce, onion, brown sugar and bacon. Pour into a 9x13 inch casserole dish.

Bake in preheated oven for 45 minutes to 1 hour.

Dad's Spaghetti Western

Ingredients

1 pound ground beef
1 onion, chopped
1 1/2 teaspoons chili powder
1 teaspoon dried basil
3/4 teaspoon garlic powder,
divided
1 (28 ounce) can crushed
tomatoes
1 (6 ounce) can tomato paste
1/2 (8 ounce) package spaghetti,
broken into 2-inch pieces
1 (15.25 ounce) can kidney beans,
drained
1 cup shredded Cheddar cheese
1 cup sour cream

Directions

Crumble beef into a large microwave-safe bowl. Cook for 3 minutes on high; drain fat and stir in onion, chili powder, basil, 1/2 teaspoon garlic powder, tomatoes and tomato paste. Fill the paste can with water and add. Cover bowl with plastic wrap and microwave on high for 10 minutes.

Stir broken spaghetti into meat mixture; re-cover with plastic wrap and microwave on high for 6 minutes. Stir, re-cover and microwave on high for 3 to 4 minutes, or until spaghetti is tender. Stir in beans, re-cover and let stand 5 minutes.

In a separate bowl, combine cheese, sour cream and remaining 1/4 teaspoon garlic powder. Microwave on medium-high for 2 minutes, or until cheese is melted. Serve over spaghetti mixture.

Easy Texas Chili

Ingredients

- 2 pounds lean ground beef
- 1 large onion, diced
- 1 large bell pepper, minced
- 3 (15 ounce) cans pinto beans
- 2 (28 ounce) cans diced tomatoes
- 4 (8 ounce) cans tomato sauce
- 3 jalapeno peppers, minced (optional)
- 1/2 cup chili powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder

Directions

Cook and stir the beef, onion, and bell pepper in a large pot over medium heat until the beef is brown and onion and pepper are tender, about 10 minutes. Drain grease from beef.

Stir in beans, tomatoes, tomato sauce, jalapenos (if using), chili powder, red pepper flakes, black pepper, salt, and garlic powder. Bring mixture to a slow boil; cover and reduce heat. Simmer chili at least 30 minutes, stirring occasionally so that it does not stick. This chili can be simmered for several hours; the longer you simmer, the more flavor you will get.

Lemon String Beans

Ingredients

1 clove garlic, peeled and cut in half
1/4 cup fresh lemon juice
1/4 cup olive oil
1 pound fresh green beans, trimmed
1 teaspoon salt

Directions

Mix together the garlic, lemon juice, and olive oil in a large bowl; set aside.

Bring a large pot of salted water to a boil. Cook the green beans in the water for 5 to 6 minutes; drain. Cool beans for about 10 minutes. Place cooled beans in the large bowl and toss with the lemon juice mixture; season with salt. Allow beans to rest for 2 minutes before stirring again. Repeat 2 minutes rest and stirring once more. Remove garlic before serving.

Chili Noodle Casserole

Ingredients

12 ounces spaghetti
1 pound lean ground beef
1 onion, chopped
salt and pepper to taste
chili powder to taste
1 (15.25 ounce) can kidney beans,
drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, brown the meat with the onion in a skillet; drain off liquids. Stir in salt, pepper, and chili powder to taste. Stir in kidney beans, and saute 5 to 10 minutes.

Serve meat and bean mixture over pasta.

Maryanne's Pasta Primavera

Ingredients

1 (8 ounce) package angel hair pasta
1 cup water
1 cube vegetable bouillon
1/4 teaspoon dried tarragon
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried oregano
2 cups Brussels sprouts, halved
1/2 cup green beans
1 cup peeled and diced potatoes
1 cup peeled and sliced carrots
1/2 cup minced onion
2 tablespoons water
1 (8 ounce) container sour cream
2 tablespoons cornstarch
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

In a large pot of salted boiling water, cook pasta until al dente; drain immediately. Keep pasta warm.

Meanwhile in a medium saucepan on high heat, combine the cup of water, vegetable bouillon, tarragon, red pepper and oregano. Bring the mixture to a boil and add the Brussels sprouts, green beans, potatoes, carrots and onion. Turn the stove down to medium heat and let the vegetables cook until tender.

Stir the 2 tablespoons of water into the vegetable mixture and add the sour cream and the flour or cornstarch. Stir well and cook until thickened and bubbly. Serve the vegetable mixture over the warm spaghetti and top with Parmesan cheese. Season with salt and pepper to taste.

Texas Style Chili with Spicy Jalapeno Chicken

Ingredients

2 (12 ounce) packages al frescoB® Spicy Jalapeno Chicken Sausage
2 tablespoons olive oil
1/2 cup chopped onion
1 green pepper, chopped
1 red pepper, chopped
1 yellow pepper, chopped
3 cloves garlic
2 (15 ounce) cans black soy beans
3 tablespoons chili powder (spicy)
1 teaspoon ground cumin
1 teaspoon dried oregano
2 bay leaves

Directions

Slice al fresco chicken sausage and saute with oil, onions, peppers, and garlic. Add remaining ingredients and stir well.

Cook on low for about 1 hour, stirring occasionally.

Veggie Vegetarian Chili

Ingredients

1 tablespoon vegetable oil
3 cloves garlic, minced
1 cup chopped onion
1 cup chopped carrots
1 cup chopped green bell pepper
1 cup chopped red bell pepper
2 tablespoons chili powder
1 1/2 cups chopped fresh mushrooms
1 (28 ounce) can whole peeled tomatoes with liquid, chopped
1 (15 ounce) can black beans, undrained
1 (15 ounce) can kidney beans, undrained
1 (15 ounce) can pinto beans, undrained
1 (15 ounce) can whole kernel corn, drained
1 tablespoon cumin
1 1/2 tablespoons dried oregano
1 1/2 tablespoons dried basil
1/2 tablespoon garlic powder

Directions

Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.

Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

JIF® Peanut Butter Bunny Crisp Cake

Ingredients

6 tablespoons butter or margarine
2 (10 ounce) packages
marshmallows
2 cups Jif® Creamy Peanut Butter
10 cups crisp rice cereal
CRISCO® No-Stick Cooking
Spray
Smucker's® Jelly Beans
Licorice, gum drops, or decorative
candy

Glaze (optional)
1/2 cup butter or margarine
1/2 cup brown sugar, packed
2 tablespoons milk
1 teaspoon vanilla
2 1/2 cups sifted powdered sugar

Directions

In a large saucepan, melt butter over low heat. Add marshmallows. Stir until completely melted and remove from heat.

Stir in JIF® and mix well to incorporate.

Add rice crisp cereal and stir until well coated.

Press into two 9-inch pans, well coated with CRISCO® No-Stick Cooking Spray, and allow to cool.

Cut ears and bow tie from one cake. This is done by cutting two football-shaped ears from the top and bottom of one cake layer, leaving a bow-tie-shaped piece in the middle.

Position two ears at top of whole round cake and place bow tie under face.

Apply optional glaze, if desired. Decorate with SMUCKER'S® Jelly Beans, marshmallows, licorice and gum drops or any of your favorite cake decorations.

Jim's Birthday Pasta Salad

Ingredients

1 (16 ounce) package dry penne pasta
1 (15 ounce) can garbanzo beans, drained
1 (14 ounce) can artichoke hearts, drained
1 pint cherry tomatoes
1 lemon, zested
2 tablespoons chopped fresh basil leaves
1/2 cup Italian salad dressing, or as needed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Place penne pasta in pot, and cook for 10 to 12 minutes, until al dente; drain and cool.

In a large bowl, gently toss the cooked penne, garbanzo beans, artichoke hearts, cherry tomatoes, lemon zest, basil leaves, and Italian salad dressing. Season to taste with salt and pepper. Chill at least 1 hour before serving

Artichoke and Chickpea Stew

Ingredients

2 tablespoons olive oil
1 medium yellow onion, chopped
6 cloves garlic, minced
1/8 teaspoon red pepper flakes
2 carrots, chopped
4 medium roma (plum) tomatoes, chopped
1 (15 ounce) can artichoke hearts, drained and quartered
1 (15.5 ounce) can garbanzo beans, drained
1 quart low-sodium chicken broth
1 tablespoon chopped fresh sage
1 teaspoon lemon juice
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat, cook the onion until translucent. Stir in the garlic and chili flakes; cook until the garlic has begun to soften, about 1 minute. Add the carrots, tomatoes, artichokes, garbanzo beans, and chicken broth. Bring to a boil over medium-high heat, then reduce heat to low and simmer until the carrots are tender.

Season with sage, lemon juice, salt, and pepper to taste. Cook for 5 to 10 minutes more to meld the flavors.

Quorn[®] and Chickpea Curry

Ingredients

2 tablespoons vegetable oil
1 (12 ounce) package Quorn[®] Chicken-Style Recipe Tenders
1 medium onion, chopped
3 cloves garlic, crushed
1/2 teaspoon cumin seed
1/2 teaspoon black mustard seed
1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon chili powder
1 teaspoon salt
2 teaspoons tomato puree
1 (8 ounce) can chickpeas (garbanzo beans), drained
1 (14 ounce) can diced tomatoes
1 cup vegetable broth
1 teaspoon garam masala

Directions

Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Cook Quorn in oil until golden brown. Set aside.

Using the same pan, heat remaining 1 tablespoon oil over medium heat. Cook onion, garlic, cumin seed, and mustard seed in oil for 3 to 5 minutes, or until the onion is soft.

Season with ground turmeric, cumin, and coriander, chili powder, and salt. Mix in tomato puree, then stir in Quorn, chickpeas, diced tomatoes, and vegetable stock. Bring to a boil, reduce heat to medium-low, and simmer for 20 to 25 minutes. Remove from heat, and mix in garam masala.

Shipwreck Stew

Ingredients

2 pounds ground beef
2 (10.75 ounce) cans condensed tomato soup
2 medium onions, chopped
5 large potatoes, cubed
2 (15.25 ounce) cans kidney beans, undrained

Directions

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until browned. Drain grease, and transfer beef to a slow cooker. Mix in the tomato soups (undiluted), onions, potatoes, and beans.

Cover, and cook on the Low setting for 4 to 5 hours, until stew is thick and potatoes are tender.

White Bean Tabbouleh

Ingredients

1 cup bulgur wheat, uncooked
1 1/2 cups boiling water
2 cups chopped fresh parsley
1 cup chopped baby spinach
1 tomato, diced
1/2 yellow bell pepper, diced
1 small onion, finely diced
2 cloves garlic, minced
1 (15 ounce) can cannellini beans, drained and rinsed
1/4 cup olive oil
1 lemon, juiced
1 1/2 teaspoons sea salt
freshly ground black pepper to taste

Directions

Place the bulgur wheat in a large bowl, stir the boiling water into it, cover, and let stand until the water is absorbed and the wheat is fluffy, about 30 minutes.

In a large salad bowl, lightly stir together the parsley, spinach, tomato, yellow bell pepper, onion, garlic, cannellini beans, olive oil, lemon juice, sea salt, and black pepper. Add the bulgur, lightly stir to thoroughly combine the salad, and refrigerate until chilled, about 1 hour.

Loaded Tortillas

Ingredients

2 (7 inch) flour tortillas
1/2 cup refried beans
1/2 cup salsa
1/2 cup shredded mozzarella
cheese
1/2 cup shredded Cheddar
cheese
1/3 cup real bacon bits
1/4 cup chopped tomato
1/4 cup chopped green onion

Directions

Place tortillas on an ungreased baking sheet. Spread with beans and salsa. Top with cheeses, bacon and tomato. Broil 4 in. from the heat for 4-6 minutes or until cheese is melted and edges of tortillas are lightly browned. Sprinkle with onions.

Chili-ghetti

Ingredients

1 (7 ounce) package spaghetti
1 pound ground beef
1 small onion, chopped
1 (16 ounce) can kidney beans,
rinsed and drained
1 (14.5 ounce) can diced
tomatoes, undrained
1 (4 ounce) can mushroom stems
and pieces, drained
1/3 cup water
1 (1.25 ounce) package chili
seasoning mix
2 tablespoons grated Parmesan
cheese
1/4 cup shredded mozzarella
cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.

Drain spaghetti; add to beef mixture. Stir in the beans, tomatoes, mushrooms, water, chili seasoning and Parmesan cheese. Cover and simmer for 10 minutes. Sprinkle with mozzarella cheese.

Easy 'Charro' Beans

Ingredients

1/2 pound bacon strips
1/2 cup bacon drippings
1 large onion, finely chopped
1/2 pound cooked ham, diced
1/4 pound chorizo sausage,
crumbled
5 (16 ounce) cans pinto beans,
rinsed and drained
1 whole chipotle pepper
2 cloves garlic, pricked with a fork

Directions

Fry bacon strips in a large skillet over medium heat until crisp. With a slotted spoon, remove bacon to paper towels. Reserve 1/2 cup bacon drippings.

Place drippings in a large pot, and warm over medium heat. Fry onions until light brown. Stir in ham and chorizo. Reserve 1 cup of beans, and add the rest to the pot, along with the chipotle and garlic.

Mash the reserved beans, then add to the pot. Simmer beans until thick and soupy, about 30 minutes. (If the beans become too dry, stir in water). Remove chipotle and garlic, and serve.

Campbell's® Green Bean Casserole

Ingredients

2 (10.75 ounce) cans Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
1 cup milk
2 teaspoons soy sauce
1/4 teaspoon ground black pepper
8 cups cooked cut green beans
2 2/3 cups French's® French Fried Onions

Directions

Stir soup, milk, soy sauce, pepper, beans and 1 1/3 cups onions in 3-qt. casserole.

Bake at 350 degrees F. for 25 min. or until hot. Stir.

Top with remaining onions. Bake for 5 min. more.

Espinacas con Garbanzos (Spinach with Garbanzo

Ingredients

1 tablespoon extra-virgin olive oil
4 cloves garlic, minced
1/2 onion, diced
1 (10 ounce) box frozen chopped spinach, thawed and drained well
1 (12 ounce) can garbanzo beans, drained
1/2 teaspoon cumin
1/2 teaspoon salt

Directions

Heat the olive oil in a skillet over medium-low heat. Cook the garlic and onion in the oil until translucent, about 5 minutes. Stir in the spinach, garbanzo beans, cumin, and salt. Use your stirring spoon to lightly mash the beans as the mixture cooks. Allow to cook until thoroughly heated.

Roasted Eggplant and Garlic Hummus

Ingredients

1 eggplant, cut into 1/2-inch slices
2 tablespoons olive oil
2 cloves garlic, peeled and thinly sliced
1 (15 ounce) can garbanzo beans, drained
1/2 teaspoon salt

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Place the eggplant slices on the prepared baking sheet, and brush them generously with olive oil. Place garlic slices on top of the eggplant.

Bake the eggplant in the preheated oven until soft and golden brown, 15 to 20 minutes.

Place the roasted eggplant slices and garlic into the work bowl of a food processor with the garbanzo beans and salt, and process until smooth.

New Year Three-Bean and Artichoke Salad

Ingredients

1 (15.5 ounce) can Great Northern beans, drained
1 (15.5 ounce) can garbanzo beans, drained
1 (15.5 ounce) can black-eyed peas, drained
1 (13.75 ounce) can marinated artichoke hearts, drained and chopped
4 green onions, chopped
2 large tomatoes, diced
3 cloves garlic, minced
3 tablespoons olive oil
3 tablespoons balsamic vinegar
1/4 cup chopped fresh parsley
2 teaspoons crushed dried oregano
1 teaspoon ground black pepper

Directions

Mix the Great Northern beans, garbanzo beans, black-eyed peas, artichokes, green onions, tomatoes, and garlic together in a bowl. Toss with the olive oil, balsamic vinegar, parsley, oregano, and black pepper until well mixed. Refrigerate for 1 hour before serving.

Braised Green Beans with Fried Tofu

Ingredients

2 tablespoons white sugar
3 tablespoons soy sauce
1 cup dry white wine
1/2 cup chicken broth

1 (14 ounce) package tofu,
drained
salt and pepper to taste
1 tablespoon cornstarch
3 cups oil for frying, or as needed
1 onion, chopped
4 plum tomatoes, sliced into thin
wedges
12 ounces fresh green beans,
trimmed and cut into 3 inch pieces
1 cup bamboo shoots, drained
and sliced
1 cup chicken broth, or as needed
2 tablespoons cornstarch
3 tablespoons water

Directions

In a small bowl, stir together the white sugar, soy sauce, white wine and 1/2 cup of chicken broth. Set the sauce aside.

Pat the tofu dry with paper towels, and cut into cubes. Season the cubes with salt and pepper. Sprinkle 1 tablespoon of cornstarch over them on all sides.

Heat a little more than 1 inch of oil in a large deep skillet over medium-high heat. If you have a deep-fryer, fill to the recommended level, and heat the oil to 375 degrees F (190 degrees C). When the oil is hot, add the tofu, and fry until golden brown on all sides. Turn occasionally. Remove from the oil with a slotted spoon, and drain on paper towels.

In a separate skillet, heat one tablespoon of oil over medium-high heat. Add the onions and green beans; cook and stir for 3 to 5 minutes. Season with salt and pepper. Stir in the tomatoes, and cook until they begin to break apart, about 4 minutes. Add the bamboo shoots, and stir to blend.

Stir the sauce into the skillet with the beans, and bring to a boil. Cook for 5 minutes, stirring occasionally. If the liquid starts to evaporate too much, stir in up to 1 cup of chicken broth.

Mix together the remaining 2 tablespoons of cornstarch and water until cornstarch is dissolved. Stir this into the sauce in the skillet. Simmer, stirring gently, until the sauce clears and thickens. Add the fried tofu, and stir to coat with the sauce.

Like-Homemade Baked Beans

Ingredients

2 bacon strips, diced
1/2 cup chopped onion
1 (16 ounce) can pork and beans
2 tablespoons brown sugar
1 1/2 teaspoons Worcestershire
sauce
1/2 teaspoon ground mustard

Directions

In a skillet, cook bacon until crisp. Add onion; cook until tender. Add remaining ingredients. Reduce heat; simmer for 10-15 minutes or until heated through, stirring frequently.

Vegetarian Tortilla Stew

Ingredients

1 (19 ounce) can green enchilada sauce
1 1/2 cups water
1 cube vegetable bouillon
1/2 teaspoon garlic powder
1/4 teaspoon chili powder
1/4 teaspoon ground cumin
1 (15 ounce) can pinto beans, drained and rinsed
1/2 (16 ounce) can diced tomatoes
1 cup frozen corn
1/2 cup vegetarian chicken substitute, diced (optional)
4 (6 inch) corn tortillas, torn into strips
1 tablespoon chopped fresh cilantro
salt and pepper to taste

Directions

In a pot, mix the enchilada sauce and water. Dissolve the bouillon cube in the liquid, and season with garlic powder, chile powder, and cumin. Bring to a boil, and reduce heat to low. Mix in the beans, tomatoes, and corn. Simmer until heated through. Mix in vegetarian chicken and tortillas, and cook until heated through. Stir in cilantro, and season with salt and pepper to serve.

Amateur's Light Breeze Chicken Chili

Ingredients

2 (10 ounce) cans chunk chicken, undrained
2 (16 ounce) cans chili beans, drained
3 (14.5 ounce) cans Mexican-style stewed tomatoes
1 (12 ounce) jar sliced jalapeno peppers
1 large onion, chopped
2 large green bell peppers, seeded and chopped
1 1/2 tablespoons chili powder
2 tablespoons ground cumin
10 cups water, or as needed
1 (14.5 ounce) can chicken broth
salt to taste

Directions

In a large stockpot, combine the chicken, chili beans, tomatoes, jalapenos, onion and green bell pepper. Season with chili powder and cumin. Pour in the chicken broth, and enough water to cover the ingredients. Stir well, and bring to a boil. Reduce heat to medium, and let simmer for one hour. Season with salt to taste.

Jamaican Beans and Rice Dish

Ingredients

1 1/4 cups dry kidney beans
1 cup coconut milk
1 sprig fresh thyme
1 teaspoon minced garlic
1/8 cup chopped green onions
1 hot red chile pepper, sliced
2 1/4 cups uncooked brown rice

Directions

Combine beans and coconut milk in a large saucepan; cook for 2 hours on low heat.

Stir in thyme, garlic, onions and 3 slices chile pepper; simmer for 7 minutes. Stir in rice and bring to a boil. Reduce heat, cover and simmer for 25 minutes, or until all liquid is absorbed and rice is tender.

Chili Bean Nacho Skillet

Ingredients

1 pound ground beef
1/2 cup chopped onion
1 (15.5 ounce) can chili beans,
undrained
1 (15 ounce) can tomato sauce
1 (11 ounce) can Mexicorn,
drained
1 teaspoon sugar
1 teaspoon chili powder
1/2 teaspoon dried oregano
1/2 cup shredded Cheddar
cheese
Tortilla chips

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the beans, tomato sauce, corn, sugar, chili powder and oregano. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Sprinkle with cheese; remove from the heat. Cover; let stand for 5 minutes or until cheese is melted. Serve with tortilla chips if desired.

Mean Old Chili

Ingredients

1/4 cup Worcestershire sauce
1 clove garlic, chopped
2 tablespoons red pepper flakes
1 teaspoon distilled white vinegar
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon black pepper
2 tablespoons olive oil
1 tablespoon chili powder, or to taste
2 1/2 pounds beef chuck roast, cubed
1/2 pound fresh hot chilies, cut crosswise into thirds
2 cups chopped fresh tomato
1 red bell pepper, cut into 1 inch pieces
1 (15.5 ounce) can pinto beans, drained
1 teaspoon red pepper flakes, or to taste

Directions

In a glass baking pan, stir together the Worcestershire sauce, garlic, 2 tablespoons red pepper flakes, vinegar, oregano, basil, black pepper and olive oil. Place the meat into the sauce; cover and marinate overnight in the refrigerator.

Preheat an outdoor grill for medium-high heat. Remove meat from the marinade, and discard marinade. Thread the marinated beef, chili peppers, and red bell pepper onto skewers.

Grill the skewers about 4 to 6 minutes on each side, or until the meat is of the desired doneness.

Place a large saucepan or Dutch oven over medium heat. Remove meat and peppers from skewers, and place them in the pan. Season with chili powder, and stir in tomatoes and pinto beans. Sprinkle in the remaining red pepper flakes.

Pork Chalupas

Ingredients

1 (4 pound) pork shoulder roast
1 pound dried pinto beans
3 (4 ounce) cans diced green chile peppers
2 tablespoons chili powder
2 tablespoons ground cumin
2 tablespoons salt
2 tablespoons dried oregano
2 tablespoons garlic powder
12 flour tortillas

Directions

Place the roast inside a slow cooker coated with cooking spray. In a separate bowl, stir together the beans, 2 cans of the chile peppers, chili powder, cumin, salt, oregano, and garlic powder. Pour the whole mixture over the roast, and add enough water so that the roast is mostly covered. Jiggle the roast a little to get some of the liquid underneath.

Cover, and cook on Low for 8 to 9 hours. Check after about 5 hours to make sure the beans have not absorbed all of the liquid. Add more water if necessary 1 cup at a time. Use just enough to keep the beans from drying out.

When the roast is fork-tender, remove it from the slow cooker, and place on a cutting board. Remove any bone and fat, then shred with forks. Return to the slow cooker, and stir in the remaining can of green chilies. Heat through, and serve with flour tortillas and your favorite toppings.

Mom's Great Green Beans

Ingredients

2 (15 ounce) cans green beans
1 cube beef bouillon cube
1 tablespoon Worcestershire
sauce
1 teaspoon soy sauce
1 tablespoon butter
1/8 teaspoon garlic pepper
seasoning

Directions

Drain the green beans, reserving 1/2 of the liquid. Dissolve the bouillon cube in the reserved liquid.

Place green beans and liquid in a saucepan. Add Worcestershire sauce, soy sauce, butter or margarine and garlic pepper seasoning to taste. Simmer gently for 15 minutes.

Remove to serving bowl leaving beans sitting in their liquid. Use a slotted spoon to serve.

Three Bean Salad

Ingredients

1 (15 ounce) can green beans
1 pound wax beans
1 (15 ounce) can kidney beans,
drained and rinsed
1 onion, sliced into thin rings
3/4 cup white sugar
2/3 cup distilled white vinegar
1/3 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 teaspoon celery seed

Directions

Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.

Swiss Green Beans

Ingredients

5 tablespoons butter, melted
2 tablespoons all-purpose flour
2 teaspoons grated onion
1 teaspoon white sugar
1 teaspoon salt (optional)
1/4 teaspoon ground black pepper, or to taste
1 cup sour cream
8 ounces Swiss cheese, grated
2 (15 ounce) cans cut green beans, drained
1 cup cornflakes cereal crumbs

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a 3 quart saucepan combine 2 tablespoons melted butter, flour, onion, sugar, salt, pepper, sour cream and 4 ounces of the cheese. Cook over low heat and stir constantly until thickened. Fold in green beans. Pour into a 2 quart casserole dish and sprinkle the rest of the cheese on top.

In a small bowl combine cereal crumbs and melted butter; sprinkle over beans.

Bake in preheated oven for 20 minutes.

Unsloppy Joes

Ingredients

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrots
1/2 cup chopped green bell pepper
1 clove garlic, minced
1 (14.5 ounce) can diced tomatoes
1 1/2 tablespoons chili powder
1 tablespoon tomato paste
1 tablespoon distilled white vinegar
1 teaspoon ground black pepper
1 (15 ounce) can kidney beans, drained and rinsed
8 kaiser rolls

Directions

Heat olive oil in a large skillet over medium heat. Add onion, celery, carrot, green pepper, and garlic: saute until tender. Stir in tomatoes, chili powder, tomato paste, vinegar, and pepper. Cover, reduce heat, and simmer 10 minutes.

Stir in kidney beans, and cook an additional 5 minutes.

Cut a 1/4 inch slice off the top of each kaiser roll; set aside. Hollow out the center of each roll, leaving about 1/2 inch thick shells; reserve the inside of rolls for other uses.

Spoon bean mixture evenly into rolls and replace tops. Serve immediately.

Thai Green Curry Prawns

Ingredients

1/2 teaspoon ground cumin
1 1/2 teaspoons ground coriander
1 tablespoon minced fresh ginger root
4 teaspoons minced garlic
2 green chile peppers, chopped
3 stalks lemon grass, minced
1/3 cup chopped fresh cilantro
2 limes, juiced
1 lime, zested
2 tablespoons corn oil

1/4 cup corn oil
1/2 pound fresh green beans, trimmed
1 (7 ounce) can baby corn, drained
1 tablespoon soy sauce
1 (14 ounce) can coconut milk
3/4 pound peeled and deveined medium shrimp (30-40 per pound)

Directions

Place cumin, coriander, ginger, garlic, green chile peppers, lemon grass, cilantro, lime juice, lime zest, and 2 tablespoons of corn oil in a food processor. Blend to a smooth, thick paste. Set aside.

Heat 1/4 cup of corn oil in a large skillet over medium-high heat. Cook and stir green beans and baby corn for about 30 seconds. Stir in the paste, soy sauce, and coconut milk and bring to a boil. Reduce heat to medium and simmer for 5 to 7 minutes, then add the shrimp. Cook the shrimp until they are bright pink on the outside and the meat is no longer transparent in the center, 3 to 5 minutes. If the sauce becomes too thick, stir in some water.

Texas Deer Chili

Ingredients

2 tablespoons vegetable oil
2 1/2 pounds venison, cut into cubes
1 large onion, chopped
1 clove garlic, minced
1 (4 ounce) can diced green chile peppers
2 (15 ounce) cans kidney beans, drained and rinsed
2 (10.5 ounce) cans beef broth
2 teaspoons dried oregano
2 teaspoons ground cumin
1/2 teaspoon salt
1 1/2 teaspoons paprika

Directions

In a large skillet over medium heat, cook venison, onion and garlic in oil until meat is browned. Transfer to a slow cooker and stir together with chiles, beans, broth oregano, cumin, salt and paprika. Cook on medium 4 to 5 hours.

Cuban Black Beans II

Ingredients

1 pound black beans, washed
1/4 cup olive oil
1 large onion, chopped
1 medium green bell pepper, chopped
6 cloves garlic, peeled and minced
5 cups water
1 (6 ounce) can tomato paste
1 (4 ounce) jar diced pimientos, drained
1 tablespoon vinegar
2 teaspoons salt
1 teaspoon white sugar
1 teaspoon black pepper

Directions

Place beans in a large saucepan with enough water to cover, and soak 8 hours, or overnight; drain.

Heat oil in a medium saucepan over medium heat, and saute onion, green bell pepper, and garlic until tender.

Into the onion mixture, stir the drained beans, water, tomato paste, pimientos, and vinegar. Season with salt, sugar, and pepper. Bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours, stirring occasionally, until beans are tender.

Tuna And Bean Salad

Ingredients

1 cup frozen French-style green beans
1 (6 ounce) can tuna, drained
1/2 cup drained canned cannellini beans
1 red onion, chopped
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon minced garlic
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

In a large bowl, mix together green beans, tuna, cannellini beans, chopped onion, olive oil, lemon juice, garlic, and cheese. Season to taste with salt and black pepper. Cover, and chill in the refrigerator for about 2 hours.

Home-Style Vegetable Beef Soup

Ingredients

- 1 pound ground beef
- 1 onion, diced
- 6 red potatoes, finely diced
- 5 carrots, thinly sliced
- 1/2 cup water
- 1 (15 ounce) can whole kernel corn, drained
- 2 cups frozen green beans
- 1 (46 fluid ounce) bottle tomato-vegetable juice cocktail
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook beef, onion and potatoes, covered, until beef is no longer pink and potatoes are tender, 10 to 15 minutes.

Meanwhile, place carrots and 1/2 cup water in a microwave safe bowl and microwave on high 5 minutes, until tender.

Drain beef mixture and return to pot with carrots, corn, green beans, juice cocktail, water, salt and pepper. Simmer over low heat 30 minutes, until flavors are well blended and soup is hot.

Edamame Soup

Ingredients

3/4 pound shelled edamame
1 1/2 tablespoons vegetable oil
1/2 small onion, chopped
2 1/2 cups chicken stock
1 2/3 cups milk
1 1/2 tablespoons butter
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add edamame, boil for 5 minutes, then drain and rinse with cold water. Once edamame have cooled, remove the skins by squeezing each bean until the center pops out; discard the shells and set the beans aside.

Heat oil in a saucepan over medium heat. Stir in onions and cook until they soften and turn translucent, about 5 minutes. Pour in chicken stock, bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for 10 minutes. Add shelled edamame and continue cooking until the edamame and onions are both soft.

Pour into a blender and carefully puree until smooth; or use a stick blender, and puree the beans in the saucepan. Return the puree to the saucepan and stir in milk and butter. Heat the soup through, about 5 minutes. Season to taste with salt and pepper.

Bry's Chocolate Lamb Chili

Ingredients

- 1 medium onion, chopped
- 1 pound lean ground lamb
- 2 tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 1/2 tablespoon dried basil
- 1 teaspoon cumin
- 1/8 teaspoon cinnamon
- 2 large cloves garlic, minced
- 3 1/2 tablespoons chili powder
- 1/2 teaspoon dried oregano
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon white sugar
- 1 bay leaf
- salt and pepper to taste
- 1 (14.5 ounce) can diced tomatoes with juice
- 4 cups red beans, with liquid

Directions

In a large pot, cook onions and ground lamb in olive oil over medium heat.

When onions are soft and meat browned, season with red pepper flakes, basil, cumin, cinnamon, garlic, chili powder, dried oregano, cocoa powder, sugar, and bay leaf, and salt and pepper to taste. Cook for 1 or 2 minutes. Stir in tomatoes and beans. Increase heat to bring soup to a boil. Reduce heat, and simmer for 15 minutes.

Fifteen Minute Chicken Chili

Ingredients

1 tablespoon canola oil or extra virgin olive oil
10 ounces boneless, skinless chicken breast, cut in bite-sized pieces
1 1/2 tablespoons chili powder
1 1/2 tablespoons cumin
2 (14.5 ounce) cans no-salt-added diced tomatoes
1 (15 ounce) can no-salt-added black or red beans
1 (4.5 ounce) can minced green chilies
1 cup yellow whole-kernel corn, frozen or canned
Salt and cayenne pepper, to taste

Directions

In a medium saucepan, saute chicken in oil over medium high heat for 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Saute 3-4 minutes. Add remaining ingredients; heat through.

Spicy Southwest Chopped Salad with Salsa Verde

Ingredients

2 ears corn

1 pound tomatillos, husked
1/2 bunch fresh cilantro leaves
1/2 jalapeno chile pepper, chopped
1/4 large white onion, chopped
1 clove garlic, chopped
salt, to taste
4 teaspoons lime juice

1 avocado - peeled, pitted and diced
1 teaspoon lime juice
1/4 medium head red cabbage, chopped
1 (14.5 ounce) can black beans, rinsed and drained
1 red bell pepper, chopped

1 pound skinless, boneless chicken breast halves
2 teaspoons Cajun seasoning, or to taste

1 head green leaf lettuce
1 cup crumbled cotija cheese
1 lime, cut into wedges

Directions

Fill a large pot with water and bring to a rolling boil; add the corn and boil 15 to 20 minutes. Remove the corn and allow to cool until cool enough to handle. Cut the corn off of the cob and place into a large mixing bowl; set aside.

Place the tomatillos, cilantro, jalapeno, onion, garlic, salt, and 4 teaspoons of lime juice into a blender. Pulse until the vegetables have been finely chopped; set aside. Toss the avocado with 1 teaspoon of lime juice and mix with the corn, cabbage, black beans, and bell pepper.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Season the chicken breasts with Cajun seasoning.

Cook the chicken breasts on the preheated grill until no longer pink in the center and the juices run clear, about 6 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Set the breasts aside until cool enough to handle; cut into bite sized pieces.

Divide the lettuce leaves onto 4 plates. Mound the avocado mixture on top of the lettuce, followed by the chicken. Sprinkle with cotija cheese and garnish with lime wedges to serve.

Smoky Chipotle Hummus

Ingredients

2 (15.5 ounce) cans garbanzo beans, drained
1/2 cup water
1/4 cup tahini (sesame-seed paste)
1/4 cup fresh lemon juice
2 tablespoons olive oil
1 canned chipotle pepper in adobo sauce
2 cloves garlic
1 1/2 teaspoons cumin
1 (7 ounce) jar roasted red bell peppers, drained
6 oil-packed sun-dried tomatoes, drained
1/2 cup chopped cilantro
1/2 teaspoon salt
ground black pepper to taste

Directions

Place the garbanzo beans, water, tahini, lemon juice, olive oil, chipotle pepper, garlic, and cumin in the bowl of a food processor; blend until smooth. Add the red peppers, sun-dried tomatoes, cilantro, salt, and pepper. Pulse the mixture until the ingredients are coarsely chopped into the hummus base. Transfer to a serving bowl, cover, and chill until ready to serve.

Greek Garbanzo Bean Salad

Ingredients

2 (15 ounce) cans garbanzo beans, drained
2 cucumbers, halved lengthwise and sliced
12 cherry tomatoes, halved
1/2 red onion, chopped
2 cloves garlic, minced
1 (15 ounce) can black olives, drained and chopped
1 ounce crumbled feta cheese
1/2 cup Italian-style salad dressing
1/2 lemon, juiced
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper

Directions

Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

Spicy Red Bean Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
6 tablespoons paprika
2 1/2 cups ketchup
8 cups water
1 (1 ounce) package dry onion soup mix
1 teaspoon salt
1 tablespoon ground black pepper
1 pound linguica, casings removed
1 pound chourico - Portuguese smoked pork sausage
5 (15 ounce) cans kidney beans
3 potatoes, peeled and cubed
1/2 pound spaghetti

Directions

In a large pot over medium heat, combine the oil and the onion. Saute for 5 minutes, or until onion is tender. Add the paprika, ketchup, water, soup mix, salt and pepper and stir well. Cut the linguica and chourico into 3 inch pieces and add to the soup.

In a food processor or blender, puree the beans in small batches and add to the pot. Reduce heat to low and simmer for 2 to 3 hours. Add the potatoes and simmer for another hour. Break the spaghetti into 3 to 4 inch pieces, add to the pot and simmer for another 15 minutes, or until spaghetti is tender.

Green Chili Burritos

Ingredients

1 pound boneless pork, cut into 3/4-inch cubes
1 tablespoon olive or vegetable oil
1 (10 ounce) can diced tomatoes and green chilies, undrained
2 garlic cloves, minced
1 cup water
1 cup diced fresh tomato
1/2 cup chopped onion
1/4 cup chopped green pepper
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
5 teaspoons cornstarch
2 tablespoons cold water
1 (16 ounce) can refried beans
10 (6 inch) flour tortillas, warmed

Directions

In a skillet over medium heat, brown pork in oil; drain. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until pork is tender. Combine cornstarch and cold water until smooth; add to pork mixture, stirring constantly. Bring to a boil; boil and stir for 2 minutes. Meanwhile, heat refried beans; spread evenly on tortillas. Spoon pork mixture down the center of tortillas; fold in sides.

Patchwork Quilt Pasta Salad

Ingredients

1 (12 ounce) package
rotini/corkscrew pasta
1 (16 ounce) package frozen
mixed vegetables, thawed
1 (15.25 ounce) can kidney beans,
drained
1 1/2 cups finely chopped celery
1 cucumber - peeled, seeded and
chopped
1/2 cup finely chopped green bell
pepper
1/2 cup finely chopped onion

2/3 cup cider vinegar
2 tablespoons margarine
2/3 cup sugar
1 tablespoon all-purpose flour
1/2 teaspoon salt
1 tablespoon prepared brown
mustard

Directions

In a large bowl combine cooked pasta, mixed vegetables, kidney beans, celery, cucumber, green pepper and onion.

To make the dressing combine in a saucepan over medium heat: vinegar, margarine, sugar, flour, salt and brown mustard; bring to boil. Continue to cook for 5 minutes stirring frequently. Cool completely.

Pour cooled dressing over bowl of vegetables. Toss to distribute dressing evenly. Cover tightly and store in refrigerator.

Red String Beans

Ingredients

2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, chopped
2 (15.5 ounce) cans French cut green beans, drained
1 (6 ounce) can tomato paste
1/4 cup water
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon ground cumin

Directions

Heat the oil in a large saucepan over medium heat. Add onions, and cook for a few minutes. When the onions are soft, add the garlic, and cook until fragrant. Mix in the green beans; cook and stir for two minutes. Stir in the tomato paste and water, then season with salt, pepper and cumin. Simmer for 5 more minutes over low heat before serving.

Funky Enchilada Casserole

Ingredients

1 tablespoon olive oil
1 pound skinless, boneless chicken breast meat - cubed
1 tablespoon ground cumin, or to taste
1 tablespoon dry Mexican or taco seasoning
1 pinch cayenne pepper
1 medium onion, chopped
5 cloves garlic, chopped
1 red bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
1 orange bell pepper, seeded and chopped
1 (15.5 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1 (10 ounce) package frozen corn kernels
12 (6 inch) corn tortillas
1/2 bunch fresh cilantro, chopped
2 cups shredded pepperjack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium heat. Add the chicken and season with cumin, Mexican seasoning and cayenne pepper. Stir in the onion and garlic and cook until chicken is browned, about 5 minutes. Add red, yellow and orange peppers; cook and stir for another 5 minutes, then mix in the black beans, kidney beans and corn. Remove from the heat.

Line the bottom and sides of a 9x13 inch baking dish with corn tortillas. Pour in the skillet mixture then top with cilantro and pepperjack cheese.

Bake for 25 to 30 minutes in the preheated oven, until the cheese is starting to brown on top. Let stand for 10 minutes, then serve with your favorite Mexican food toppings.

Rotisserie Chicken Chili With Hominy & Chiles

Ingredients

2 store-bought roast chickens,
meat picked from bones and
2 quarts chicken broth
6 tablespoons vegetable oil
1/4 cup ground cumin
4 teaspoons dried oregano
1/2 teaspoon cayenne pepper
2 large onions, cut into medium
dice
2 (4 ounce) jars diced mild green
chiles
2 (20 ounce) cans hominy, or
equal quantity of canned white
beans, such as cannellini or great
Northern
6 medium garlic cloves, minced
2 cups frozen corn, preferably
shoepeg
sour cream
cilantro or scallions
lime wedges
green hot sauce

Directions

Bring skin and bones, chicken broth and 1 quart of water to boil over medium-high heat. Reduce heat to low and simmer about 30 minutes. Strain and discard skin and bones.

Heat oil over medium-low heat in a soup kettle. Add cumin, oregano and cayenne and cook until spices are fragrant, about 1 minute. Add onion; increase heat to medium; saute until soft, 4 to 5 minutes. Stir in chicken and chiles. Add 4 cups hominy and all but 1 cup of the broth and bring to a simmer. Reduce heat to low and simmer, uncovered, stirring occasionally, 25 to 30 minutes.

Process remaining 2 cups hominy and 1 cup broth until silky smooth; add to soup. Stir garlic and corn into soup. Simmer for a minute or so longer, then cover and let stand for 5 minutes.

Ladle into bowls and top with sour cream, cilantro or scallions. Pass separately the lime wedges and green hot pepper sauce.

Taco Soup VIII

Ingredients

1 pound lean ground beef
1 small onion, chopped
1 (1 ounce) package taco seasoning mix
1 (15 ounce) can tomato sauce
1 (15 ounce) can whole kernel corn, drained
2 (15 ounce) cans kidney beans, drained
6 cups corn tortilla chips
1 cup shredded Cheddar cheese
1/2 cup chopped green onion

Directions

In a skillet over medium heat, cook beef and onion until beef is browned; drain. Place beef mixture in slow cooker with taco seasoning, tomato sauce, corn, and beans.

Cover, and cook on Low 2 hours. To serve, put a handful of corn chips in each bowl, and top with soup, cheese, and green onions.

Prawns in Peanut Soup

Ingredients

2 cups water
salt to taste
2 1/4 pounds peeled and deveined prawns
1/2 pound fresh green beans, trimmed
1 large eggplant, diced
1/2 pound bok choy, chopped
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 teaspoon achiote powder
3 tablespoons smooth peanut butter

Directions

Bring the water and salt to a boil in a large pot. Add the prawns to the water and return to a boil; cook at a boil for 5 minutes. Remove the prawns with a strainer and set aside.

Cook the beans, eggplant, and bok choy in the water until slightly tender, about 3 minutes. Drain and reserve the liquid. Set the vegetables aside.

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Sprinkle the achiote powder over the mixture; stir until you produce an even orange-red color. Add the peanut butter and continue stirring until the peanut butter has melted evenly into the mixture. Stir the reserved water into the mixture and bring to a boil; cook at a boil for 3 minutes before stirring in the prawns and vegetables. Continue boiling together 2 minutes more before serving.

Persian Sabzi Polo (Herb Rice with Fava Beans)

Ingredients

6 cups water
4 cups uncooked long-grain white rice
3 tablespoons vegetable oil
1/2 cup water
1 bunch fresh dill, chopped
1 bunch fresh parsley, chopped
1 bunch fresh cilantro, chopped
2 cups fresh or frozen fava beans
ground turmeric to taste
ground cinnamon to taste
1 teaspoon salt
1 teaspoon pepper

Directions

In a large saucepan bring water to a boil. Rinse rice; stir into boiling water. Boil just until rice rises to the surface of the water. Drain rice and return it to the saucepan. Stir in the oil and water. Mix in the dill, parsley, cilantro, fava beans, turmeric, cinnamon, salt and pepper.

Cook the rice over medium heat for 5 minutes.

Reduce heat to the lowest setting. Cover and simmer for 40 to 45 minutes. Note: It's normal to end up with crispy rice (called Tadig) on the bottom of the pot after cooking; it's delicious.

Curried Bean Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can pinto beans,
rinsed and drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 (15.25 ounce) can whole kernel
corn, drained
3 celery ribs, chopped
1/2 cup chopped green onions
1/2 cup cider vinegar
1/4 cup vegetable oil
4 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon pepper
1/2 teaspoon ground cumin
1/2 teaspoon curry powder

Directions

In a bowl, combine the beans, corn, celery and onions. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over bean mixture and toss gently to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Cold-Pickled Green Beans

Ingredients

1 cup tarragon vinegar
2 cups water
4 (1 pint) canning jars with lids and rings
2 pounds fresh green beans, rinsed and trimmed
4 sprigs fresh dill
1 teaspoon celery seed, divided
1 teaspoon mustard seed, divided
1 teaspoon crushed red pepper flakes, divided
1 tablespoon whole black peppercorns, divided
4 cloves garlic, peeled and cut in half lengthwise
1/2 teaspoon salt, or as needed

Directions

Stir the tarragon vinegar and water together in a bowl.

Pack each jar with green beans so they stand on end without crowding. Into each jar, place 1 sprig of fresh dill, 1/4 teaspoon of celery seed, 1/4 teaspoon of mustard seed, 1/4 teaspoon of red pepper flakes, 8 to 10 whole black peppercorns, and 2 garlic clove halves. Sprinkle a pinch of salt into each jar.

Fill the rest of the space in the jars with the tarragon vinegar-water mixture, place the lids on the jars, and refrigerate overnight.

Calico Bean Casserole

Ingredients

1 (15 ounce) can kidney beans,
undrained
1 (16 ounce) can baked beans
with pork
1 (15 ounce) can butter beans,
undrained
1/2 cup ketchup
2 teaspoons white vinegar
1 tablespoon dry mustard
3/4 cup packed brown sugar
1 pound lean ground beef
4 ounces bacon, chopped
1/2 cup chopped onion
salt to taste
ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, fry the ground beef, bacon and onion together until ground beef is no longer pink. Drain fat.

In a large mixing bowl, combine the kidney beans, baked beans with pork and butter beans. Stir in the ketchup, white vinegar, dry mustard, brown sugar and cook beef mixture. Mix thoroughly, adding salt and pepper to taste.

Pour the bean and meat mixture into a 9x13 inch baking dish. Bake in preheated oven for 30 to 40 minutes.

Arabic Green Beans with Beef

Ingredients

2 tablespoons vegetable oil
2 pounds beef round roast, cubed
2 onions, diced
1/2 cup water
2 pounds fresh green beans,
trimmed and halved
1 1/2 teaspoons allspice
1 teaspoon ground black pepper
1/2 teaspoon salt
1 (16 ounce) can canned
tomatoes, chopped
1 (15 ounce) can tomato sauce

Directions

Heat the oil in a skillet over medium heat; brown the beef in the hot oil for 10 minutes. Stir in the onions and 1/2 cup water; cover, reduce heat to low, and simmer 15 minutes, stirring occasionally. Mix the green beans, allspice, pepper, and salt into the mixture; cover and simmer another 15 minutes. Add the tomatoes and tomato sauce; cover with water; cover and simmer another 45 minutes.

Green Bean Supreme Casserole

Ingredients

8 slices bacon
1/4 cup butter
1/4 cup fresh ginger, peeled and
grated
1 onion, diced
1 1/2 cups mushrooms, sliced
2 tablespoons Worcestershire
sauce
salt and ground black pepper to
taste
4 (15 ounce) cans French cut
green beans, drained
1 1/4 cups sour cream
1 (5 ounce) can sliced water
chestnuts, drained
1 1/2 cups sharp Cheddar cheese,
grated
3 cups finely chopped macadamia
nuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Place the bacon in a skillet, and cook over medium-high heat until evenly brown. Drain on paper towels. When cool, crumble and set aside.

Place the butter in a skillet, and melt over medium heat. Stir in the ginger, onion, and mushrooms; cook until onion is transparent and tender, about 5 minutes. Remove from the heat, and mix in the Worcestershire sauce. Add salt and pepper to taste.

Stir the beans, bacon, and sour cream together in a large bowl until evenly blended.

Spread half of the green bean mixture over the bottom of the prepared casserole dish. Arrange half of the water chestnuts over the beans, then half of the Cheddar cheese, and half of the mushroom mixture. Spread the remaining green beans over the mushrooms, and repeat layers with the remaining water chestnuts, Cheddar cheese, and mushrooms. Top with the macadamia nuts.

Bake in preheated oven until top is hot and sauce is bubbly, about 30 minutes. Serve hot.

Southwestern Chicken Soup

Ingredients

1 (10.5 ounce) can condensed beef broth
1 (12 ounce) can tomato paste
1 (15.5 ounce) can kidney beans, rinsed and drained
1 (11 ounce) can Mexicorn, drained
1 1/2 cups diced cooked chicken
3 green onions, sliced
2 tablespoons chili powder
1 (4 ounce) can chopped green chilies
1 2/3 cups water

Directions

In a large saucepan, combine beef broth and tomato paste. Add remaining ingredients. Cover and simmer for 10 minutes.

Campbell's Kitchen Easy Beef Enchiladas

Ingredients

1 pound ground beef
1 (1 ounce) package taco seasoning mix or burrito seasoning mix
1 (16 ounce) can refried beans
1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
1 medium onion, chopped
1 cup cooked regular long-grain white rice (optional)
12 flour tortillas (10-inch), warmed
1 1/2 cups prepared enchilada sauce
shredded Cheddar cheese

Directions

Heat the oven to 350 degrees F. Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Stir the seasoning mix, beans, soup, onion and rice, if desired, in the skillet.

Divide the beef mixture among the tortillas. Roll up the tortillas and place seam-side down into a 3-quart shallow baking dish. Pour the enchilada sauce over the filled tortillas and sprinkle with the cheese.

Bake for 20 minutes or until the enchiladas are hot and bubbling.

Fire Roasted Vegetarian Gumbo

Ingredients

- 1 serrano pepper
- 1 banana pepper
- 1 small jalapeno chile pepper
- 1/4 cup canola oil
- 1/4 cup all-purpose flour
- 2 tablespoons canola oil
- 2 celery ribs, chopped
- 1 large onion, chopped
- 3 green bell peppers, chopped
- 1 quart vegetable broth
- 2 cloves garlic, minced
- 2 tablespoons Cajun seasoning
- 1 tablespoon smoked paprika
- 1 tablespoon file powder
- 1 cup fire-roasted tomatoes
- 1 sweet potato, peeled and cubed
- parsnip, peeled and cubed
- 1 cup canned red beans, rinsed and drained
- 1 cup canned black-eye peas, rinsed and drained
- 2 cups frozen cut okra, thawed

Directions

Preheat oven to broil.

Arrange the serrano, banana, and jalapeno chile peppers on a baking sheet and place in the oven. Watch carefully and broil just until the skins blacken and blister, 4 to 5 minutes. Turn the peppers and continue broiling until all sides are blackened. Remove the peppers from the oven and place in a sealed paper bag to steam. After 15 to 20 minutes, remove peppers from the bag and peel off the crispy black skin. Remove stems and seeds from the peppers, coarsely chop, and place in a bowl.

Heat the canola oil in a large skillet over medium heat until a pinch of flour sprinkled over the oil just begins to bubble. Whisk in the rest of the flour and cook, whisking continuously, until the mixture is well blended and dark brown, about 20 minutes. Once it becomes dark brown, remove the roux from the heat.

Place 2 tablespoons of canola oil into a deep soup pot and heat over medium-high heat. When the oil is just about to smoke, stir in the celery with half of the onions and bell peppers. Cook and stir until the vegetables are tender and the onion is transparent, about 5 minutes. Stir 1/4 cup of the vegetable broth into the pot. Cover, and simmer until almost all the liquid is evaporated, 10 to 15 minutes.

Stir the serrano, banana, and jalapeno chile peppers, along with the uncooked bell peppers and onions, garlic, Cajun seasoning, smoked paprika file powder, into the cooked bell peppers and onions. Stir the roux and 1 cup of stock into the vegetable mixture until the roux dissolves. Cover and simmer 5 minutes. Add the tomatoes, sweet potato, parsnip, red beans, black-eyed peas, okra, and remaining stock. Simmer uncovered 30 minutes more. Season to taste with salt and pepper.

Mongo Guisado (Mung Bean Soup)

Ingredients

1/2 pound raw mung beans
2 cups water
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1/4 pound boneless pork loin, cut into 1-inch cubes
salt and ground black pepper to taste
1/4 pound peeled and deveined prawns
1 small tomato, diced
3 cups chicken broth, or more as needed
1/2 pound fresh spinach leaves

Directions

Bring the mung beans and the water to a boil in a pot; cook at a boil until the beans are soft, about 40 minutes. Mash the beans; set aside.

Heat the olive oil in a large pot; cook and stir the onion and garlic in the hot oil over medium heat until softened, 5 to 7 minutes. Add the pork; season with salt and pepper. Continue cooking the mixture another 3 minutes. Gently stir the prawns into the mixture; cook 2 minutes more. Add the tomatoes; cook another 3 minutes. Reduce heat, and pour the chicken broth over the mixture; allow the mixture to simmer in the broth for 5 minutes.

Add the mashed beans to the soup; mix well. Cook another 5 minutes, stirring frequently to prevent any of the mixture from sticking to the bottom of the pot. Add more chicken broth or water if the soup is too thick. Stir the spinach leaves into the soup and cook 2 minutes more before serving hot.

Cabbage Fat-Burning Soup

Ingredients

5 carrots, chopped
3 onions, chopped
2 (16 ounce) cans whole peeled tomatoes, with liquid
1 large head cabbage, chopped
1 (1 ounce) envelope dry onion soup mix
1 (15 ounce) can cut green beans, drained
2 quarts tomato juice
2 green bell peppers, diced
10 stalks celery, chopped
1 (14 ounce) can beef broth

Directions

Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot. Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables. Simmer until vegetables are tender. May be stored in the refrigerator for several days.

Green Papaya Salad

Ingredients

3 cloves garlic, peeled
3 fresh green chile peppers
6 green beans, cut into 1 inch pieces
1 large unripe papaya, peeled and cut into thin strips
1 tomato, halved and seeded
2 tablespoons fish sauce
2 tablespoons lime juice
1 teaspoon brown sugar
2 tablespoons finely chopped unsalted, dry-roasted peanuts

Directions

In a blender or food processor, coarsely chop the garlic, chile peppers, and green beans. Mix in the papaya, and process into small chunks. Mix in the tomato, fish sauce, lime juice, and sugar. Process the mixture until soft and slightly chunky. Transfer to a medium bowl. Stir in the peanuts. Cover, and refrigerate until serving.

Chili Mac Casserole

Ingredients

1 cup uncooked elbow macaroni
2 pounds lean ground beef
1 medium onion, chopped
2 garlic cloves, minced
1 (28 ounce) can diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green chilies
1 1/2 teaspoons salt
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon pepper
2 cups (8 ounces) shredded reduced-fat Mexican-blend cheese

Directions

Cook macaroni according to package directions. Meanwhile, in a large nonstick skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, beans, tomato paste, chilies and seasonings. Drain macaroni; add to beef mixture.

Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Cover and bake at 375 degrees F for 25-30 minutes or until bubbly. Uncover; sprinkle with cheese. Bake 5-8 minutes longer or until cheese is melted.

Easy Lima Beans

Ingredients

cooking spray
1/2 medium onion, finely chopped
1 1/2 cups chicken broth
1 (16 ounce) package frozen baby lima beans

Directions

Heat a large saucepan over medium heat, and spray with cooking spray. Saute onions until soft and translucent. Pour in chicken broth, and bring to a boil. Add lima beans, and enough water just to cover. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes, until beans are tender.

Nicole's Accident Chili

Ingredients

1 pound ground beef
1 teaspoon onion, chopped
1 (16 ounce) can red kidney beans, drained
1 (46 fluid ounce) can canned vegetable juice
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
1 (14.5 ounce) can stewed tomatoes
2 teaspoons salt
garlic powder to taste
ground black pepper to taste

Directions

In a skillet over medium heat, brown the ground beef and cook the onion until tender. Drain grease.

In a pot, mix the beef and onion, beans, vegetable juice, tomato sauce, tomato paste, and tomatoes. Season with salt, garlic powder, and pepper. Bring to a boil, reduce heat to low, cover, and simmer 45 minutes, stirring occasionally.

Creamy Green Bean Casserole

Ingredients

1 (16 ounce) can green beans,
drained
1 (14 ounce) can whole kernel
corn, drained
2 (10.75 ounce) cans cream of
celery soup, undiluted
1 onion, chopped
2 cups coarsely crushed buttery
round crackers
1 pinch garlic powder, or to taste
2 tablespoons margarine, melted

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Combine the green beans and corn in the bottom of a 9-inch square baking dish. Pour soup over the vegetables and top with chopped onion. In a small bowl, stir together the crackers, garlic powder, and margarine until cracker crumbs are coated. Spread over the top of the casserole.

Bake for 1 hour in the preheated oven, or until the sauce is thick and the top is browned.

The Chacarero

Ingredients

1 clove garlic, finely chopped
1 tablespoon olive oil
1/4 teaspoon paprika
1/2 teaspoon ground cumin
1/4 teaspoon dried oregano leaves, crushed
12 ounces beef chuck or top round, sliced thin
2 jalapeno peppers, seeded and thinly sliced
1 cup green beans, cooked and thinly sliced
2 ripe Chilean Hass avocados
1 teaspoon merken (see note) or cayenne pepper
1/2 teaspoon salt
4 hamburger buns

Directions

In medium bowl or deep plate, combine garlic, olive oil, paprika, cumin and oregano. Add beef slices and marinate. Set aside for 30 minutes. (Refrigerate if marinating longer.)

In large skillet or on griddle over high heat, cook beef slices until just done. Cut avocados in half, remove the pit and peel. Mash with Merken and salt in a small bowl.

Toast the hamburger buns, then spread with avocado mixture. Top with beef slices, green beans and a few slices of the pepper. Cover with top of bun and serve at once.

Lemon Green Beans with Walnuts

Ingredients

1/2 cup chopped walnuts
1 pound green beans, trimmed
and cut into 2 inch pieces
2 1/2 tablespoons unsalted butter,
melted
1 lemon, juiced and zested
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C). Arrange nuts in a single layer on a baking sheet. Toast in the preheated oven until lightly browned, approximately 5 to 10 minutes.

Place green beans in a steamer over 1 inch of boiling water, and cover. Steam for 8 to 10 minutes, or until tender, but still bright green.

Place cooked beans in a large bowl, and toss with butter, lemon juice, and lemon zest. Season with salt and pepper. Transfer beans to a serving dish, and sprinkle with toasted walnuts. Serve immediately.

Waistline-Friendly Turkey Chili

Ingredients

1 pound ground turkey
1/2 cup diced onion
1 clove garlic, minced
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1 (14.5 ounce) can diced tomatoes
1 cup medium salsa
1 cup chipotle barbeque sauce
1 (4 ounce) can chopped green chilies
1 cup corn kernels
1 (15 ounce) can black beans, rinsed and drained
1 tablespoon lime juice
1 teaspoon ground cumin
1 tablespoon crushed red pepper flakes
1 tablespoon chili powder
1 tablespoon dried cilantro
1/2 teaspoon salt

1 cup fat-free sour cream, for garnish (optional)

Directions

Heat a large, nonstick pot over medium-high heat and stir in the ground turkey, onion, garlic, green pepper, and red pepper. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink, about 10 minutes. Pour in the tomatoes, salsa, barbeque sauce, green chiles, corn, and black beans. Season with lime juice, cumin, red pepper flakes, chili powder, and cilantro. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the flavors develop, 1 to 3 hours. Serve with a dollop of sour cream on each serving.

Green Bean Soup

Ingredients

2 pounds fresh green beans
1 clove garlic, minced
1 sprig fresh parsley
1 pinch salt
2 slices bacon
3 tablespoons all-purpose flour
1 onion, chopped
1 cup sour cream
3 tablespoons vinegar

Directions

In a large pot over medium heat, combine green beans, garlic, parsley, salt and water to cover and cook until beans are tender.

Fry bacon until crisp, set aside. Add onion and flour to bacon grease, stirring until smooth and brown. Add some water from the beans, stirring slowly and constantly to prevent lumps.

Cook to thicken a bit, then add it to the bean soup and bring to a boil. Stir crisp bacon, sour cream and vinegar.

Kentucky Burgoo

Ingredients

5 pounds bone-in mutton
shoulder or leg, cut into 1 pound
pieces
2 teaspoons salt
1 tablespoon Italian seasoning
3 pounds baking potatoes, peeled
and cubed
1 pound carrots, peeled and
sliced
2 (15 ounce) cans crushed
tomatoes
2 teaspoons extra-virgin olive oil
or canola oil
1 small onion, chopped
2 cups medium salsa
1 (15 ounce) can tomato sauce
1/2 cup packed brown sugar
1/4 cup hickory smoke flavored
barbeque sauce
1 (15.25 ounce) can whole kernel
corn, drained
1 (14.5 ounce) can green beans,
drained
1 (16 ounce) package frozen lima
beans, thawed
1 (10 ounce) package frozen okra
1 (46 fluid ounce) can tomato juice

Directions

Day one: In a large heavy stockpot, add meat and cover with water. Add 1 teaspoon salt, Italian seasoning, and enough water to completely cover meat. Simmer over medium heat for 1 hour.

Preheat oven to 375 degrees F (190 degrees C). Remove meat from stock; refrigerate stock for later use. Debone meat, discard bones, and place meat in a roasting pan. Roast meat for 1 1/2 hours in the preheated oven or until tender when pierced with a fork. Cover pan with aluminum foil and refrigerate.

Day two: Remove stock from refrigerator; skim off and discard top layer of hardened white fat. Pour 4 cups of stock into a heavy stockpot; add potatoes, carrots, 1 can of crushed tomatoes, and 1 teaspoon salt. Cook vegetable mixture over medium-high heat for 20 minutes, stirring occasionally. Cool slightly and refrigerate.

Preheat oven to 300 degrees F (150 degrees C). Heat olive oil in a small skillet over medium heat. Add the onion. Cook and stir until onion is transparent, 5 to 8 minutes. Set aside. Remove meat from refrigerator and add remaining stock to pan. Cover the roasting pan with a lid or aluminum foil.

Cook meat for 1 1/2 hours in the preheated oven. Remove the meat from the oven and pour in the salsa, onion, tomato sauce, brown sugar, barbecue sauce, and 1 can crushed tomatoes. Continue roasting for another 1 1/2 hours. Cool slightly and refrigerate overnight.

Day three: In a large Dutch oven portable roaster or large stock pot, combine meat with the vegetable mixture from the day before, corn, green beans, lima beans, okra, and tomato juice. Cook for 3 hours at 300 degrees F (150 degrees C) if using a roaster, or if using a stock pot, simmer over medium-low heat, stirring occasionally.

Upside Down Supper

Ingredients

1 1/2 cups cooked and cubed ham
1 cup cooked lima beans, drained
1 (8 ounce) can cream-style corn
1 cup shredded Cheddar cheese
2 tablespoons minced onion
1 teaspoon Worcestershire sauce
2/3 cup buttermilk baking mix
1/3 cup cornmeal
1 egg
1/4 cup milk

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a 1 1/2 quart casserole dish, combine the ham, beans, corn, cheese, onion and Worcestershire sauce. Mix well and cover.

Bake, covered, at 400 degrees F (200 degrees C) for 15 minutes.

Meanwhile, in a separate medium bowl, combine the buttermilk baking mix, cornmeal, egg and milk. Mix together well and pour over the ham mixture in the casserole dish.

Return to oven and bake, uncovered, for 20 more minutes.

Tarragon-Almond Green Beans

Ingredients

1 1/2 pounds fresh green beans,
trimmed
1/3 cup sliced green onions
1 garlic clove, minced
2 teaspoons olive or canola oil
1/4 cup balsamic vinegar
4 teaspoons sugar
1 1/2 teaspoons minced fresh
tarragon
1/8 teaspoon salt
1/4 cup sliced almonds, toasted

Directions

Place beans in a saucepan and cover with water. Bring to a boil; cook, uncovered, for 8-10 minutes or until tender. Meanwhile, in a nonstick skillet, saute onions and garlic in oil until onions are tender. Add the vinegar, sugar, tarragon and salt. Bring to a boil; cook until liquid is reduced by half. Drain beans; add to onion mixture. Cook and stir until heated through. Sprinkle with almonds.

Luscious Turkey Bacon Refried Beans

Ingredients

3 slices turkey bacon, diced
1 medium onion, finely chopped
1 tablespoon minced garlic
1/2 fresh jalapeno pepper, seeded and minced
1 (15.5 ounce) can black beans, with liquid
1 cup chicken stock (more as needed)
1 teaspoon salt to taste
1/2 teaspoon fresh ground black pepper, to taste
1 cup chopped fresh cilantro

Directions

Place turkey bacon, onion, garlic, and jalapeno in a saucepan over medium heat, and cook until the onions are transparent. Turn the heat to low and continue cooking, stirring occasionally, until the onions have caramelized to a deep brown, about 1 hour.

Pour in the beans, and mash roughly with a potato masher. Pour in 1 cup of chicken stock and bring to a simmer; simmer about 1 hour, stirring occasionally, adding more chicken stock as needed to achieve desired consistency. Season to taste with salt and pepper, and stir in cilantro just before serving.

Pumpkin Bean Soup

Ingredients

1 tablespoon olive oil
1 red bell pepper, chopped
1 onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 (15 ounce) can pumpkin puree
1 (15 ounce) can black beans,
rinsed and drained
1 (14 ounce) can whole kernel
corn, drained
2 cups chicken broth
1 (8 ounce) can tomato sauce
1 teaspoon fresh cilantro leaves,
finely chopped
salt and pepper to taste
1/2 cup heavy cream, whipped
(optional)
1/4 cup fresh chopped cilantro,
for garnish (optional)

Directions

Heat the olive oil in a saucepan over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Mix in the garlic and cumin and cook, stirring, for an additional 2 minutes.

Pour in the pumpkin puree, black beans, corn, chicken broth, tomato sauce, and 1 teaspoon cilantro; season to taste with salt and pepper. Bring the soup to a gentle boil; reduce the heat and simmer, covered, for 25 minutes.

Garnish each bowl of soup with a dollop of unsweetened whipped cream and additional cilantro, if desired.

Chicken Brunswick Stew

Ingredients

2 1/2 pounds chopped, cooked chicken
2 cups water
1 teaspoon ground black pepper
1/2 teaspoon salt
4 tomatoes, sliced
1 1/2 onions, chopped
1 (16 ounce) package frozen lima beans, thawed
1 (16 ounce) package frozen corn kernels, thawed
1 (16 ounce) package frozen okra, thawed
1 bay leaf

Directions

In a large, microwave safe bowl, combine chicken, water, pepper and salt. Microwave on high 15 minutes. Stir in tomatoes, onions, limas, corn, okra and bay leaf. Microwave 7 minutes. Remove bay leaf and microwave 15 minutes more, stirring occasionally, until tender.

Baked Corn Beef Hash

Ingredients

1 tablespoon vegetable oil
1 onion, sliced
1 (14 ounce) can baked beans
1 (12 ounce) can corned beef,
chopped
2 tablespoons tomato puree
1 dash Worcestershire sauce
2 cups mashed potatoes
1 cup shredded extra-sharp
Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the vegetable oil in a skillet over medium heat. Add the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Meanwhile, spread the baked beans in a casserole dish. Toss the corned beef with the tomato puree and Worcestershire sauce in a bowl and sprinkle over the beans. Spread the onions ovetop, followed by the mashed potatoes. Finally, sprinkle with the shredded Cheddar cheese.

Bake in preheated oven for 30 minutes until the casserole is hot and bubbly.

Brown Rice and Black Bean Salad

Ingredients

1 1/2 cups uncooked brown rice
3 cups water
1 tablespoon extra virgin olive oil
1/2 teaspoon salt

1 (14.5 ounce) can collard greens,
drained
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can green peas,
rinsed and drained
1 (15.25 ounce) can corn kernels,
drained
1 (4 ounce) can chopped green
chilies
1 (4 ounce) can sliced black olives
1 (14.5 ounce) can Italian-style
tomatoes, undrained and chopped
salt and freshly ground black
pepper to taste

Directions

Bring the brown rice, water, olive oil, and 1/2 teaspoon salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes. Scrape into a mixing bowl, fluff with a fork, and refrigerate to room temperature.

Stir the collard greens, black beans, green peas, corn, green chiles, olives, and tomatoes into the cooled rice until evenly mixed. Season to taste with salt and pepper before serving.

Chinese Noodle Pancakes with Asparagus

Ingredients

1 pound fresh Chinese wheat noodles
1/2 pound fresh asparagus
2 tablespoons canola oil
2 cloves garlic, minced
1 teaspoon minced fresh ginger root
1 cup water
1 tablespoon cornstarch
2 tablespoons Chinese rice wine
2 tablespoons soy sauce
1 tablespoon fermented black beans
8 ounces spinach with stems, rinsed
2 teaspoons dark sesame oil
salt and pepper to taste

Directions

In a large pot of water boil noodles until al dente. Drain well. Rinse with cool water until the noodles are cool.

Break off the tough ends of the asparagus, and cut the rest of the spears into 2-inch lengths. In a large skillet, heat 1 tablespoon of the oil over medium heat. Add the garlic and ginger, saute for 1 minute, make sure not to brown the garlic. Add the asparagus and 1/2 cup water. Simmer for 2 minutes.

Put the cornstarch into a small mixing bowl, stir in the remaining 1/2 cup water and the rice wine or sherry. Stir well. Add this mixture, the soy sauce, and the fermented black beans, if you're using them, to the simmering vegetables. Let the sauce boil for a few seconds, add the spinach and stir until it wilts. Remove the skillet from the heat

Heat the remaining oil in a skillet over high heat. Divide the noodles into four mounds, and place the mounds of noodles in the hot frying pan. Flatten the mounds in the frying pan so that more surface area will brown, reduce the heat to medium-high, and fry the cakes for at least 5 minutes, until they develop a golden-brown crust on the bottom. Turn the cakes over, and fry them for 3 minutes

While the noodle cakes cook, reheat the vegetables and the sauce slightly. Add the sesame oil, salt and pepper to the vegetable mixture. Place the noodle cakes on plates, spoon the sauce and vegetables over and around the cakes, and serve.

My Favorite Green Bean Casserole

Ingredients

2 tablespoons butter
1/2 cup diced onion
1 tablespoon minced fresh flat-leaf parsley
1 cup diced fresh mushrooms
2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon fresh lemon juice
1 cup sour cream
2 (14.5 ounce) cans French-style green beans, drained

1 cup shredded Cheddar cheese
1 cup crushed buttery round crackers
1/4 cup melted butter

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons butter in a skillet over medium heat. Cook and stir the onions, parsley, and mushrooms in the melted butter until the onions are translucent and the mushrooms are giving off their juices, 7 to 10 minutes. Add the flour, salt, pepper, and lemon juice; cook until the flour is slightly browned, 2 to 3 minutes. Stir the sour cream into the mixture. Mix the green beans into the mixture. Pour the green bean mixture into a 9-inch square baking dish. Sprinkle the Cheddar cheese over the mixture. Stir the crackers and melted butter together in a small bowl until evenly mixed; spread evenly over the Cheddar cheese layer.

Bake in the preheated oven until bubbly and brown, 20 to 30 minutes.

Daphne's Green Beans

Ingredients

4 slices bacon
1/2 onion, diced
2 cloves garlic, minced
1 chipotle pepper in adobo sauce, minced
1 pound fresh green beans - rinsed, trimmed and snapped into bite size pieces
1 teaspoon adobo sauce
1 (8 ounce) can petite diced tomatoes
1/4 cup water
1 tablespoon honey
1/2 teaspoon seasoned salt
1/2 teaspoon fresh-ground black pepper
2 tablespoons fresh lemon juice

Directions

Cook the bacon in a large skillet over medium heat until bacon is crisp, 6 to 8 minutes. Remove bacon to a plate lined with paper towels to drain. Reserve 1 tablespoon of the bacon fat from the skillet, discarding the rest. Return the reserved bacon fat to the skillet and heat. Cook and stir the onion, garlic, and chipotle pepper in the heated bacon fat until the garlic is fragrant, 1 to 2 minutes. Add the adobo sauce and tomatoes; cook another 2 minutes. Stir in the green beans, water, honey, seasoned salt, and pepper. Bring the mixture to a boil, cover the pan, lower the heat to medium-low, and simmer until the green beans are tender, 30 to 40 minutes.

Crumble the bacon. Sprinkle the bacon pieces and lemon juice over the green beans. Serve immediately.

Zesty Hot Sausage and Beans

Ingredients

1 pound Bob Evans® Zesty Hot Roll Sausage
1 small onion, diced
2 (28 ounce) cans baked beans
1/2 cup brown sugar
1/2 cup ketchup
2 tablespoons prepared mustard

Directions

In 3 quart Dutch oven, crumble and brown sausage with onions over medium heat. Drain. Add beans, sugar, ketchup and mustard to sausage. Bake at 350 degrees F for 1 1/2 hours or until hot.

Chicken, Stuffing and Green Bean Casserole

Ingredients

2 cups cooked, cubed chicken breast meat
1 (10.75 ounce) can condensed cream of chicken soup
1 (14.5 ounce) can green beans, drained
salt and pepper to taste
1 (12 ounce) package unseasoned dry bread stuffing mix
1 cup shredded Cheddar cheese

Directions

In a medium bowl combine the chicken, soup, beans, salt and pepper; mix well and set aside. Prepare stuffing according to package directions.

Preheat oven to 375 degrees F (190 degrees C).

Spoon chicken mixture into a 9x13 inch baking dish, top with prepared stuffing and sprinkle with cheese.

Bake, covered, for 25 minutes; remove cover and bake another 5 minutes to brown the cheese.

Sweet and Sour Green Beans

Ingredients

2 (15 ounce) cans green beans,
drained, juices reserved
3 slices bacon, chopped
1 cup chopped onion
1 tablespoon all-purpose flour
1/4 cup apple cider vinegar
2 tablespoons sugar
1 teaspoon salt
1/4 teaspoon pepper

Directions

Cook bacon in a medium skillet over medium-high heat, stirring occasionally, until well-browned. Add onion and cook until translucent. Stir in flour and cook 2 minutes more.

Pour vinegar and 3/4 cup of the reserved green bean liquid into the pan. Add sugar, salt, and pepper, and stir to combine. Bring to a boil, reduce to a simmer, and stir in the green beans. Continue cooking at a low simmer until beans are hot.

Ballpark Baked Beans

Ingredients

2 (16 ounce) cans baked beans
1/4 cup packed brown sugar
2 tablespoons ketchup
2 teaspoons prepared mustard
1 (20 ounce) can pineapple tidbits,
drained

Directions

In a large bowl, combine beans, brown sugar, ketchup and mustard. Transfer to a 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 30 minutes. Stir in the pineapple; bake 30 minutes longer.

Bean Salad

Ingredients

- 1 (14.5 ounce) can black beans
- 1 (14.5 ounce) can dark red kidney beans
- 1 (15 ounce) can garbanzo beans
- 1 (14.5 ounce) can pinto beans
- 1 (10 ounce) package frozen corn kernels, thawed
- 1 tablespoon vegetable oil
- 1 teaspoon cumin
- 2 tablespoons chili powder
- 1 teaspoon lime juice
- 1 (8 ounce) jar chunky salsa
- 1 pinch dried parsley

Directions

Pour beans into a colander, and rinse under running water.

In a large mixing bowl, toss beans and corn together with oil, cumin, chili powder, lime juice, and salsa. Sprinkle with parsley, cover, and chill.

Mexican-Style Rice and Beans

Ingredients

1 (5.6 ounce) package KnorrB®
Rice SidesB„Ÿ - Chicken
2 cups water
2 tablespoons I Can't Believe It's
Not Butter!B® Spread
1 medium red or green bell
pepper, diced
3 green onions, sliced
1 (15 ounce) can black or red
kidney beans, rinsed and drained
1/2 cup shredded Monterey Jack
or Cheddar cheese
4 medium flour tortillas, warmed

Directions

Prepare KnorrB® Rice SidesB„Ÿ - Chicken with water and 1
tablespoon spread according to package directions.

Meanwhile, melt remaining 1 tablespoon spread in 10-inch skillet
over medium-high heat and cook red pepper, stirring occasionally,
2 minutes. Add green onions and beans and continue cooking,
stirring occasionally, 1 minute. Toss with hot Rice Sides.

To serve, evenly spoon rice mixture into warm tortillas, then top with
cheese. Garnish, if desired, with hot sauce, sour cream and
shredded lettuce.

Mediterranean Bean Salad

Ingredients

1 (15.5 ounce) can garbanzo beans, drained
1 (15 ounce) can kidney beans, drained
1 lemon, zested and juiced
1 medium tomato, chopped
1/4 cup chopped red onion
1/2 cup chopped fresh parsley
1 teaspoon capers, rinsed and drained
3 tablespoons extra virgin olive oil
1/2 teaspoon salt, or to taste

Directions

In a large bowl, stir together the garbanzo beans, kidney beans, lemon juice and zest, tomato, onion, parsley, capers, olive oil and salt. Cover, and refrigerate for about 2 hours, stirring occasionally, before serving.

Pork and Green Chile Casserole

Ingredients

3 tablespoons vegetable oil
1 1/2 pounds boneless pork loin chops, cut into bite-size pieces
1 1/2 cups instant brown rice, uncooked
1 (10.5 ounce) can condensed cream of chicken soup
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes
2 (4 ounce) cans diced green chile peppers
3 tablespoons chunky salsa
1/4 cup water
2 tablespoons ground cumin
1 cup shredded Colby cheese

Directions

Heat oil in a large saucepan or stock pot over medium-high heat. Add pork, and saute until browned. Drain off grease. Add the rice, cream of chicken soup, black beans, tomatoes, green chiles, salsa and water. Season with cumin. Stir to blend, then bring to a boil. Simmer over medium heat for about 15 minutes, or until the rice is tender.

Meanwhile, preheat the oven to 400 degrees F (200 degrees C). When the pork mixture is cooked, transfer to a 9x13 inch baking dish. Sprinkle cheese over the top.

Bake for 5 to 10 minutes, until cheese is melted. Serve with tortillas.

Chilled Asiago Rice Salad

Ingredients

1 1/4 cups MarzettiB® Asiago
Peppercorn Dressing
2 (8 ounce) packages instant
microwaveable brown and wild
rice blend, prepared
1 (15 ounce) can garbanzo beans,
rinsed and drained
1 cup frozen peas, thawed by
running under water and drained
1 cup diced red onion (1/4-inch
pieces)
1/4 cup fresh chopped parsley
1 red pepper, diced

Directions

In a large mixing bowl, combine all ingredients and toss with Marzetti Asiago Peppercorn Salad Dressing. Season with salt and serve. This recipe can be chilled for 1 hour prior to serving. Store remaining portion covered in the refrigerator.

Rae's Vegetarian Chili

Ingredients

4 cloves garlic, minced
2 tablespoons olive oil
1 (28 ounce) can diced tomatoes with juice
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
1 (12 fluid ounce) can or bottle beer
4 tablespoons chili powder, or to taste
1 tablespoon mustard powder
1 teaspoon dried oregano
freshly ground black pepper
1 teaspoon ground cumin
1/8 teaspoon hot pepper sauce
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can pinto beans, drained and rinsed
1 (15 ounce) can kidney beans, drained and rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
1 (15 ounce) can whole kernel corn, drained and rinsed
2 cups shredded Cheddar cheese

Directions

In a 4 quart pot, saute garlic in oil.

Add diced tomatoes (undrained), tomato sauce, tomato paste, beer, chili powder, mustard powder, oregano, pepper, cumin, hot pepper sauce. Stir in the pinto beans, garbanzo beans, black beans, red and white kidney beans, and corn. Bring the mixture to a boil, reduce heat, and let simmer for 20 minutes. Top each serving with cheese (if you'd like).

Israeli Moroccan Couscous

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cups vegetable broth
- 2 carrots, peeled and julienned
- 2 turnips, peeled and julienned
- 1 sweet potato, julienned
- 1 zucchini, julienned
- 1 red bell pepper, julienned
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can tomato sauce
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1 pinch saffron
- 1 pinch curry powder
- 2 cups uncooked couscous

Directions

Heat oil in a large pot over medium-high heat; saute onion until golden. Pour in vegetable broth and bring to a boil. Stir in carrots, turnips and sweet potato. Reduce heat to medium and simmer 15 minutes.

Reduce heat to low and add zucchini and red bell pepper. Simmer for 20 minutes.

Stir in garbanzo beans, tomato sauce, cinnamon, turmeric, saffron and curry powder. Simmer until heated through.

Meanwhile, bring 2 1/2 cups water to a boil. Stir in couscous, cover and remove from heat. Let stand 5 to 7 minutes. Fluff with a fork and serve with vegetables on top.

Jack's Thai Green Beans

Ingredients

2 cloves garlic, minced
1 bird's eye chile, seeded and minced
1 tablespoon minced lemon grass
1 tablespoon fish sauce
1/2 cup coconut milk
1 tablespoon peanut oil
1 bunch green onions, chopped
1 1/2 cups fresh green beans, trimmed and halved

Directions

Puree the garlic, bird's eye chile, lemon grass, fish sauce, and coconut milk in a blender until smooth; set aside. Bring a saucepan of salted water to a boil over high heat. Add the green beans, and cook for 2 minutes; drain.

Heat the peanut oil in a skillet over medium-high heat, and stir in the green onions. Cook and stir 1 to 2 minutes until the green onions have softened and begun to brown. Stir in the pureed sauce, and bring to a simmer. Cook for 2 to 3 minutes, then add the green beans. Reduce heat to medium-low, and simmer the green beans until tender, about 5 minutes.

Fourth of July Bean Casserole

Ingredients

1/2 pound sliced bacon, diced
1/2 pound ground beef
1 cup chopped onion
1 (28 ounce) can pork and beans
1 (17 ounce) can lima beans,
rinsed and drained
1 (15 ounce) can kidney beans,
rinsed and drained
1/2 cup barbecue sauce
1/2 cup ketchup
1/2 cup sugar
1/2 cup brown sugar
2 tablespoons prepared mustard
2 tablespoons molasses
1 teaspoon salt
1/2 teaspoon chili powder

Directions

In a large skillet, cook bacon, beef and onion until meat is browned and onion is tender; drain. Transfer to a greased 2-1/2-qt. baking dish; add all of the beans and mix well. In a small bowl, combine the remaining ingredients; stir into beef and bean mixture. Cover and bake at 350 degrees F for 45 minutes. Uncover; bake 15 minutes longer.

Slow-Cooked Chili

Ingredients

2 pounds ground beef
2 (16 ounce) cans kidney beans,
rinsed and drained
2 (14.5 ounce) cans diced
tomatoes, undrained
1 (8 ounce) can tomato sauce
2 medium onions, chopped
1 green pepper, chopped
2 cloves garlic, minced
2 tablespoons chili powder
2 teaspoons salt
1 teaspoon pepper
Shredded Cheddar cheese

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Transfer to a slow cooker. Add the next nine ingredients. Cover and cook on low for 8-10 hours or on high for 4 hours. Garnish individual servings with cheese if desired.

Green Bean and Portobello Mushroom Casserole

Ingredients

4 slices bacon
1/4 cup olive oil
1 pound baby portobello mushrooms, sliced
1/2 medium onion, chopped
3 cloves garlic, finely chopped
1/2 cup slivered almonds
1 (10.75 ounce) can condensed cream of mushroom soup with roasted garlic
3/4 teaspoon seasoned salt with no MSG
1/3 teaspoon white pepper
2 (15.5 ounce) cans French cut green beans, drained
1 cup shredded Cheddar cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place bacon in a large skillet over medium-high heat, and fry until crisp. Remove from the skillet to drain on paper towels. Pour olive oil into the skillet, and reduce heat to medium. When oil is hot, add mushrooms and onion; cook, stirring frequently until the onions start to become translucent. Add garlic, and fry for a couple of minutes, just until fragrant. Stir in the mushroom soup and almonds, and bring to a boil. Season with seasoned salt and white pepper, and crumble in the bacon. Gently stir in the green beans, then transfer the mixture to a casserole dish.

Bake uncovered for 30 minutes in the preheated oven. Remove from the oven, and sprinkle Cheddar cheese over the top. Return to the oven for 5 minutes, or until cheese is melted. Let stand 5 minutes before serving.

Green Bean Stew

Ingredients

3 tablespoons vegetable oil
2 tablespoons tomato paste
8 ounces fresh green beans, cut
into 1 inch pieces
1/2 cup water
1 large onion, cut into rings
1 green bell pepper, chopped
1/2 teaspoon salt
1/4 teaspoon ground turmeric
1/4 teaspoon ground black
pepper

Directions

Heat oil in a small frying pan over medium heat. Stir in tomato paste, and heat through. Set aside.

Place green beans and water in a medium saucepan. Arrange onions and green pepper in layers over beans. Sprinkle turmeric, and salt and pepper over vegetables, and pour tomato paste over everything. Cover. Cook over medium heat until vegetables are tender and all water has evaporated.

Sylvia's Butterbeans and Okra

Ingredients

7 cups water, or as needed
1 pound dried baby lima beans
(butter beans)
1 pound pickled pork shoulder,
cubed
1 onion, chopped
1 tablespoon minced garlic
1/4 cup butter
salt and pepper to taste
1 (10 ounce) package frozen cut
okra

Directions

Combine the water, butter beans, pork, onion and garlic in a soup pot over medium heat. Bring to a boil, and cook for about 40 minutes. Add butter, salt and pepper, and continue to boil for 20 minutes. Add okra, and cook until beans and okra are tender, about 10 minutes.

Hamburger Minestrone

Ingredients

1/2 cup small shell pasta
1 pound ground beef
1/2 cup chopped onion
3 (14.5 ounce) cans beef broth
1 (16 ounce) package frozen mixed vegetables
1 (16 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 (6 ounce) can tomato paste
3 teaspoons Italian seasoning
1 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon pepper

Directions

Cook pasta according to package directions. Meanwhile, in a soup kettle or large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Drain pasta and add to the pan. Cook 5 minutes longer or until heated through.

Barbecued Bean Salad

Ingredients

1 pound dry pinto beans, rinsed
1 medium onion, chopped
1 medium green pepper, diced
1 medium sweet red pepper, diced
1 (16 ounce) can whole kernel corn, drained

DRESSING:

1/4 cup ketchup
1/4 cup cider vinegar
1/4 cup olive oil
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon chili powder
5 teaspoons Dijon mustard
1 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon pepper

Directions

In a large kettle, cover beans with water; bring to a boil. Boil for 2 minutes. Remove from the heat and let stand 1 hour. Drain and rinse beans; return to the kettle. Cover with water again and bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Drain and rinse beans; place in a large bowl and cool to room temperature. Add the onion, peppers and corn; toss. In a saucepan, combine all dressing ingredients; simmer for 10 minutes. Pour over vegetables and mix well. Cover and chill.

Sweet and Tangy Green Beans

Ingredients

4 thick slices bacon
1 (16 ounce) package frozen
French-cut green beans
1 medium onion, chopped
2/3 cup white sugar
1/2 cup white vinegar

Directions

Fry the bacon in a large deep skillet over medium-high heat until browned. Remove bacon, and set aside while reserving the grease in the pan. Stir the sugar, vinegar and onion into the bacon grease, and reduce the heat to medium. Add the beans, cover, and simmer for 20 minutes or until the beans have reached your desired doneness. Crumble the bacon over the top before serving.

Creamed Beans and Potatoes

Ingredients

4 medium red potatoes, cut into wedges
1 (10 ounce) package frozen beans or peas
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup milk

Directions

Place potatoes in a saucepan; cover with water and cook until tender. Cook beans according to package directions. Meanwhile, melt butter in a saucepan; stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; boil for 1 minute. Drain potatoes and beans; place in a serving bowl. Add sauce and stir to coat.

Garbanzo Bean Chocolate Cake (Gluten Free!)

Ingredients

1 1/2 cups semisweet chocolate chips
1 (19 ounce) can garbanzo beans, rinsed and drained
4 eggs
3/4 cup white sugar
1/2 teaspoon baking powder
1 tablespoon confectioners' sugar for dusting

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch round cake pan.

Place the chocolate chips into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent.

Combine the beans and eggs in the bowl of a food processor. Process until smooth. Add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan.

Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioners' sugar just before serving.

Guadalajara Soup

Ingredients

1 1/4 cups dried pinto beans
4 pounds pork spareribs
1/4 cup vegetable oil
1 cup chopped onion
2 cloves garlic, minced
2 (14 ounce) cans beef broth
4 cups water
2 teaspoons chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup chopped fresh cilantro

Directions

Sort and wash the beans. In a large saucepan over medium heat, add the beans and enough water to be 2 inches above beans. Bring to a boil for 2 minutes and remove from heat. Cover, allow to soak for 1 hour and drain.

In a large Dutch oven over medium high heat, saute the ribs in oil until browned. Remove ribs from Dutch oven and set aside. Add the onion and garlic and saute for 5 minutes, or until tender. Add the beans, ribs, broth, water, chili powder, oregano, cumin, salt, ground black pepper and fresh cilantro. Cover and simmer 1 1/2 hours, or until meat is tender.

Remove the ribs, allow to cool and remove meat from the bones. Return meat to broth. Chill the broth until the fat rises to the surface and remove the fat. Bring back to a boil and reduce heat to low. Cover and simmer for 30 minutes.

Easy Cheap and Yummy Casserole

Ingredients

1 (28 ounce) can baked beans
2 (16 ounce) packages hot dogs,
sliced
1 (7.5 ounce) package corn bread
mix

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Pour the can of beans into a 9x13 inch baking dish so they cover the bottom. Arrange hot dog slices so they cover the beans as completely as possible. If too much juice seeps through to the cornbread, it will take longer to cook. Prepare cornbread mix according to package directions. Spread the batter evenly over the hot dog layer.

Bake for 35 to 40 minutes, or until cornbread is cooked through. A toothpick inserted into the center should come out clean.

Daddy's 'If They'da had This at the Alamo we

Ingredients

3 tablespoons bacon drippings
2 large onions, chopped
8 pounds beef stew meat, or
coarse ground chili beef
5 cloves garlic, finely chopped
4 tablespoons ground red chile
pepper
4 tablespoons mild chili powder
1 tablespoon ground cumin
1/4 cup sweet Hungarian paprika
1 teaspoon dried Mexican
oregano
3 (10 ounce) cans tomato sauce
1 (6 ounce) can tomato paste
3 cups water
2 tablespoons salt
1/4 cup dried parsley (optional)
1 fresh jalapeno peppers
1 cup masa harina flour

Directions

Melt the bacon drippings in a large heavy pot over medium heat. Add the onions and cook until they are translucent.

Combine the beef with the garlic, ground chile, chili powder and cumin. Add this meat-and-spices to the onions in the pot. Break up any meat that sticks together as you cook, stirring occasionally, about 30 minutes, until meat is evenly browned (very browned, not just gray). Sprinkle in Hungarian paprika and oregano.

Pour in the tomato sauce, tomato paste, water, salt, parsley and jalapeno. Bring to a boil, then lower the heat and simmer, uncovered, for 1 hour. NOTE: True Texans DO NOT add beans to their chili, but my husband loves them, so this is the point where you can add as many cans of drained and rinsed pinto beans as you wish (I add 2 cans, but shhhhhh don't tell my Daddy!!!).

During cooking you may squeeze the jalapeno as it softens against the sides of the pot to release more heat if desired.

Mix in the masa harina, and cook while stirring for 30 minutes longer, or until desired consistency is achieved. Taste and adjust seasonings.

Suburban Cowboy Delight

Ingredients

1/2 pound bacon, cut into 1 inch pieces
1/2 pound ground beef
1/2 cup diced green bell pepper
1/2 cup chopped onion
1 (1.25 ounce) package chili seasoning mix
1 (14.5 ounce) can canned peeled and diced tomatoes
1 (15 ounce) can baked beans

Directions

In a large skillet over medium heat, fry bacon pieces until browned. Crumble the ground beef into the skillet with the bacon, and stir in the green pepper and onion. Continue to cook until the beef is no longer pink. Drain off any excess grease. Stir in the chili seasoning mix until the meat is coated.

Add the tomatoes and beans to the skillet, mix well, and simmer for 15 to 20 minutes. (I always put my biscuits in just then, and they finish together.)

Grecian Lamb Caesar Salad

Ingredients

1 pound boneless lamb meat, cut into bite-sized pieces
5 cups romaine lettuce - washed, dried and torn into bite-sized pieces
1 cup canned garbanzo beans, drained
1/2 cup sliced red onion
1/2 cup bottled Caesar salad dressing
1/2 cup crumbled feta cheese

Directions

Preheat the oven broiler.

Arrange lamb meat on a medium baking sheet, and broil 8 to 12 minutes, turning once, to an internal temperature of 160 degrees F (63 degrees C). Remove from heat, and cool.

In a large bowl, toss cooked lamb with romaine lettuce, garbanzo beans, red onion, and Caesar salad dressing. Top with feta cheese.

Jack's Old-Fashioned Beef and Vegetable Soup

Ingredients

2 tablespoons butter
1 onion, coarsely chopped
4 stalks celery, chopped
1/3 pound lean round steak, cut into 1/2-inch cubes
1 quart beef stock
1 quart water
1 bay leaf
1/4 teaspoon dried marjoram
1/4 teaspoon dried oregano
2 pounds beef soup bones
1 large potato, peeled and cut into large chunks
1 large carrot, peeled and cut into large chunks
1 small green bell pepper, chopped
1/4 cup dry black beans
1/4 cup dried split peas
1/4 cup white rice
1/4 cup elbow macaroni
1 cup crushed tomatoes in puree
1/4 cup chopped cabbage
1 cup red wine
salt and ground black pepper to taste

Directions

Melt the butter in a large stockpot over medium heat; cook the onion, celery, and steak in the melted butter until the onions caramelize, 7 to 10 minutes. Add the beef stock, water, bay leaf, marjoram, oregano, and soup bones; lower the heat to medium-low and simmer 3 hours, skimming froth off the top of the soup as it develops.

Add the potato, carrot, bell pepper, black beans, split peas, rice, macaroni, tomatoes in puree, cabbage, and red wine to the stockpot. Simmer 1 hour more. Remove the soup bones, scraping any meat from them back into the pot. Season with salt and pepper to serve.

Claudette's Minestrone

Ingredients

5 potatoes, peeled and cubed
5 carrots, chopped
4 stalks celery, chopped
1 onion, chopped
1 clove garlic, minced
1/2 cup tomato paste
1 (15 ounce) can kidney beans
2 quarts water
1 cup seashell pasta

Directions

In a large pot combine the potatoes, carrots, celery, onion, garlic, beans, tomato paste and water. Cook over medium heat until all the vegetables are tender.

Transfer soup to a food processor or blender and puree until smooth. Return to pot and stir in the pasta. Cook until pasta is done. Serve with Romano or Parmesan cheese, if desired.

Sauteed String Beans

Ingredients

2 tablespoons olive oil
1 pound fresh green beans,
trimmed and snapped
garlic salt to taste
garlic powder to taste
ground black pepper to taste
dried minced onion
1 (16 ounce) jar marinated cocktail
onions, with liquid

Directions

Heat oil in a wok over high heat. Reduce heat to medium, and place beans in the wok. Cover, and cook 10 minutes, stirring occasionally. Season with garlic salt, garlic powder, pepper, and minced onion. When beans are almost tender, mix in cocktail onions with liquid. Continue cooking 5 minutes, until heated through.

Stovetop Pinto Beans

Ingredients

1 pound ground beef
1 small onion, chopped
1 small green pepper, chopped
1 (15 ounce) can pinto beans,
rinsed and drained
1 (14.5 ounce) can diced
tomatoes, undrained
1 teaspoon salt
1/2 teaspoon ground mustard

Directions

In a skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Add the beans, tomatoes, salt and mustard; mix well. Simmer, uncovered, for 20 minutes or until thickened.

Best Green Bean Casserole

Ingredients

2 (14.5 ounce) cans green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 (6 ounce) can French fried onions
1 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese.

Bake in a preheated 350 degrees F (175 degrees C) oven until the cheese melts and the onions just begin to brown.

Beans-n-Franks

Ingredients

2 teaspoons margarine
3 tablespoons chopped onion
1 (16 ounce) can baked beans
with pork
1 (16 ounce) package frankfurters,
sliced
1/3 cup brown sugar
1 teaspoon prepared mustard
1 teaspoon celery salt

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Melt butter in a skillet over medium heat. Saute onions in butter until tender. Stir in the baked beans and sliced frankfurters. Season with brown sugar, mustard and celery salt. Transfer to a 2 quart casserole dish.

Bake for 40 minutes, stirring occasionally.

Colorful Black Bean Salad

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 pint cherry tomatoes, quartered
1 sweet yellow pepper, julienned
4 green onions, chopped
3 tablespoons minced fresh
cilantro or parsley
DRESSING:
3 tablespoons lemon juice
2 tablespoons olive or canola oil
1 garlic clove, minced
3/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a salad bowl, combine the beans, tomatoes, yellow pepper, onions and cilantro. In a jar with a tight-fitting lid, combine dressing ingredients; shake well. Drizzle over vegetables and toss to coat. Chill until serving.

Minestrone Soup I

Ingredients

4 tablespoons margarine
3/4 cup chopped onion
1/4 cup chopped celery
1/2 cup chopped carrots
1 (19 ounce) can cannellini beans
1/2 cup shredded cabbage
1 (14.5 ounce) can stewed tomatoes
1 tablespoon tomato paste
1 1/2 cups cubed potatoes
1 quart chicken broth
2 cloves garlic, minced
2 tablespoons dried parsley
1 teaspoon salt
1/2 cup elbow macaroni
1/2 cup grated Parmesan cheese

Directions

Melt butter or margarine in a heavy pot over medium heat. Add onion, celery, and carrots; saute for a few minutes.

Add beans, cabbage, tomatoes, tomato paste, potato, stock, garlic, parsley, and salt to the pot. Bring to a boil, cover, and reduce heat. Simmer for approximately 1 hour until vegetables are barely tender.

Add pasta, and simmer for 30 minutes more. Correct seasoning, and serve hot with grated cheese.

7-Layer Taco Dip

Ingredients

1 (1 pound) package Bob Evans® Original Roll Sausage
1 (16 ounce) can refried beans
1 (1.25 ounce) package taco seasoning mix
2 cups shredded Mexican cheese blend
1 (16 ounce) container sour cream
1 (4.5 ounce) can chopped green chilies
1 large tomato, diced
1 (6 ounce) can sliced black olives
1 bunch green onions, chopped
1 (11 ounce) jar salsa
tortilla chips

Directions

In large skillet over medium heat, crumble and cook sausage until browned. Stir in beans, chilies and taco seasoning mix. Spread sausage mix into 7 x 11 serving dish. Top with sour cream then salsa. Sprinkle olives, tomato and onion on top. Cover with cheese. Serve immediately with chips. Refrigerate leftovers.

Venison and Barbequed Bean Bake

Ingredients

1 (2 pound) boneless venison roast
1 liter ginger ale
1 (32 ounce) carton chicken broth
1 teaspoon ground cumin
1/4 teaspoon black pepper
1/8 teaspoon crushed red pepper flakes
1 (15 ounce) can pork and beans
1 (14 ounce) can black beans, drained and rinsed
1 (15.5 ounce) can red kidney beans, drained and rinsed
1 (14 ounce) can baked beans
1 (14.5 ounce) can diced tomatoes
1 large green bell pepper, coarsely chopped
1 large Vidalia or other sweet onion, coarsely chopped
1 (18 ounce) bottle barbeque sauce
1/3 cup brown sugar
1/4 cup molasses
1 teaspoon ground cumin
1/8 teaspoon crushed red pepper flakes, or to taste
2 tablespoons chili powder
Hot pepper sauce, to taste
Salt and pepper to taste
5 bacon slices

Directions

Place venison roast, ginger ale, chicken broth, 1 teaspoon cumin, pepper, and 1/8 teaspoon red pepper flakes into a slow cooker. Cover and cook on Low until the venison is tender enough to be pulled apart with a fork, about 10 hours. Drain meat, and shred.

Preheat oven to 350 degrees F (175 degrees C).

Place shredded pork into a large mixing bowl and mix with pork and beans, black beans, kidney beans, baked beans, tomatoes, green pepper, and onion. Pour in barbeque sauce, brown sugar, and molasses. Season with 1 teaspoon cumin, 1/8 teaspoon red pepper flakes, chili powder, hot pepper sauce, salt and pepper. Mix until well combined, then pour into a deep 9x13-inch glass baking dish. Place bacon strips in a single layer over top.

Bake in preheated oven for 30 to 40 minutes until bacon has cooked and begins to crisp.

Veggie Potato Salad for a Crowd

Ingredients

3 pounds small red potatoes, unpeeled
2 cups chopped red onions
12 ounces fresh green beans, trimmed, cooked al dente
3 1/2 cups roughly chopped red cabbage
1 pint grape tomatoes, halved
3 tablespoons capers, drained
2 ounces basil leaves, trimmed and torn in large pieces
salt and freshly ground black pepper to taste

Mustard Dressing:

2/3 cup extra virgin olive oil
3 tablespoons white balsamic or rice vinegar
1 teaspoon salt
1 1/2 teaspoons Dijon mustard
3 cloves garlic, crushed

Directions

In a large pot, cook whole potatoes until done. Cool. Cut into bite-sized pieces. In a very large bowl, combine all ingredients from potatoes through basil. Whisk together dressing ingredients. Toss with vegetables, and add salt and pepper to taste. Chill. Serve.

Best Burritos

Ingredients

- 1 (10 inch) flour tortilla
- 1/4 cup vegetarian refried beans
- 1 slice American cheese
- 1 pinch ground black pepper
- 1 teaspoon low-fat sour cream
- 1 dash hot pepper sauce

Directions

In a small pot heat the refried beans until they are heated through, approximately 5 minutes.

Warm the tortilla in a dry frying pan over medium-high heat.

Lay the burrito on a flat surface. Place the refried bean in the center of the burrito, layer the cheese, pepper, sour cream and hot sauce over the beans. Roll the tortilla so that the mixture is wrapped in the center. Serve warm.

Green Beans with Peppers

Ingredients

2 pounds fresh green beans,
trimmed
2 cups finely chopped sweet red
peppers
1/2 cup finely chopped onion
2 tablespoons olive or canola oil
3 tablespoons chopped fresh
basil, or 1/3 as much dried basil
3/4 teaspoon salt
1/4 teaspoon pepper

Directions

Place beans in a steamer basket over 1 in. of water in a saucepan. Bring to a boil; cover and steam for 6-8 minutes or until crisp-tender. In a nonstick skillet, saute red peppers and onion in oil. Add seasonings and beans; toss.

Green Beans with Almonds and Caramelized

Ingredients

1/4 cup blanched slivered almonds
3 tablespoons butter
5 small shallots, thinly sliced
1 red bell pepper, chopped
2 tablespoons white sugar
salt and pepper to taste
1 1/2 pounds fresh green beans, trimmed and snapped

Directions

Place the slivered almonds in a dry skillet over low heat, and cook and stir constantly until the almonds are lightly toasted, 3 to 5 minutes. Watch carefully, because they burn easily. Remove the almonds and set aside.

Heat butter in a skillet over medium-low heat, and cook and stir the shallots and red bell pepper until softened, about 8 minutes. Sprinkle the shallot mixture with sugar, salt, and pepper, and reduce heat to low. Cover, and cook slowly, stirring occasionally, until the sugar dissolves and the shallots caramelize, 5 to 8 minutes.

Place a steamer insert into a saucepan, fill with water to just below the bottom of the steamer, and bring the water to a boil. Add the green beans, cover, and steam until just tender enough to pierce with a fork, 7 to 8 minutes. Drain the green beans, place them into the skillet with the shallot mixture, mix well, and gently stir in the toasted almonds.

Pineapple Salsa

Ingredients

1 cup finely chopped fresh pineapple
1/2 cup diced red bell pepper
1/2 cup diced green bell pepper
1 cup frozen corn kernels, thawed
1 (15 ounce) can black beans, drained and rinsed
1/4 cup chopped onions
2 green chile peppers, chopped
1/4 cup orange juice
1/4 cup chopped fresh cilantro
1/2 teaspoon ground cumin
salt and pepper to taste

Directions

In a large bowl, toss together pineapple, red bell pepper, green bell pepper, corn, black beans, onions, green chile peppers, orange juice, and cilantro. Season with cumin, salt, and pepper. Cover, and chill in the refrigerator until serving.

Michigan Beans and Sausage

Ingredients

1 pound fully cooked kielbasa or Polish sausage, halved lengthwise and thinly sliced
1 medium onion, chopped
1 cup ketchup
3/4 cup packed brown sugar
1/2 cup sugar
2 tablespoons vinegar
2 tablespoons molasses
2 tablespoons prepared mustard
3 (15.5 ounce) cans great Northern beans, rinsed and drained

Directions

In a saucepan, cook sausage and onion in boiling water for 2 minutes; drain. In a bowl, combine the ketchup, sugars, vinegar, molasses and mustard. Stir in beans and sausage mixture. Transfer to a greased 2-1/2-qt. baking dish. Cover and bake at 350 degrees F for 1-1/2 hours or until bean mixture reaches desired thickness.

Pinto Bean Pie IV

Ingredients

1 teaspoon cornmeal
1 (9 inch) unbaked pie crust

2 eggs
1 1/2 cups white sugar
1/2 cup butter
1 teaspoon vanilla extract
1/2 cup pinto beans, drained
1/2 cup pecan halves

Directions

Preheat oven to 350 degrees F (175 degrees C.) Sprinkle 1 teaspoon of cornmeal in pie crust and set aside.

Beat eggs in a large bowl. Beat in sugar, butter, vanilla and pinto beans. Pour filling into pie shell. Place pecans decoratively on top of pie.

Bake in the preheated oven for 60 minutes, or until golden brown and filling is set.

Stewed Vegetables and Ham Soup

Ingredients

1 (14.5 ounce) can Italian stewed tomatoes, cut up
3/4 cup chicken broth
1 tablespoon minced fresh basil
1/8 teaspoon pepper
1/2 cup frozen mixed vegetables
1/2 cup cubed fully cooked ham
1/2 cup frozen cut green beans
1/2 cup cooked spiral pasta

Directions

In a medium saucepan, combine the tomatoes, chicken broth, basil and pepper. Bring to a boil. Stir in the mixed vegetables, ham and beans. Return to a boil. Reduce heat; cover and simmer about 10 minutes or until vegetables are tender. Stir in pasta and heat through.

Southwestern Three-Meat Chili

Ingredients

3 pounds ground beef
1 pound pork tenderloin, cut into
1/2 inch cubes
1 pound bulk Italian sausage
2 large onions, chopped
2 celery ribs, diced
1 medium green pepper, diced
3 garlic cloves, minced
2 (28 ounce) cans diced tomatoes,
undrained
3 (15 ounce) cans pinto beans,
drained and rinsed
1 (16 ounce) can kidney beans,
rinsed and drained
2 (4 ounce) cans chopped green
chilies
1 (8 ounce) can tomato sauce
1 cup beef broth
1 (6 ounce) can tomato paste
7 1/2 teaspoons chili powder
2 tablespoons ground cumin
2 tablespoons lemon juice
1 tablespoon all-purpose flour
1 tablespoon dried oregano
1 tablespoon brown sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 bay leaves

Directions

In a soup kettle or Dutch oven, cook the beef, pork and sausage over medium heat until no longer pink; drain. Add the onions, celery, green pepper and garlic; cook for 8-10 minutes or until vegetables are tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered for 1-1/2 hours. Discard bay leaves before serving.

Spiced Sweet Roasted Red Pepper Hummus

Ingredients

1 (15 ounce) can garbanzo beans, drained
1 (4 ounce) jar roasted red peppers
3 tablespoons lemon juice
1 1/2 tablespoons tahini
1 clove garlic, minced
1/2 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/4 teaspoon salt
1 tablespoon chopped fresh parsley

Directions

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

Sprinkle the hummus with the chopped parsley before serving.

Jonny's Easy Garbonzalicious Tangy Artichoke

Ingredients

2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
1 (16 ounce) can dark red kidney beans, drained and rinsed
1 (15 ounce) can light red kidney beans, drained and rinsed
1 (14 ounce) can artichoke hearts, drained, quartered
1 (6 ounce) can jumbo black olives, halved
6 radishes, chopped
2 carrots, coarsely grated

Dressing

2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1/2 teaspoon onion powder
1/4 teaspoon ground black pepper
1/4 cup sunflower seeds (optional)

Directions

Combine garbanzo beans, dark and light red kidney beans, artichoke hearts, olives, radishes, and carrots in a large glass bowl.

Whisk together the olive oil and vinegar in a small glass bowl. Add the garlic powder, Italian seasoning, onion powder, and black pepper; whisk to combine. Pour dressing over the bean mixture and toss carefully to evenly distribute. Cover and refrigerate for at least 4 hours before serving. Stir every hour to redistribute dressing.

Sprinkle with sunflower seeds to serve.

Slow Cooker Creole Black Beans and Sausage

Ingredients

2 pounds smoked sausage, cut into 1 inch slices
3 (15 ounce) cans black beans, rinsed and drained
1 1/2 cups chopped onion
1 1/2 cups chopped celery
1 1/2 cups chopped green pepper
1 cup water
1 (8 ounce) can tomato sauce
4 cloves garlic, minced
2 teaspoons dried thyme
1 teaspoon chicken bouillon granules
1 teaspoon white pepper
1/4 teaspoon cayenne pepper
2 bay leaves

Directions

Place a large skillet over medium heat, and add sausage. Cook, stirring, until sausage is browned, about 5 minutes. Drain fat, and transfer sausage to slow cooker.

Stir the black beans, onion, celery, green pepper, water, tomato sauce, garlic, thyme, bullion granules, white pepper, cayenne pepper, and bay leaves into the sausage in the slow cooker. Cover, and cook on Low until vegetables are tender, about 6 hours. Remove bay leaves before serving.

Ten Bean Soup I

Ingredients

1 (16 ounce) package dry mixed beans
4 slices bacon
1/2 onion, chopped
2 cloves garlic, minced
3 stalks celery, chopped
salt to taste
ground black pepper to taste

Directions

Soak beans in water overnight.

Fry bacon slightly, then add onion, garlic, and celery. Cook until onion is tender.

Place drained beans in large pot. Add water to cover beans. Add bacon, onions, garlic, and celery. Cook until beans are tender (this takes a while...at least 1 1/2 hours). Add salt and pepper to taste.

Football Party Dip

Ingredients

1 pound Bob Evans® Zesty Hot Sausage Roll
1 (16 ounce) can baked beans
1 cup Bob Evans® Wildfire Barbecue Sauce
1 3/4 cups fresh diced tomatoes*
1 1/2 cups diced celery
1 1/4 cups diced onions
1 1/4 teaspoons garlic powder
Hot sauce to taste
Salt and Pepper to taste

Garnish Options:

3/4 cup shredded Cheddar cheese
1/3 cup sour cream
1 large bag tortilla chips
1/4 cup green diced onions

Directions

Crumble and cook sausage in a large skillet or soup pot, over medium-high heat until browned. Carefully drain off excess drippings. Add celery and onions to sausage and continue to cook over medium heat until vegetables are slightly tender and sausage is no longer pink. Add baked beans, barbecue sauce and mix well. Add tomatoes, garlic powder, hot sauce, salt and pepper to mixture. Simmer together for 5 to 10 minutes and serve in a large bowl. Garnish with cheddar cheese, sour cream and diced green onions on top if desired. Serve with tortilla chips. Refrigerate leftovers.

Cheddar Beef Enchiladas

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning
1 cup water
2 cups cooked rice
1 (16 ounce) can refried beans
2 cups shredded Cheddar cheese, divided
10 (8 inch) flour tortillas
1 (16 ounce) jar salsa
1 (10.75 ounce) can condensed cream of chicken soup, undiluted

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated. Spread about 2 tablespoons of refried beans, 1/4 cup beef mixture and 1 tablespoon cheese down the center of each tortilla; roll up. Place seam side down in two greased 13-in. x 9-in. x 2-in. baking dishes.

Combine salsa and soup; pour down the center of enchiladas. Sprinkle with remaining cheese. Bake one casserole, uncovered, at 350 degrees F for 20-25 minutes or until heated through and cheese is melted. Cover and freeze remaining casserole for up to 3 months.

Tuscan Turkey Sausage Soup

Ingredients

12 ounces Italian turkey sausage links
4 cups reduced-sodium chicken broth
1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
1 (8 ounce) can mushroom stems and pieces, drained
1 small onion, chopped
1 tablespoon Italian seasoning
1/4 teaspoon salt-free garlic and herb seasoning
1/8 teaspoon caraway seed
1/8 teaspoon fennel seed, crushed
1 (15.5 ounce) can great northern beans, rinsed and drained
1 small leek, white part only, cut into 1 inch strips

Directions

In a nonstick skillet coated with nonstick cooking spray, cook sausage over medium heat until no longer pink; drain. Let cool and slice. In a large saucepan, whisk together the broth, soup, mushrooms, onion, Italian seasoning, garlic and herb seasoning, caraway seeds and fennel seed. Add sausage. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add beans and leek. Simmer 10 minutes longer or until vegetables are tender.

South Indian Chickpea Salad

Ingredients

1 (16 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 mango - peeled and diced
1 cup chopped hearts of romaine (optional)
1/2 cup diced cucumber
1/2 cup diced carrot
1/4 cup diced celery (optional)
2 tablespoons fresh lemon juice
salt to taste
1 cup chopped pineapple

Directions

Toss together the garbanzo beans, mango, romaine lettuce, cucumber, carrot, celery, lemon juice, and salt in a large bowl. Let the mixture set for 30 minutes. Top the salad with the pineapple to serve.

Lower Fat Chicken Vegetable Soup

Ingredients

1 cup chicken broth
1 cup shredded cabbage
1 cup chopped carrot
4 potatoes, cubed
1/2 onion, chopped
1 (15 ounce) can green beans
1/4 cup chopped green bell pepper
1 cup tomato juice
3 cloves garlic, minced
1/2 teaspoon dried oregano
1 tablespoon dried basil
1/2 teaspoon Italian-style seasoning
1 cup cooked and cubed chicken
salt and pepper to taste

Directions

In a large pot over high heat, combine the chicken broth, cabbage, carrots, potatoes, onion, green beans, green bell pepper, tomato juice, garlic, oregano, basil and Italian-style seasoning.

Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables are tender.

Add the chicken and simmer for 15 more minutes. Season with salt and pepper to taste.

Green Beans with Radishes

Ingredients

1 pound fresh green beans
2 tablespoons thinly sliced green onion
2 tablespoons butter or stick margarine
1 teaspoon lemon juice
1 teaspoon soy sauce
1/4 cup sliced radishes

Directions

Place beans in a large saucepan and cover with water; bring to a boil. cook, uncovered, for 8-10 minutes or until crisp-tender; drain. In a skillet, saute onion in butter just until tender. Stir in the beans, lemon juice and soy sauce; cook and stir until heated through. Just before serving, sprinkle with radishes.

Mung Beans Cooked in Sweet Syrup

Ingredients

1 cup skin-on, whole green mung beans
5 1/4 cups water
1 cup palm sugar

Directions

Place the mung beans into a large container and cover with several inches of cool water; let stand 3 hours to overnight. Drain and rinse before using.

Combine the beans with 5 1/4 quart water in a large pot over medium heat; cook until the beans are tender, about 30 minutes. Stir the sugar into the mixture; cook and stir until the sugar is completely dissolved. Remove from heat and serve warm.

Fasoliyyeh Bi Z-Zayt (Syrian Green Beans with

Ingredients

1 (16 ounce) package frozen cut green beans
1/4 cup extra virgin olive oil
salt to taste
1 clove garlic, minced
1/4 cup chopped fresh cilantro

Directions

Place the green beans into a large pot, and drizzle with olive oil. Season with salt to taste, and put the lid on the pot. Cook over medium-high heat, stirring occasionally, until beans are cooked to your desired doneness. Syrians like it cooked until the green beans are turning brownish in color. The idea is not to saute them, but to let them steam in the moisture released by the ice crystals.

Add cilantro and garlic to the beans, and continue to cook just until the cilantro has started to wilt. Eat as a main course by scooping up with warm pita bread or serve as a side dish.

Easy and Tasty Chicken Tortilla Soup

Ingredients

4 cups water
3 cubes chicken bouillon
1 onion, chopped
1 banana pepper, seeded and diced
1 (15.5 ounce) can hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (14 ounce) can diced tomatoes with green chilies, undrained
1 (14.5 ounce) can diced tomatoes, undrained
2 (10.75 ounce) cans cream of chicken soup
2 (12.5 fl oz) cans white chicken, drained
4 1/2 teaspoons garlic powder
3 tablespoons lime juice
5 dashes hot pepper sauce (such as Frank's RedHot®)
3 tablespoons dried cilantro
1 teaspoon chili powder
1 teaspoon ground cumin
salt and pepper to taste

Directions

Bring the water to a boil in a large pot; stir the bouillon cubes into the water until dissolved. Add the onion, banana pepper, hominy, black beans, garbanzo beans, diced tomatoes with chiles, diced tomatoes, chicken soup, chicken, garlic powder, lime juice, hot pepper sauce, cilantro, chili powder, cumin, salt, and pepper; stir. Reduce heat to medium and cook the soup until the onions are soft and opaque, about 20 minutes.

Potato-Topped Chili Loaf

Ingredients

3/4 cup diced onion
1/3 cup saltine crumbs
1 egg
3 tablespoons milk
1 tablespoon chili powder
1/2 teaspoon salt
1 1/2 pounds ground beef

TOPPING:

3 cups hot mashed potatoes
(prepared with milk and butter)
1 (11 ounce) can Mexicorn,
drained
1 (15.5 ounce) can kidney beans,
rinsed and drained
1/4 cup thinly sliced green onions
1 cup shredded Cheddar or taco
cheese, divided

Directions

Combine the first six ingredients; crumble beef over mixture and mix well. Press into an ungreased 9-in. square baking pan. Bake at 375 degrees F for 25 minutes or until no longer pink; drain.

Combine the potatoes, corn, beans, onions and 1/2 cup of cheese; spread over meat loaf. Sprinkle with the remaining cheese. Bake 15 minutes longer or until the potato layer is lightly browned and heated through.

Garbanzo Bean Burgers

Ingredients

1 (15 ounce) can garbanzo beans, rinsed and drained
1 red bell pepper, finely chopped
1 carrot, grated
3 cloves garlic, minced
1 red chile pepper, seeded and minced
2 tablespoons chopped fresh cilantro
1 tablespoon tahini paste
salt and black pepper to taste
1 teaspoon olive oil (optional)

Directions

Place garbanzo beans in the bowl of a food processor with bell pepper, carrot, garlic, red chile pepper, cilantro, tahini, salt, and pepper. Place the lid on the food processor, and pulse 5 times, then scrape the sides, and pulse the mixture until it is evenly mixed. If the mixture looks dry, add olive oil.

Refrigerate garbanzo bean burger mixture for 30 minutes.

Preheat an oven to 350 degrees F (175 degrees C). Prepare a baking sheet with parchment paper or lightly grease with cooking spray.

Shape the chilled garbanzo bean burger mixture into patties.

Bake 20 minutes, then carefully flip burgers and bake 10 more minutes, or until evenly browned.

Ingredients

2 (8 ounce) fillets milkfish (bangus)
1 tomato, quartered
1 onion, chopped
2 tablespoons shrimp paste (bagoong)
1 cup water
salt and pepper to taste
1/2 pound long beans, cut into bite-size pieces
1/2 pound zucchini, cut into bite-size pieces
1/2 pound fresh okra

Directions

Preheat an outdoor grill for medium heat and lightly oil the grate.

Grill the milkfish fillets until the flesh flakes easily with a fork, 2 to 3 minutes per side.

Combine the grilled fillets, tomato, onion, shrimp paste, and water to the pot; bring to a boil for 5 minutes. Season with salt and pepper. Add the long beans and zucchini; stir. Cover the pot and cook over medium heat for 5 minutes. Stir the okra into the mixture and cook another 5 minutes. Serve hot.

Confetti Salad by Jean Carper

Ingredients

2 cups red cabbage, shredded
1 (19 ounce) can white (cannellini) beans, drained and rinsed
1 (11 ounce) can mandarin oranges, drained
1/3 cup walnuts, toasted
2 large scallions, sliced, with green tops
3 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons orange juice
Salt and pepper, to taste

Directions

Put first five ingredients in a bowl. Whisk together oil, vinegar, juice. Toss all. Serve.

Green Beans With Walnuts

Ingredients

2 pounds fresh green beans,
washed and trimmed
2 tablespoons butter
1 cup chopped walnuts
2 tablespoons walnut oil
2 tablespoons minced fresh
parsley
ground black pepper to taste
salt to taste

Directions

Place the walnuts on an ungreased baking sheet. Bake at 350 degrees F (175 degrees C) for 5 to 8 minutes.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans with cold water, and drain well. Can be prepared 6 hours ahead. Let stand at room temperature.

Melt butter or margarine with oil in heavy large skillet over high heat. Add beans and toss until heated through, about 4 minutes. Season with salt and pepper. Add walnuts and parsley and toss. Transfer to bowl and serve.

Grandma's Chili

Ingredients

2 pounds ground beef
1/2 onion, chopped
1/2 green bell pepper, chopped
salt and pepper to taste
1 (15 ounce) can baked beans
1 (4.5 ounce) can mushrooms,
drained
1 tablespoon brown sugar
1/4 teaspoon chili powder

Directions

In a large saucepan over medium high heat, saute the ground beef for 5 minutes, or until browned. Stir in the onion and green bell pepper and saute for 5 more minutes. Season with salt and pepper to taste.

Next, add the beans, mushrooms, brown sugar and chili powder to taste. Mix together well, reduce heat to low and let simmer for 20 minutes to 1 hour or more, depending on how much time you have and how thick you like your chili.

Beanie Wienies

Ingredients

2 (15 ounce) cans pork and beans
2 tablespoons brown sugar
2 teaspoons Worcestershire sauce
2 teaspoons prepared mustard
1/2 teaspoon onion powder
1 (16 ounce) package hot dogs ,
halved lengthwise and cut into
thirds

Directions

In a saucepan, combine the first five ingredients; mix well. Add hot dogs; bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until heated through.

Miracle Green Bean Casserole

Ingredients

1 (10.75 ounce) can low-fat condensed cream of broccoli soup, undiluted
1/2 cup fat-free sour cream
2 tablespoons creamy salad dressing, e.g. Miracle Whip
salt and ground black pepper to taste
2 (14.5 ounce) cans French-cut green beans, drained
2 (14.5 ounce) cans cut green beans, drained
2 cups Cheddar-flavored French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix together the soup, sour cream, salad dressing, salt, and pepper in a large bowl. Gently stir in the French-cut green beans and the other green beans one can at a time. Fold in 1 cup of the fried onions. Pour the mixture into a casserole dish; cover with aluminum foil.

Bake in preheated oven 35 minutes. Remove the foil and stir the casserole. Top with the remaining cup of the fried onions and bake uncovered for an additional 5 minutes.

Spicy Slow Cooker Black Bean Soup

Ingredients

1 pound dry black beans, soaked overnight
4 teaspoons diced jalapeno peppers
6 cups chicken broth
1/2 teaspoon garlic powder
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon cayenne pepper
3/4 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce

Directions

Drain black beans, and rinse.

Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.

Cook on High for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until you are ready to eat.

Salsa Red Beans N Rice

Ingredients

1 medium green pepper, chopped
1/4 cup chopped red onion
3 green onions, finely chopped
4 garlic cloves, minced
1 tablespoon olive oil
5 cups cooked brown rice
1 1/4 cups salsa
1 (16 ounce) can kidney beans,
rinsed and drained
1/2 teaspoon salt

Directions

In a large nonstick skillet, saute the green pepper, onions and garlic in oil until tender. Stir in the rice, salsa, beans and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 2-3 minutes or until heated through.

Italian Panzanella Bread Salad

Ingredients

8 ounces country style white bread, cut into 1 inch cubes
3 tablespoons garlic flavored olive oil
1/2 teaspoon coarse salt
1 (15 ounce) can garbanzo beans, rinsed and drained
2 cups red or yellow teardrop tomatoes, halved
1/3 cup chopped green bell pepper
1/3 cup chopped red bell pepper
1 small red onion, cut into 3/4 inch slices
10 kalamata olives, pitted and halved
1/3 cup basil pesto
1/4 cup balsamic vinegar
1 tablespoon minced fresh rosemary
1/4 teaspoon black pepper
4 ounces crumbled goat cheese
1 head green or red leaf lettuce
1/4 cup toasted pine nuts

Directions

Preheat oven to 350 degrees F (175 degrees C).

Toss the bread cubes with the olive oil to evenly coat. Sprinkle with salt, and toss again. Spread the cubed bread evenly over a baking sheet, and bake in the preheated oven until golden brown, about 12 minutes. Remove from oven and allow to cool completely.

Toss together the garbanzo beans, tomatoes, peppers, onion, and kalamata olives in a large bowl. In a separate bowl, whisk together the pesto, balsamic vinegar, rosemary, and pepper. Toss the tomatoes with the pesto mixture, and let stand at room temperature for 30 minutes to 1 hour.

To serve, toss the toasted bread cubes and goat cheese with the tomato mixture. Line a serving platter with a few lettuce leaves. Shred the remaining lettuce, and mound in the center of the platter. Spoon the bread mixture over the lettuce, and sprinkle with toasted pine nuts.

Venison-Bacon White Chili

Ingredients

6 tablespoons butter
2 tablespoons all-purpose flour
1/2 teaspoon ground white pepper
4 teaspoons salt, divided
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
4 cups chicken broth
1 (4 ounce) can green chiles, peeled and seeded, diced, liquid reserved.
6 cloves garlic, crushed
2 teaspoons chili powder, divided
2 teaspoons cayenne pepper, divided
1 tablespoon ground cumin
1 tablespoon dried cilantro
1 teaspoon ground coriander seed
1 teaspoon dried oregano
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can great Northern beans, rinsed and drained
1 pound ground venison
1 pound sliced bacon, diced
1 red onion, chopped
6 cloves garlic, minced

Directions

Melt the butter in a large pot over medium-low heat. Stir in flour until smooth. Cook and stir until the flour turns dark, about 15 to 20 minutes. Stir in the white pepper, 1 teaspoon of salt, brown sugar, cinnamon and nutmeg until smooth.

Gradually whisk in the chicken broth so that no lumps form. Add the green chilies with their liquid, and the crushed garlic cloves. Season with 1 teaspoon of chili powder, 1 teaspoon of cayenne, cumin, cilantro, coriander and oregano. Stir in the corn and beans, and bring to a simmer.

Place the bacon in a large skillet over medium-high heat. Cook, turning occasionally until browned. Add the onion and minced garlic; cook and stir for a few minutes. Add the venison, and season with remaining 3 teaspoons of salt, 1 teaspoon of chili powder and 1 teaspoon of cayenne pepper. Cook, stirring to break the venison to your desired texture, until evenly browned.

Transfer the meat mixture to the pot, and simmer over low heat for at least 1 hour, stirring occasionally.

Rellenitos de Platano

Ingredients

6 plantains, peeled and broken into chunks
1 (16 ounce) can refried black beans
1 tablespoon white sugar
1 teaspoon salt
1 quart oil for frying

Directions

Place the plantains in water to cover in a large pot. Bring to a boil, then reduce heat and simmer until tender, 15 minutes. Drain and mash.

In a small saucepan over low heat, heat the refried beans. Stir in the sugar and salt. Remove from heat.

To make the rellenos, form a palm-sized amount of mashed plantains into a ball; flatten and place about a teaspoon of the bean mixture in the middle; then mold the sides of the plantain around the beans, making an egg-shaped ball.

Heat oil in a deep-fryer or large skillet to 375 degrees F (190 degrees C), or until a small amount of batter sizzles and browns in the oil. Fry rellenos in oil until browned. Drain on paper towels.

Swedish Potato Dumpling Soup

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
6 1/2 cups water
2 teaspoons salt
2 celery ribs, quartered
1 medium carrot, quartered
1 small onion, peeled
4 whole peppercorns
2 whole cloves
2 whole allspice
2 chicken bouillon cubes
1 (10 ounce) package frozen green beans
1 (12 ounce) package frozen noodles
DUMPLINGS:
2 medium potatoes, cooked and mashed (without added milk or butter)
1 egg, beaten or egg substitute equivalent
2 tablespoons half-and-half cream
1 teaspoon sugar
1/4 teaspoon salt
1/2 cup all-purpose flour

Directions

In a 5-qt. soup kettle, combine the first 10 ingredients. Cover and bring to a boil. Reduce heat; simmer for 3 hours. Remove chicken; allow to cool. Strain broth, discarding vegetables and seasonings. Add enough water to make 8 cups; return to kettle. Debone chicken and cut into chunks; add to kettle with beans and noodles. Bring to a boil; cook for 20 minutes. For dumplings, mix potatoes, egg, cream, sugar and salt if desired in a medium bowl. Gradually add flour to make a stiff batter (it should form a peak when spoon is lifted). Drop by teaspoons into boiling soup. Cover and simmer for 3 minutes.

Traditional Maritime Hodge Podge

Ingredients

6 slices bacon
2 tablespoons butter
1 small onion, roughly chopped
1 small garlic clove

1 cup fresh green beans, trimmed and snapped
1 cup fresh wax beans, trimmed and snapped
1 1/2 cups baby carrots
1 cup low-salt chicken broth
salt to taste
12 small whole new potatoes
1/4 cup butter
1/2 cup heavy cream
1 tablespoon all-purpose flour
1/2 cup water

Directions

Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble and set aside.

Meanwhile, melt 2 tablespoons of butter in a large pot over medium heat. Stir in the chopped onion and whole garlic clove. Cook and stir until the garlic has softened, and the onions begin to turn golden-brown, about 8 minutes. Scrape the mixture into a small bowl; remove the garlic clove, mash, and return to the onions. Place the green beans, wax beans, and carrots into the saucepan. Pour in the chicken broth and enough water to just cover the vegetables; season with salt. Bring to a boil over high heat; reduce heat to medium-low and simmer 15 minutes.

After the beans have simmered 15 minutes, stir in the new potatoes and cook until tender, about 30 minutes more. Stir in the garlic, onions, 1/4 cup butter, and cream; return to a simmer. Dissolve the flour in 1/2 cup of water and stir into the soup. Cook and stir until the soup has thickened, 10 to 15 minutes. Serve with crumbled bacon.

Summer Seasoned String Beans

Ingredients

2 tablespoons olive oil
3 tablespoons butter
1 ham hock
2 pounds fresh green beans,
trimmed
12 small red potatoes
1 (.4 ounce) packet dry vegetable
soup mix
1 tablespoon white sugar
1 tablespoon ground black pepper

Directions

Heat the oil and butter in a large pot. Place ham hock in the pot, and brown on both sides. Reduce heat to low. Place green beans and potatoes in the pot, and pour in enough water to cover. Mix in soup mix, sugar, and pepper. Simmer 1 hour, or until beans and potatoes are tender. Remove hock and shred meat into pot before serving.

Middle Eastern White Beans

Ingredients

1 1/2 cups dried white kidney beans, soaked overnight
3 tablespoons tomato paste
1 tablespoon red pimento sauce
3 cloves garlic, chopped
3 medium onions, chopped
1 tablespoon lemon juice
1 teaspoon ground cumin
2 tablespoons olive oil
salt and pepper to taste
1 (14.5 ounce) can beef broth

Directions

In a slow cooker combine the beans, tomato paste, pimento sauce, garlic, onions, cumin, lemon juice, olive oil, salt and pepper. Mix until the beans are coated. Pour in beef broth, and top off with enough water to completely cover the beans.

Cover, and cook on High for 6 hours, or until the beans are tender and the liquid is thickened. It should not be soupy.

Black Bean and Granny Smith Apple Salad

Ingredients

1 tablespoon canola oil
1 onion, diced
1 red bell pepper, chopped
2 teaspoons ground cumin
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
2 (15 ounce) cans black beans,
rinsed and drained
2 Granny Smith apples, unpeeled,
cored, and chopped
2 tablespoons lemon juice
2 tablespoons chopped fresh
cilantro

Directions

Heat the canola oil in a skillet over medium heat. Cook and stir the onion and red bell pepper in the hot oil until the onion has softened and turned translucent, about 5 minutes; season with cumin, salt, and cayenne pepper. Scrape into a mixing bowl; stir in the black beans, apples, lemon juice, and cilantro. Refrigerate until cold before serving.

Unbelievably Easy and Delicious Vegetarian Chili

Ingredients

1 (28 ounce) can diced tomatoes with juice
1 small onion, diced
1 (15 ounce) can white beans, drained
1 (15 ounce) can chili beans, with liquid
1 (1.25 ounce) package reduced sodium taco seasoning mix
1 (1 ounce) package ranch dressing mix
1 (12 ounce) package vegetarian burger crumbles
1 (8 ounce) package shredded Cheddar cheese (optional)

Directions

Mix the tomatoes, onion, white beans, chili beans, taco seasoning mix, and ranch dressing mix in a large pot over medium heat. Bring to a boil. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Top with cheese to serve.

Veggie Casserole

Ingredients

1 (14.5 ounce) can French-style green beans, drained
1 (11 ounce) can white corn, drained
1 small onion, chopped
1/2 green bell pepper, chopped
1 (8 ounce) container sour cream
1 (10.75 ounce) can condensed cream of celery soup
1/2 cup shredded sharp Cheddar cheese
salt and pepper to taste
1/2 (16 ounce) package cheese flavored crackers, crushed
1/4 cup butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine green beans, corn, onion, and green bell pepper. Stir in sour cream, condensed soup, and shredded cheese. Season with salt and pepper. Mix well, and spread into a 2 quart casserole dish. In a separate bowl, mix together the crushed crackers and melted butter. Sprinkle over vegetable mixture.

Bake in preheated oven, for 25 minutes, or until the top is golden brown.

Pasta Fazul

Ingredients

3 cloves garlic, minced
1 onion, chopped
1 carrot, finely chopped
2 tablespoons chopped fresh parsley
2 teaspoons dried basil
1 teaspoon dried oregano
4 tablespoons olive oil
1 (14.5 ounce) can whole peeled tomatoes
2 cups cooked cannellini beans, drained and rinsed
8 ounces macaroni
2 tablespoons butter
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

In a large skillet, saute garlic, onion, carrot, parsley, basil and oregano in olive oil until onions are tender.

Add the tomatoes plus 1/4 cup of the can juices and the salt and pepper. Cover and stir frequently, simmering for 10 minutes or until vegetables are tender. Add the cannellini beans and cover. Simmer for 20 minutes.

Cook macaroni according to package directions, drain and toss with butter and Parmesan cheese. Add to cannellini bean mixture. Serve immediately with additional Parmesan cheese, if desired.

Peoria Chili

Ingredients

2 pounds ground beef
1 medium onion, chopped
1 (28 ounce) can diced tomatoes,
with liquid
1 (46 ounce) can tomato juice
1 tablespoon chili powder
1 tablespoon sugar
salt and pepper to taste
2 (15 ounce) cans red kidney
beans, rinsed and drained
Shredded Cheddar cheese

Directions

In a large kettle or Dutch oven, brown beef and onion. Drain off fat; add all remaining ingredients except beans and cheese. Cover and simmer 2-3 hours. Adjust seasonings, if necessary. Stir in beans and heat through. Before serving, top with shredded cheddar cheese, if desired.

Chicken Chili Soup

Ingredients

1 3/4 pounds diced chicken breast meat
2 green bell peppers, diced
2 red bell peppers, diced
1 onion, diced
1/2 cup frozen corn kernels
4 (15 ounce) cans kidney beans with liquid
2 (14.5 ounce) cans diced tomatoes
1 (15 ounce) can tomato sauce
2 cups water
2 teaspoons chili powder
1 tablespoon dried parsley
1 teaspoon garlic powder
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin

Directions

Coat a large pot with cooking spray and place over medium-high heat. Cook and stir chicken, bell peppers and onion until chicken is brown and peppers are just tender. Stir in corn, beans, tomatoes, tomato sauce and water. Season with chili powder, parsley, garlic powder, cayenne and cumin. Reduce heat, cover and simmer 30 minutes.

Hearty Chicken Vegetable Soup III

Ingredients

1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 large white onion, diced
1/4 pound fresh green beans,
trimmed and snapped
3/4 cup frozen corn kernels,
thawed
1 (15 ounce) can white hominy
1 (15 ounce) can chickpeas
8 whole chicken wings, split
3 cubes chicken bouillon
5 tablespoons tomato sauce
1 tablespoon garlic powder
2 white potatoes, peeled and
cubed
2 jalapeno peppers, julienned
6 1/2 cups water

Directions

In a large pot, combine zucchini, yellow squash, onion, green beans, corn, hominy, chickpeas, chicken, bouillon, tomato sauce, garlic powder, potatoes, jalapenos and water. Bring to a boil, reduce heat and simmer until chicken falls off the bone and flavors are well blended, 1 to 2 hours.

Slow Cooker Spicy Black-Eyed Peas

Ingredients

6 cups water
1 cube chicken bouillon
1 pound dried black-eyed peas,
sorted and rinsed
1 onion, diced
2 cloves garlic, diced
1 red bell pepper, stemmed,
seeded, and diced
1 jalapeno chile, seeded and
minced
8 ounces diced ham
4 slices bacon, chopped
1/2 teaspoon cayenne pepper
1 1/2 teaspoons cumin
salt, to taste
1 teaspoon ground black pepper

Directions

Pour the water into a slow cooker, add the bouillon cube, and stir to dissolve. Combine the black-eyed peas, onion, garlic, bell pepper, jalapeno pepper, ham, bacon, cayenne pepper, cumin, salt, and pepper; stir to blend. Cover the slow cooker and cook on Low for 6 to 8 hours until the beans are tender.

Chicken, Spinach, and Potato Soup

Ingredients

1 pound skinless, boneless chicken thighs
2 cups chicken stock
4 cups water
3 tablespoons olive oil
1 large onion, thinly sliced
6 cloves garlic, chopped
2 large potatoes, cubed
1 (16 ounce) can garbanzo beans, drained
1 (10 ounce) bag fresh spinach
1/2 cup diced roasted red peppers (optional)
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

Bring chicken thighs, chicken stock, and water to a simmer in a large saucepan over medium-high heat. Reduce heat to medium-low, and continue simmer until the chicken is no longer pink in the center, about 20 minutes. Remove the chicken thighs, and set aside to cool. Reserve the broth.

While the thighs are cooling, heat olive oil in a large pot over medium heat. Stir in onion and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the potatoes, then strain the reserved cooking liquid into the pot. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes are tender, about 25 minutes.

Cut the cooked chicken into cubes and add to the simmering potatoes. Cook for 5 minutes, then stir in the garbanzo beans, spinach, and roasted pepper; simmer 10 more minutes. Season to taste with salt and pepper, and sprinkle with grated Parmesan cheese before serving.

Sandy's Baked Beans

Ingredients

4 (15 ounce) cans baked beans
with pork
1 small onion, chopped
3 tablespoons bacon grease
3/4 cup brown sugar
1 cup ketchup
2 slices bacon, cut in half

Directions

Preheat oven to 300 degrees F (150 degrees C).

In a 2 quart casserole dish, combine the pork and beans, onion, bacon grease, brown sugar and ketchup. Mix well and top with the bacon strips.

Bake at 300 degrees F (150 degrees C) for 1 1/2 to 2 hours.

Salad Nicoise

Ingredients

1/2 pound new potatoes,
quartered
1/4 cup chopped fresh parsley
1/4 cup pitted nicoise olives
1/2 onion, thinly sliced
1 (6 ounce) can tuna
1/3 pound fresh green beans -
rinsed, trimmed and blanched
1/2 pound mixed salad greens
1 cup lemon vinaigrette
3 hard-cooked eggs, quartered
3 roma (plum) tomatoes, thinly
sliced
1 tablespoon capers
4 anchovy filets

Directions

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain and cool.

In a large bowl, combine the potatoes, parsley, olives, onion, tuna and green beans. Refrigerate for 2 to 4 hours.

In large bowl, toss greens with vinaigrette and top with chilled potato mixture. Garnish with eggs, tomatoes, capers and anchovies.

Brazilian Black Bean Soup

Ingredients

1 tablespoon olive oil
3 cups onion, chopped
8 cloves garlic, chopped, divided
1 carrot, diced
3 teaspoons ground cumin
2 teaspoons salt
1 red bell pepper, diced
2 (15 ounce) cans black beans,
drained and rinsed
1/2 cup water
1 cup orange juice
1 pinch cayenne pepper, or to
taste

Directions

Heat olive oil in a large saucepan over medium heat. Add onion, half of the garlic, and carrot. Season with cumin and salt. Cook, stirring, until onion and carrot are tender. Stir in remaining garlic, and red pepper; continue cooking until tender.

Add beans, water, and orange juice to the pan, and season with cayenne pepper. Transfer a portion of the mixture to a blender or food processor, and puree until smooth. Puree part or all of the soup, depending on how you like the texture. Return puree to the pan, and simmer for 10 more minutes to blend flavors before serving.

Meatball Minestrone

Ingredients

6 cups water
1 (16 ounce) can kidney beans,
rinsed and drained
1 (16 ounce) package frozen
mixed vegetables
2 tablespoons beef bouillon
granules
1 tablespoon dried minced onion
1 bay leaf
1 teaspoon dried basil
1 teaspoon salt
1/2 teaspoon pepper
4 ounces spaghetti, broken into 2-
inch pieces
24 cooked meatballs
1 (14.5 ounce) can stewed
tomatoes

Directions

In a Dutch oven or soup kettle, combine the first nine ingredients. Bring to a boil; add spaghetti. Reduce heat; cover and simmer for 10 minutes or until spaghetti is tender. Add the meatballs and tomatoes; heat through. Discard bay leaf.

Nacho Pie II

Ingredients

4 cups nacho-flavor tortilla chips, crushed
1 pound ground beef
1/2 cup chopped onion (optional)
salt and pepper to taste
1 (15.5 ounce) can chili beans
1 (8 ounce) can tomato sauce
1 cup shredded Mexican cheese blend

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9 inch pie plate. Spread crushed tortilla chips in the bottom of the prepared pie plate.

Cook ground beef and onion in a large skillet over medium-high heat until meat is well browned. Drain fat. Season with salt and pepper. Spoon mixture over chips. Top meat with chili beans, tomato sauce, and cheese.

Bake pie, uncovered, until filling is hot and the cheese is melted, 15 to 17 minutes.

Pesto Pasta with Green Beans and Potatoes

Ingredients

1/2 pound dry penne pasta
4 red potatoes, cut into 1/4 inch slices
1/4 pound fresh green beans, cut into 2 inch pieces
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/2 cup plain yogurt
1/3 cup pesto
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil, and cook the penne pasta for 8 to 10 minutes, until al dente. Remove from heat, drain, and return to the pot.

Bring a medium saucepan of water to a boil, and cook the potatoes about 7 minutes. Place the green beans in the saucepan with the potatoes. Continue cooking about 3 minutes. Drain the partially cooked potatoes and green beans, and set aside.

Heat the olive oil in a large skillet over medium heat, and saute the garlic about 1 minute. Stir in the potatoes and green beans. Season with salt and pepper. Cook and stir until potatoes and beans are tender and lightly browned.

Toss the potato mixture into the pot with the drained pasta. Mix in the yogurt, pesto, and Parmesan cheese. Reserve a little Parmesan to sprinkle on top when serving.

Spanish Rice Dinner

Ingredients

1 pound ground beef
1 (14.5 ounce) can stewed tomatoes
1 (14.5 ounce) can cut green beans, drained
1/2 cup uncooked long grain rice
1 tablespoon dried minced onion
1 tablespoon sugar
1 teaspoon salt
1 teaspoon Worcestershire sauce
1/2 teaspoon ground mustard
1/4 teaspoon garlic powder
1/8 teaspoon pepper
1/8 teaspoon hot pepper sauce

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 40 minutes or until rice is tender.

Cuban Black Beans I

Ingredients

1 pound black beans, washed
1 onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
2 bay leaves
1 1/2 teaspoons paprika
1 1/2 teaspoons ground cumin
1 tablespoon dried oregano
2 minced hot green chile peppers
3 cloves garlic, minced
1/4 cup balsamic vinegar
salt to taste
ground black pepper to taste

Directions

In a large bowl, soak beans in water to cover overnight.

Rinse beans, and transfer to a large stock pot. Add onion, bell peppers, bay leaves, paprika, cumin, oregano, and chile peppers, along with water to cover. Bring to a boil, reduce heat, and simmer for 1 1/2 hours.

Test beans for tenderness, and when tender add garlic and balsamic vinegar. Salt and pepper to taste.

Posse Stew

Ingredients

1 pound ground beef
1 (20 ounce) can white or yellow hominy, rinsed and drained
2 (14.5 ounce) cans stewed tomatoes
1 (15.25 ounce) can whole kernel corn
1 (15 ounce) can kidney beans
2 (15 ounce) cans ranch-style beans
1 large yellow onion, chopped
2 green chile peppers, chopped

Directions

In a large skillet over medium-high heat, cook ground beef until evenly browned, stirring frequently to crumble. Drain grease, and transfer to a soup pot. Pour in the hominy, stewed tomatoes, corn, kidney beans, ranch-style beans, and add the onion and green chilies. Cover, and cook over medium heat for 1 hour.

Hunter's Stew

Ingredients

1 pound lean ground beef
1 medium onion, chopped
3 medium carrots, sliced
3 large potatoes, peeled and sliced
1 (10 ounce) package frozen cut green beans, thawed
1 (10.75 ounce) can condensed tomato soup, undiluted
1 1/3 cups water

Directions

Crumble beef into an ovenproof Dutch oven or greased 13-in. x 9-in. x 2-in. baking dish. Layer with onion, carrots, potatoes and beans. Combine soup and water; pour over beans. Cover and bake at 375 degrees F for 2 hours or until the meat is no longer pink and vegetables are tender.

Quick Zesty Chili

Ingredients

1 pound ground beef
2 (15.5 ounce) cans kidney beans,
rinsed and drained
1 (8 ounce) can tomato sauce
2 cups chopped fresh tomatoes
1 cup water
2 tablespoons chili powder
1 tablespoon dried minced onion
1 teaspoon hot pepper sauce
1 teaspoon ground cumin
1/4 teaspoon ground cinnamon

Directions

In a large saucepan, brown beef; drain. Add remaining ingredients. Bring to a boil; reduce heat and simmer for 15 minutes.

Chuck Wagon Chow

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
2 pounds (1/2 inch thick) beef round steak, cut into 1/2 inch cubes
1/4 cup cooking oil
1 medium onion, chopped
1 green pepper, chopped
1 garlic clove, minced
1 tablespoon chili powder
1 teaspoon dried oregano
1 (16 ounce) can kidney beans, juice drained and reserved
1 (16 ounce) can whole kernel corn, juice drained and reserved

Directions

Combine flour, salt and pepper in a large plastic bag. Place beef cubes in bag and shake to coat evenly. In a Dutch oven or large skillet, brown beef in oil. Add onion, green pepper and garlic; cook until peppers are crisp-tender. Stir in chili powder, oregano and reserved vegetable liquid; bring to a boil. Reduce heat and simmer, covered, until meat is tender, about 45-50 minutes. Stir in beans and corn; simmer 10 minutes or until heated through.

Zesty Southern Pasta and Bean Salad

Ingredients

2 cups small seashell pasta
1/3 cup Italian-style salad dressing
salt to taste
1 (15 ounce) can pinto beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
3 tomatoes, chopped
1 1/2 tablespoons ground cumin
1/2 tablespoon chili powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon dried red pepper flakes (optional)
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse pasta in cold water. Place in a large mixing bowl and add dressing and salt; mix well.

Combine pinto beans and black beans in a colander; rinse with cold water and add to pasta. Add corn, tomatoes, cumin, chili powder, onion powder, garlic powder, dried red pepper flakes and salt and pepper to taste; toss lightly.

Chill salad in refrigerator until ready to serve.

Yellow Mung Bean Pudding with Coconut Cream

Ingredients

4 cups hulled yellow mung beans
3 1/2 cups water
3/4 cup white sugar
3/4 cup water
1/3 cup tapioca flour
1 cup coconut cream
1/2 teaspoon salt

Directions

Place the mung beans in a large container and cover with several inches of warm water; let soak for 2 hours; drain.

Place a steamer insert into a saucepan and pour enough water to reach just below the bottom of the steamer. Cover and bring the water to a boil. Wrap the mung beans in cheesecloth and place in the steamer insert; cover the saucepan and steam the beans until tender, 25 to 30 minutes.

Stir 3 1/2 cups water and the sugar together in a saucepan; bring to a boil. Stir 3/4 cup water and the tapioca flour together in a bowl until the flour is dissolved; pour the mixture into the boiling water and stir until the syrup becomes clear and thickened. Gently stir the mung beans into the syrup; remove from heat and divide into 4 serving bowls.

Heat the coconut cream and salt together in a small saucepan over medium-low heat until warmed, but do not allow to boil. Spoon over the mung bean mixture to serve.

Kickin' Coyote Chili

Ingredients

2 tablespoons olive oil
1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped red pepper
3 tablespoons all-purpose flour
1 tablespoon ground cumin
2 cups Swanson® Chicken Broth
2 (15 ounce) cans great Northern beans
1 (16 ounce) jar Pace® Chipotle Chunky Salsa
2 cups chopped cooked chicken
Shredded pepper Jack cheese
Cubed avocado

Directions

Heat the oil in a 4 quart saucepot over medium heat. Add the onion, celery and pepper and cook until tender. Stir in the flour and cumin and cook for 2 minutes. Add the broth. Cook and stir until the mixture boils.

Add the beans, salsa and chicken. Heat to a boil. Reduce the heat to low. Cook for 20 minutes.

Garnish with the cheese and avocado.

Fudgy Wudgy

Ingredients

10 ounces semisweet chocolate, chopped
5 tablespoons finely ground espresso beans
1 1/2 cups sugar
1 cup unsalted butter, softened
6 egg yolks
1 cup all-purpose flour
1 teaspoon baking soda
1 pinch salt
1 pinch ground cinnamon
6 egg whites
3 tablespoons confectioners' sugar for dusting (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch springform pan.

Combine the chocolate and ground espresso in a metal bowl, and set the bowl over a pan of simmering water. Stir occasionally until melted and smooth. Remove from heat and set aside.

In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg yolks one at a time, mixing well after each one. Sift together the flour, baking soda, salt and cinnamon; stir into the butter mixture. Stir in the chocolate and espresso mixture. In a large clean glass or metal bowl, whip the egg whites until stiff peaks form. Fold in about 1/3 of the egg whites, blending well to lighten the mixture, then fold in the remaining egg whites gently. Spread the batter evenly in the prepared pan.

Bake for 60 to 70 minutes in the preheated oven, or until the top appears dry and cracked. A toothpick inserted into the center should come out clean. Cool cake in the pan over a wire rack. Dust with confectioners' sugar before serving, if desired.

Stars and Stripes Grand Finale Cake

Ingredients

2 pints fresh strawberries, hulled and sliced

1/2 cup white sugar

1 (.25 ounce) envelope plain unflavored gelatin

2 pints fresh blueberries

1/2 cup white sugar

1 (.25 ounce) envelope plain unflavored gelatin

2 (10.75 ounce) loaves angel food cake, sliced 1 inch thick

2 (8 ounce) tubs frozen whipped topping, thawed

Directions

Mix half of the strawberries, 1/2 cup of sugar, and 1 envelope of gelatin in a bowl. Set aside at room temperature to allow the juices to develop and the sugar and gelatin to dissolve, about 15 minutes. Heat in the microwave for 2 minutes on full power, or until gelatin has dissolved. Stir to blend in the gelatin and then mix in the remaining strawberries.

In a separate bowl, mash 1 cup of the blue berries with the back of a fork. Stir in 1/2 cup of sugar, and 1 envelope of gelatin. Set aside at room temperature to allow the juices to develop and the sugar and gelatin to dissolve. Heat in the microwave for about 2 minutes to melt the gelatin, then stir to blend. Mix in the remaining blueberries.

Cover the bottom and sides of a springform or a tall, removable bottom tube pan tightly with aluminum foil to keep the juices from seeping out.

Pour all of the strawberry mixture into the bottom of the cake pan, cover completely with slices of angel food cake, tearing or cutting pieces to fit in a tight layer. Spread 1 container of whipped topping over the first cake layer. Make a second layer of angel food cake, like the first, and pour the blueberry mixture evenly over the top. Arrange the angel food cake in a third layer on top of the blueberries, spread the remaining container of whipped topping on top. Finish the dessert with a final layer of angel food cake.

The layered cake will be higher than the edges of your pan. Carefully lay a large piece of aluminum foil over the cake and place a baking sheet on top. Invert the cake, press the cake firmly onto the baking sheet. Weigh down the mold, using pie weights or bags of dry beans or rice; refrigerate 8 hours, or overnight.

Soak a kitchen towel in very hot water, wring out excess water, and wrap the towel around the cake pan; let stand for 1 minute. Remove the towel. Holding the pan and plate together, shake the cake back and forth to release it from the sides of the pan. Open the springform ring carefully, or pull back the sides of the tube pan. Do not force the cake to release. If it continues to stick, repeat the procedure with the hot towel.

Curried Squash, Garbanzo Bean, and Potato Stew

Ingredients

3 tablespoons olive oil
1 teaspoon ground cayenne pepper
1 medium yellow onion, chopped
2 tablespoons yellow curry powder
2 (14 ounce) cans vegetable broth
3 large Yukon Gold potatoes, chopped
2 (10 ounce) packages frozen cooked yellow squash
1/2 head cauliflower, chopped into bite size pieces
2 (15 ounce) cans garbanzo beans
1 (8 ounce) container plain yogurt
cilantro leaves, for garnish

Directions

Heat the olive oil and cayenne pepper in a large pot over medium heat, and saute the onion until tender. Season with curry powder. Pour in the broth, and mix in the potatoes. Bring to a boil, reduce heat to low, and simmer 20 minutes, or until potatoes are very tender.

Mix the squash and cauliflower into the pot, and continue cooking 30 minutes.

Mash the garbanzo beans with a fork, and mix into the pot. Continue cooking 5 minutes, until heated through. Top with yogurt, and garnish with cilantro to serve.

Hearty Bean Casserole

Ingredients

- 1 1/4 pounds ground beef
- 1 large onion, chopped
- 1 large green pepper, diced
- 1 garlic clove, minced
- 1 (16 ounce) can pork and beans, undrained
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 cup ketchup
- 3 tablespoons brown sugar
- 3 tablespoons vinegar
- 2 tablespoons prepared mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 bacon strips, cooked and crumbled

Directions

In a Dutch oven, brown ground beef; drain. Add onion, green pepper and garlic; cook until tender. Stir in all of the beans. Combine ketchup, brown sugar, vinegar, mustard, salt and pepper; add to bean mixture and mix well. Pour into a greased 2-1/2-qt. casserole. Top with bacon. Bake, uncovered, at 350 degrees F for 45 minutes or until heated through.

Good, Good Greenbeans

Ingredients

2 (14.5 ounce) cans green beans, drained
1 (10 ounce) can mung bean sprouts, drained
1 red onion, sliced
1/2 cup vegetable oil
1/2 cup white sugar
1/2 cup distilled white vinegar
1 teaspoon garlic powder

Directions

Mix together vinegar, oil, sugar, and garlic powder. Add onion. Mix beans and bean sprouts into the vinegar and oil mixture. Cover and marinate overnight before serving.

Neck Bones and Lima Beans

Ingredients

2 tablespoons garlic powder
2 tablespoons onion powder
1 tablespoon cayenne pepper
1 tablespoon rubbed sage
1 tablespoon ground nutmeg
1 teaspoon seasoned salt
salt and pepper to taste
3 pounds pork neck bones

3 tablespoons olive oil
1 cup diced onion
1 cup chopped red bell pepper

1 (16 ounce) package dried lima beans
10 cups water, divided

Directions

Combine the garlic powder, onion powder, cayenne pepper, sage, nutmeg, seasoned salt, salt, and pepper in a small bowl. Rub 3/4 of this mixture into the pork neck bones; set the neck bones and remaining seasoning aside.

Heat the olive oil in a large skillet over medium heat. Stir in the onion and bell pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the neck bones; reduce heat to low, and cover. Cook, stirring occasionally, for 1 hour, adding water as needed to keep the meat and vegetables from scorching.

Meanwhile, place the lima beans into a large pot and pour in 8 cups of water; bring to a boil over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.

After the beans have stood for 1 hour, drain and rinse. Return the beans to the pot, and pour in 2 cups of water. Bring to a boil over high heat, then stir in the pork and vegetables, and the remaining spice mixture. Reduce heat, cover, and simmer until the lima beans are tender, and the pork is falling off the bones, about 30 minutes.

Southwest Chicken Salad II

Ingredients

1 (15 ounce) can black beans,
drained and rinsed
salt and pepper to taste
1/2 head cabbage, chopped
1 (10 ounce) package romaine
lettuce, torn
1/2 green bell pepper, chopped
1 (8.75 ounce) can corn, drained
1/4 cup shredded Cheddar
cheese
2 cooked skinless, boneless
chicken breast halves, cut into
strips
1 cup finely crushed blue tortilla
chips
1/2 cup prepared Ranch salad
dressing

Directions

In a small saucepan over medium heat, cook the black beans until heated through. Season with salt and pepper.

In a large bowl, toss together the cabbage, romaine lettuce, green bell pepper, corn, and Cheddar cheese.

Transfer the tossed salad to serving bowls, and top with the warmed black beans, chicken, tortilla chips, and Ranch dressing.

Black Beans 'N' Rice

Ingredients

1 pound black beans, washed
7 cups water
1 cup diced fully cooked lean ham
5 cloves garlic, minced
1 1/4 teaspoons pepper
1 1/4 teaspoons ground cumin
1 teaspoon salt
1 bay leaf
1/2 teaspoon liquid smoke
(optional)
4 cups chicken broth
2 cups uncooked long grain rice
1 tablespoon red wine vinegar or
cider vinegar
2 teaspoons olive or canola oil
3/4 cup shredded reduced-fat
Cheddar cheese
3/4 cup chopped sweet red
pepper
2 tablespoons chopped jalapeno
peppers*

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.

Return to the pan. Add 7 cups water, ham, garlic, pepper, cumin, salt, bay leaf and liquid smoke if desired. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Meanwhile, in a saucepan, bring broth and rice to a boil. Reduce heat; cover and simmer for 20 minutes or until rice is tender.

Just before serving, discard bay leaf from bean mixture; add vinegar and oil. Serve over rice. Sprinkle each serving with 1 tablespoon cheese, 1 tablespoon red pepper and 1 teaspoon jalapenos.

Ruthann's Beefy Bean Dip

Ingredients

2 (19 ounce) cans canned kidney beans, drained
1 (16 ounce) can refried beans
1 small onion
1 pound lean ground beef
1 (4 ounce) can canned jalapeno pepper
1/2 cup hot sauce
1 (1 ounce) package taco seasoning mix
3 bunches green onion, diced
16 ounces Cheddar cheese, shredded

Directions

In a large saucepan over medium heat, combine the kidney beans, refried beans, onion, ground beef, jalapenos, hot sauce and taco seasoning. Cook for 10 minutes or until beef is brown.

Add the green onions and grated cheese just before serving. Serve hot with tortilla chips and sliced jalapenos if desired.

Mexican Casserole

Ingredients

1 pound lean ground beef
1 (15 ounce) can ranch-style beans
1 (14.5 ounce) can peeled and diced tomatoes
1 (10.75 ounce) can condensed cream of mushroom soup
1 (12 ounce) package corn tortillas
4 cups shredded Cheddar cheese
2 tablespoons chili powder

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brown the ground beef in a large skillet over medium high heat. Add chili powder, beans, tomatoes and soup; mix well and heat thoroughly.

Line a 13x9 inch dish with tortillas. Then make a layer with the meat mixture. Make another row of tortillas, then finish off with rest of meat mixture. Top with grated cheese.

Bake in a preheated oven for 30 minutes.

Mexican Vegetable Pizza

Ingredients

1/2 small onion, chopped
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1 tablespoon water
1 (15 ounce) can black beans, rinsed and drained
1/4 cup canned diced green chiles
1 (16 ounce) package pre-baked Italian bread shell crust
1 cup salsa
1 cup shredded reduced-fat Cheddar cheese, divided
3/4 cup chopped fresh tomatoes
1/2 cup frozen corn, thawed
1/2 cup chopped green pepper
3 tablespoons sliced ripe olives drained
1/2 cup reduced-fat sour cream

Directions

In a nonstick skillet coated with nonstick cooking spray, combine the onion, chili powder, cumin, cinnamon and water. Cover and cook for 3-4 minutes. Remove from the heat; stir in beans and chilies. Transfer half of the bean mixture to a food processor; cover and process until almost smooth.

Spread pureed bean mixture over the crust. Spread with salsa. Top with half of the cheese and remaining bean mixture. Sprinkle with tomato, corn, green pepper, olives and remaining cheese. Bake at 450 degrees F for 10-12 minutes or until crust is golden brown. Serve with sour cream.

Green Bean Curry

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 1 serrano peppers, thinly sliced
- 1 clove garlic, crushed
- 5 fresh curry leaves
- 1 tablespoon curry powder
- 1/2 teaspoon fenugreek seeds
- 1/4 teaspoon ground turmeric
- salt to taste
- 1 pound fresh green beans, trimmed
- 1/2 cup coconut milk
- 2 tablespoons lime juice

Directions

Heat the oil in a saucepan over medium-high heat. Cook the onion, serrano pepper, garlic, and curry leaves in the oil until the onions are golden brown. Stir in the curry powder, fenugreek seeds, turmeric, and salt; cook another 3 minutes. Add the green beans to the mixture and stir until evenly coated. Reduce heat to medium-low and cook until the beans are al dente. Pour in the coconut milk and simmer at least 5 minutes more. Remove from heat and stir in the lime juice just before serving.

Polish Bouja Soup

Ingredients

1 (2 to 3 pound) whole chicken --
skin removed, deboned, and
diced
2 pounds boneless pork loin,
cubed
3 pounds cubed beef stew meat
4 tablespoons vegetable oil
1 pound chopped onions
1 green bell pepper, diced
1 bunch celery, diced
1 large rutabaga, diced
3 pounds carrots, diced
2 pounds diced cabbage
2 pounds chopped fresh green
beans
5 pounds potatoes - peeled and
cubed
1 pound frozen green peas
2 (15.25 ounce) cans whole kernel
corn
2 (14.5 ounce) cans peeled and
diced tomatoes
salt to taste
ground black pepper to taste

Directions

In a large stock pot over medium heat, cook chicken, pork, and beef in oil, until brown. Drain well.

Stir in onion, bell pepper, celery, rutabaga, carrots, cabbage, green beans, potatoes, corn, tomatoes, salt and pepper and simmer over medium-low heat all day long, adding water as needed, until thickened.

No-Cream Pasta Primavera

Ingredients

1 (12 ounce) package penne pasta
1 yellow squash, chopped
1 zucchini, chopped
1 carrot, julienned
1/2 red bell pepper, julienned
1/2 pint grape tomatoes
1 cup fresh green beans, trimmed and cut into 1 inch pieces
5 spears asparagus, trimmed and cut into 1 inch pieces
1/4 cup olive oil, divided
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 tablespoon lemon juice
1 tablespoon Italian seasoning
1 tablespoon butter
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 teaspoons lemon zest
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh parsley
3 tablespoons balsamic vinegar
1/2 cup grated Romano cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 10 to 12 minutes or until al dente; drain.

In a bowl, toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans, and asparagus with 2 tablespoons olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the baking sheet, and roast 15 minutes in the preheated oven, until tender.

Heat remaining olive oil and butter in a large skillet. Stir in the onion and garlic, and cook until tender. Mix in cooked pasta, lemon zest, basil, parsley, and balsamic vinegar. Gently toss and cook until heated through. Remove from heat and transfer to a large bowl. Toss with roasted vegetables and sprinkle with Romano cheese to serve.

Spicy Tex-Mex Salad

Ingredients

1 (15 ounce) can pinto beans,
drained and rinsed
1 (15 ounce) can black beans,
rinsed and drained
1 1/2 cups shredded Cheddar and
Monterey cheese blend
1 (10 ounce) package chopped
romaine lettuce
3 tomatoes, chopped
1 (16 ounce) bottle Catalina salad
dressing
1 (16 ounce) package corn chips

Directions

In a large bowl, combine the pinto beans, black beans, cheese, lettuce and tomatoes. Add 3/4 bottle dressing and mix well. Add corn chips before serving.

Spam Pizza Burgers

Ingredients

1 (12 ounce) container fully
cooked luncheon meat (e.g.
Spam)
1 (15 ounce) can chili without
beans
2 cups shredded Cheddar cheese
4 hamburger buns, split

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Grate the luncheon meat in to a medium bowl using a cheese grater. Stir in the chili and Cheddar cheese. Spread the mixture onto each bun half using a fork, and place them on a baking sheet.

Bake for 8 to 10 minutes in the preheated oven, until heated through and buns are nicely toasted on the bottom.

Black Bean Tortilla Casserole

Ingredients

2 large onions, chopped
1 1/2 cups chopped green pepper
1 (14.5 ounce) can diced tomatoes, drained
3/4 cup picante sauce
2 garlic cloves, minced
2 teaspoons ground cumin
2 (15 ounce) cans black beans, rinsed and drained
8 (6 inch) corn tortillas
2 cups (8 ounces) shredded reduced-fat Mexican-blend cheese
TOPPINGS:
1 1/2 cups shredded lettuce
1 cup chopped fresh tomatoes
1/2 cup thinly sliced green onions
1/2 cup sliced ripe olives

Directions

In a large saucepan, combine the onions, peppers, tomatoes, picante sauce, garlic and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in the beans. Spread a third of the mixture in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with four tortillas and 2/3 cup cheese. Repeat layers; top with remaining beans.

Cover and bake at 350 degrees F for 30-35 minutes or until heated through. Sprinkle with remaining cheese. Let stand for 5 minutes or until cheese is melted. Serve with toppings.

Red Beans and Rice

Ingredients

1 (14 ounce) package boil in bag rice
1 1/2 pounds lean ground beef
2 (15 ounce) cans kidney beans, drained and rinsed
1 (24 ounce) jar picante sauce
1 1/2 tablespoons paprika
1 tablespoon chili powder
1/2 teaspoon crushed red pepper flakes
12 ounces shredded sharp Cheddar cheese

Directions

Cook the rice according to package directions.

Place the ground beef in a large skillet over medium high heat. Saute for 5 to 10 minutes, or until browned and crumbly. Drain well and transfer meat to a large pot over low heat. Add the rice, beans, picante sauce, paprika, chili powder and crushed red pepper flakes. Stir well and let simmer for 20 minutes. Stir in cheese and let simmer for 10 more minutes.

Black Bean and Salsa Soup

Ingredients

2 (15 ounce) cans black beans,
drained and rinsed
1 1/2 cups vegetable broth
1 cup chunky salsa
1 teaspoon ground cumin
4 tablespoons sour cream
2 tablespoons thinly sliced green
onion

Directions

In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.

Heat the bean mixture in a saucepan over medium heat until thoroughly heated.

Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Ingredients

2 tablespoons vegetable oil
1 pound lean ground beef
1 cup chopped onion
2 cloves garlic, chopped
2 (15 ounce) cans kidney beans
1 (28 ounce) can crushed tomatoes
2 tablespoons chili powder
1 tablespoon distilled white vinegar
salt to taste
ground black pepper to taste

Directions

In a 2 quart saucepan, brown hamburger in vegetable oil. Add onion and garlic, and cook until the onion is soft. Pour off any excess fat.

Stir in beans, crushed tomatoes, chili powder, and vinegar. Salt and pepper to taste. Heat to boiling, and reduce heat. Cover, and simmer 30 minutes.

Autumn Beans

Ingredients

8 slices bacon, chopped
1/4 cup minced onion
1 cup apple cider
2 (16 ounce) cans baked beans,
undrained
1/4 cup raisins
1/2 teaspoon ground cinnamon

Directions

In a skillet, lightly fry bacon. Remove to paper towel to drain. Discard all but 2 tablespoons drippings. Saute onion in the drippings until tender. Add all remaining ingredients. Bring to a boil; reduce heat and simmer, uncovered, 20-25 minutes, stirring occasionally.

Tuscan Bean 'Goppel'

Ingredients

2 (15.5 ounce) cans cannellini beans, drained
1 (14.4 ounce) can petite diced tomatoes
1 tablespoon extra-virgin olive oil
2 cloves garlic, chopped
1 pinch red pepper flakes, or to taste (optional)
1/4 cup crumbled feta cheese
1/4 cup chopped fresh cilantro

Directions

In a medium saucepan, combine beans, tomatoes, olive oil, garlic and red pepper flakes. Stir over medium heat until mixture begins to bubble. Remove from heat and mix in the feta cheese and cilantro.

Crunchy Green Bean Casserole

Ingredients

4 slices bacon
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (8 ounce) can water chestnuts,
drained and chopped
3/4 cup milk
2 (15 ounce) cans green beans,
drained
ground black pepper to taste
1 1/3 cups French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a 1-1/2 quart casserole dish, mix together the bacon, soup, water chestnuts, milk, green beans and pinch of black pepper.

Bake for 30 minutes or until heated through.

Stir and top with French fried onions. Bake for 5 additional minutes or until onions are golden brown.

Vegetable Shepherd's Pie with Baked Beans

Ingredients

5 potatoes, peeled and cubed
1 teaspoon cumin seeds
1/2 teaspoon ground coriander
1/2 teaspoon ground turmeric
6 fresh curry leaves
1 green chile pepper, halved lengthwise
2 tablespoons vegetable oil (optional)
1 teaspoon mustard seeds
1 green bell pepper, finely diced (optional)
1 clove garlic, minced (optional)
1 small onion, finely diced
1/4 cup frozen chopped spinach, thawed and drained (optional)
1/2 cup frozen corn
1/2 cup frozen peas
1 (16 ounce) can baked beans
1/2 cup chopped fresh cilantro
1/2 teaspoon chili powder
1/2 teaspoon salt
ground black pepper to taste
2 tablespoons butter
3 tablespoons milk
1 pinch salt

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, combine cumin seeds, ground coriander, ground turmeric, curry leaves, and sliced green chile in a bowl. Set aside. Place vegetable oil and mustard seeds in a large skillet. Cover and cook over medium heat until the mustard seeds begin popping, then reduce heat to low. When the popping stops, quickly add the cumin mixture and replace the lid; cook until the herbs make a hissing sound. Mix in the green bell pepper, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the spinach, corn, and peas until heated through. Stir in the baked beans. Toss in the cilantro, and season with chili powder, 1/2 teaspoon of salt, and pepper. Divide vegetable and bean mixture evenly into two 9-inch round pie pans.

Combine potatoes, butter, milk, and 1 pinch of salt in a bowl. Mash until smooth. Spread mashed potatoes over the bean mixture using a fork to create small peaks that will become crisp during baking.

Bake in the preheated oven until potatoes are golden brown, 20 to 25 minutes. Cool for 5 minutes before serving.

Beef 'n' Black Bean Soup

Ingredients

- 1 pound ground beef
- 2 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can diced tomatoes, undrained
- 8 green onions, thinly sliced
- 3 medium carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon sugar
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 1/2 cups cooked rice

Directions

In a skillet over medium heat, cook beef until no longer pink; drain. Transfer to a slow cooker. Add the next 12 ingredients. Cover and cook on high for 1 hour. Reduce heat to low; cook for 4-5 hours or until vegetables are tender. Add the beans and rice; cook 1 hour longer or until heated through.

He-Man Chicken

Ingredients

3 large skinless, boneless chicken breast halves
bamboo skewers and wooden toothpicks, soaked in water
3 tablespoons prepared chili without beans, divided
3 tablespoons shredded pepperjack cheese, divided
1/2 pound applewood smoked bacon
1 cup sweet barbecue sauce (such as Sticky Fingers® Carolina Sweet), divided

Directions

Preheat an outdoor grill for medium heat and lightly oil the grate.

Lay a chicken breast onto a work surface and place the palm of your hand down on the meat. With a sharp knife, carefully slice the chicken breast half horizontally, without cutting all the way through, and open up the sliced chicken breast like a book. Repeat with the other two chicken breasts.

Place each sliced, opened out chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/2 inch.

To stuff the chicken breasts, lay out a flattened breast and place a skewer on the meat, in the center. Spoon about 1 tablespoon of chili over the skewer and top the chili with about a teaspoon of pepperjack cheese. Roll the chicken breast around the skewer and secure with toothpicks. Wrap each chicken roll with 2 slices of bacon and secure with toothpicks. Pour about 1/2 cup of barbecue sauce into a bowl, and brush each roll with sauce. Discard any leftover sauce.

Cook on the preheated grill, turning often and spraying the grill with water occasionally to prevent flare-ups, until the chicken is no longer pink in the middle, the juices run clear, and the bacon is browned, about 15 minutes.

Pour more barbecue sauce into a clean bowl and brush the rolls again before removing from the grill. Let rest about 5 minutes before pulling out the toothpicks and skewers for serving.

Cabbage Beef Soup

Ingredients

2 tablespoons vegetable oil
1 pound ground beef
1/2 large onion, chopped
5 cups chopped cabbage
2 (16 ounce) cans red kidney beans, drained
2 cups water
24 ounces tomato sauce
4 beef bouillon cubes
1 1/2 teaspoons ground cumin
1 teaspoon salt
1 teaspoon pepper

Directions

Heat oil in a large stockpot over medium high heat. Add ground beef and onion, and cook until beef is well browned and crumbled. Drain fat, and transfer beef to a slow cooker. Add cabbage, kidney beans, water, tomato sauce, bouillon, cumin, salt, and pepper. Stir to dissolve bouillon, and cover.

Cook on high setting for 4 hours, or on low setting for 6 to 8 hours. Stir occasionally. Enjoy!

Butter Bean Custard Pie

Ingredients

- 1 cup butter beans
- 3 cups water
- 2 cups white sugar
- 1 tablespoon all-purpose flour
- 1/4 cup butter
- 1 tablespoon vanilla extract
- 1 pinch salt
- 2 eggs
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon half-and-half cream
- 1 recipe pastry for a 9 inch single crust pie

Directions

Soak the beans in the water overnight. The next morning, take the hull off beans. Cook until well done in water. Do not add seasoning. Drain; mash beans.

Add sugar, flour, butter, vanilla, eggs and salt. Mix well.

Add cloves, nutmeg, cinnamon and cream. Blend together. Pour into a 9 inch unbaked pie shell. Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes.

Marrakesh Vegetable Curry

Ingredients

- 1 sweet potato, peeled and cubed
- 1 medium eggplant, cubed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 6 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon ground turmeric
- 1 tablespoon curry powder
- 1 teaspoon ground cinnamon
- 3/4 tablespoon sea salt
- 3/4 teaspoon cayenne pepper
- 1 (15 ounce) can garbanzo beans, drained
- 1/4 cup blanched almonds
- 1 zucchini, sliced
- 2 tablespoons raisins
- 1 cup orange juice
- 10 ounces spinach

Directions

In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion, and three tablespoons oil. Saute over medium heat for 5 minutes.

In a medium saucepan place 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and saute over medium heat for 3 minutes.

Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.

Add spinach to pot and cook for 5 more minutes. Serve!

Black Bean Quesadillas

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 2/3 cups salsa, divided
10 (8 inch) flour tortillas
2 cups shredded Colby-Monterey
Jack cheese
1/3 cup sour cream

Directions

In a bowl, mash the beans; add 1 cup salsa. Place five tortillas on ungreased baking sheets; spread with bean mixture. Sprinkle with cheese; top with the remaining tortillas.

Bake at 350 degrees F for 15-18 minutes or until crisp and heated through. Cut into wedges. Serve with sour cream and remaining salsa.

Mexican Manicotti

Ingredients

1 1/2 pounds bulk pork sausage
1/2 cup chopped onion
1 (16 ounce) can refried beans
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1 (8 ounce) package manicotti shells, cooked, rinsed and drained
1 (15 ounce) can tomato sauce
1 (4 ounce) can chopped green chilies
2 cups shredded Cheddar cheese

Directions

In a skillet, cook sausage and onion until sausage is no longer pink and onion is tender; drain. Stir in beans, chili powder and cumin. Stuff into manicotti shells; place in a greased 13-in. x 9-in. x 2-in. baking dish. Combine tomato sauce and chilies if desired; pour over manicotti. Sprinkle with cheese. Bake, uncovered, at 350 degrees F for 45 minutes or until heated through.

Five-Bean Salad

Ingredients

1 (19 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can yellow wax beans, drained
1 (10 ounce) package frozen cut green beans, thawed
2 small onions, chopped
1 cup white vinegar
3/4 cup sugar
1/4 cup canola oil
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In another bowl, whisk the vinegar, sugar, oil, salt and pepper. Pour over bean mixture and toss to coat. Cover and refrigerate for several hours or overnight. Serve with a slotted spoon.

Pasta e Fagioli I

Ingredients

2 tablespoons olive oil
1 cup chopped onion
3 cloves garlic, minced
2 (14.5 ounce) cans stewed tomatoes
3 cups low-sodium chicken broth
1 (15 ounce) can cannellini beans
1/4 cup chopped fresh parsley
1 teaspoon dried basil leaves
1/4 teaspoon ground black pepper
1/4 pound seashell pasta

Directions

Heat oil in 4-quart Dutch oven over medium heat until hot. Add onion and garlic and cook for 5 minutes or until onion is tender.

Add undrained tomatoes, undrained cannellini beans, chicken broth, parsley, basil and pepper to Dutch oven and bring to a boil over high heat, stirring occasionally. Let boil for approximately 1 minute and then let simmer for 10 minutes, covered.

Add pasta to Dutch oven and simmer approximately 10 to 12 minutes or until pasta is tender. Serve immediately and enjoy.

Pork Chops Capri

Ingredients

2 tablespoons vegetable oil
4 lean boneless pork chops
1 1/2 teaspoons rosemary
1/4 teaspoon garlic powder
1/2 cup water
2 tablespoons white wine vinegar
1 teaspoon sugar
1 bay leaf
2 (11.5 ounce) cans tomato juice
1 1/2 tablespoons hot pepper sauce
salt and pepper to taste
2 (14.5 ounce) cans cut green beans, drained
1 (4 ounce) jar sliced mushrooms, drained

Directions

Heat the oil in a large skillet over medium heat, and brown the pork chops on both sides. Season with rosemary and garlic powder. In a bowl, mix the water, vinegar, sugar, and bay leaf. Pour over the pork chops. Reduce heat to low, cover, and cook 10 minutes.

Pour the tomato juice into the skillet, and mix in the hot pepper sauce. Season pork chops with salt and pepper. Cover, and continue cooking pork 35 minutes, to an internal temperature of 160 degrees F (70 degrees C).

Remove the bay leaf from the skillet. Stir the green beans and mushrooms into the tomato juice mixture, and cook until heated through. Top pork chops with green beans and mushrooms, and cover with the tomato juice mixture to serve.

Tuscan Pork Stir-Fry

Ingredients

1 pound pork tenderloin, cut into strips
1 tablespoon olive oil
2 cups frozen cut Italian green beans, thawed
1 tablespoon olive oil
1 small white onion, cut into 1/2-inch-wide wedges and separated
6 ounces sliced cremini OR sliced portabella mushrooms, halved
1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
2 teaspoons cornstarch
1/2 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon dried basil
1 (16 ounce) tube refrigerated plain-flavored polenta, cut into 1/2-inch slices and quartered
2 tablespoons shredded Parmesan cheese

Directions

Heat 1 tablespoon oil in large skillet over high heat; stir-fry pork for 3-5 minutes or until no longer pink. Remove pork from skillet with slotted spoon; cover to keep warm.

Add beans to skillet; stir-fry for 1 minute. Push beans to side of skillet; add 1 tablespoon oil to center of skillet. Add onion and mushrooms; stir-fry all vegetables for 2 minutes. Remove from skillet; cover to keep warm.

Stir together tomatoes, cornstarch, sugar, salt and basil. Add to skillet; bring to boil. Add polenta. Cook, stirring gently, over high heat for 1 minute. Return all to skillet; cook, stirring gently, for 1 minute. Transfer to shallow pasta serving bowl; sprinkle with cheese. Serve immediately with a side of garlic bread.

Mexican Bean and Squash Soup

Ingredients

2 tablespoons olive oil
2 cups butternut squash - peeled, seeded, and cut into 3/4-inch chunks
1 small yellow onion, finely chopped
1/4 cup finely chopped celery
1/2 cup finely chopped carrot
3 cloves garlic, minced
2 canned Chipotle peppers in adobo sauce, seeded and minced
1 tablespoon chopped fresh basil leaves
1 tablespoon chopped fresh parsley
1 teaspoon cumin
1 (15 ounce) can diced tomatoes
2 quarts chicken broth
1 (15.5 ounce) can cannellini beans, drained
1 cup corn kernels, fresh, canned, or frozen
2 limes, cut into wedges
1 (10 ounce) bag tortilla chips, for topping
1 cup sour cream, for topping
1 (8 ounce) package shredded Mexican blend cheese, for topping

Directions

Heat the olive oil in a deep pot over medium-high heat. Stir in the squash, and cook until it begins to soften, 5 to 7 minutes. Add the onion, celery, and carrots. Cook until the onion is transparent, about 5 minutes. Stir in the garlic, chipotle peppers, basil, parsley, and cumin; cook 2 minutes more. Mix in the tomatoes and chicken broth. Reduce the heat to medium, and simmer until the vegetables are tender, about 30 minutes. Stir in the cannellini beans and the corn; cook just until heated through.

To serve, ladle the soup into bowls. Squeeze lime juice over each bowl, and top with tortilla chips, a dollop of sour cream, and a sprinkling of Mexican cheese.

Sweet Potato Minestrone

Ingredients

1 tablespoon vegetable oil
1 large onion, chopped
2 large stalks celery, chopped
2 1/2 teaspoons Italian seasoning
salt and pepper to taste
1 (28 ounce) can Italian-style
diced tomatoes
5 cups vegetable broth
2 large sweet potatoes, peeled
and diced
2 large carrots, sliced thin
6 ounces green beans, cut into 1
inch pieces
5 cloves garlic, minced

Directions

Heat oil in a soup pot over medium-high heat. Saute onion, celery, Italian seasoning, salt and pepper until tender, about 5 minutes. Stir in tomatoes, with the juice, broth, sweet potatoes, carrots, green beans and garlic. Bring to a boil; reduce heat to low and simmer, stirring occasionally, until vegetables are tender, about 30 minutes.

Hominy Beef Bake

Ingredients

1 pound ground beef
1 small onion, chopped
2 garlic cloves, minced
1 (15.5 ounce) can hominy,
drained
1 (15 ounce) can chili with beans
1 (8 ounce) can tomato sauce
1/2 cup water
3 teaspoons chili powder
salt and pepper to taste
1 (10.5 ounce) bag corn chips,
crushed

Directions

In a large skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the hominy, chili, tomato sauce, water, chili powder, salt and pepper. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with corn chips. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.

Mexicorn

Ingredients

3 (15 ounce) cans black beans,
rinsed and drained
3 (15.25 ounce) cans whole kernel
corn, drained
1/2 red onion, diced
2 green bell peppers, diced
1 (7 ounce) jar roasted red
peppers, drained and diced
1/3 cup red wine vinegar
1/3 cup canola oil

Directions

Into a large bowl, mix together the beans, corn, red onion, green pepper and red pepper.

Right before serving, pour enough red wine vinegar over all to coat. Add just enough oil to make it shiny.

Italian Style Chili

Ingredients

1 pound lean ground beef
3/4 cup chopped onion
1 (26 ounce) jar three cheese spaghetti sauce
1 1/2 cups water
2 teaspoons sugar
1 (14.5 ounce) can diced tomatoes
1 (4 ounce) can sliced mushrooms
2 ounces sliced pepperoni
1 tablespoon beef bouillon
1 tablespoon chili powder
1 (14.5 ounce) can kidney beans, drained and rinsed
1 cup shredded Cheddar cheese

Directions

Crumble ground beef into a large stock pot over medium-high heat. Add onions, and cook, stirring, until beef is evenly browned. Drain grease, if necessary.

Pour in the spaghetti sauce, water, sugar, tomatoes, mushrooms, pepperoni, bouillon, chili powder and kidney beans. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes, stirring occasionally, to blend flavors.

Chili-Stuffed Baked Potatoes

Ingredients

1 pound ground beef
1 small onion, chopped
2 cups RaguB® Old World
StyleB® Pasta Sauce
4 large potatoes, baked and split
1 tablespoon chili powder
1 (19 ounce) can red kidney
beans, rinsed and drained

Directions

Brown ground beef with onion in 12-inch skillet, stirring occasionally, 8 minutes or until onion is tender; drain if desired. Stir in chili powder and cook 30 seconds. Stir in beans and RaguB® Old World StyleB® Pasta Sauce. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until heated through.

Evenly top hot potatoes with ground beef mixture. Garnish, if desired, with diced avocado, sour cream and shredded cheddar cheese.

Aunt Ro's Baked Beans

Ingredients

8 ounces bacon
1 pound ground beef
1/2 cup chopped onion
2 (12 ounce) cans pinto beans,
drained and rinsed
2 (15.5 ounce) cans canned butter
beans, drained and rinsed
2 (15 ounce) cans canned baked
beans with pork
1 cup barbeque sauce
1 cup ketchup
1 cup brown sugar, packed

Directions

Place the bacon in a large, deep skillet and cook over medium-high heat until evenly brown. Drain on paper towels, crumble, and set aside. Drain bacon fat from the skillet.

Using the same skillet, cook the ground beef and onion over medium heat, stirring until the meat is no longer pink, 5 to 7 minutes. Drain.

Transfer the ground beef to a slow cooker. Add the pinto beans, butter beans, baked beans with pork, barbeque sauce, ketchup, and brown sugar to the ground beef mixture; stir to blend well. Cover and cook for 4 hours on High. Top each serving with crumbled bacon.

Kidney Bean Soup

Ingredients

3 pork chops
3 carrots, sliced
3 celery, chopped
1 cup canned whole tomatoes, chopped
1 onion, chopped
2 (19 ounce) cans kidney beans
2 potatoes, cubed
2 cubes beef bouillon cube
salt to taste

Directions

Place meat, carrots, celery, and tomatoes in a large pot over medium heat. Fill with water to completely cover meat, almost to the top of the pot. Bring to a boil, then reduce heat and simmer 90 minutes.

In a frying pan, fry chopped onions until browned; put aside.

To the soup pot, add kidney beans with their liquid, potatoes and fried onions; cook until potatoes are tender, about 20 minutes. Add the beef bouillon cubes, and cook for 5 minutes. Add salt to taste. Serve.

Best Black Beans

Ingredients

1 (16 ounce) can black beans
1 small onion, chopped
1 clove garlic, chopped
1 tablespoon chopped fresh cilantro
1/4 teaspoon cayenne pepper
salt to taste

Directions

In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cilantro, cayenne, and salt. Simmer for 5 minutes, and serve.

Pork Chop Pileups

Ingredients

6 pork chops
2 potatoes, thinly sliced
1 (15 ounce) can green beans,
drained
1 onion, thinly sliced
2 (10.75 ounce) cans condensed
cream of mushroom soup
1/2 cup milk
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange pork chops in a 9x13 inch baking dish. Layer potatoes, beans and onion on top of chops. Season with salt and pepper to taste. In a medium bowl combine soup and milk and mix together; pour mixture over chops and veggies. Cover dish with aluminum foil and bake in the preheated oven for 1 hour or until internal temperature of pork has reached 160 degrees F (70 degrees C).

Pork and Bean Salad I

Ingredients

1 (28 ounce) can baked beans,
rinsed and drained
1 onion, chopped
1 cup dill pickle relish
3 tablespoons mayonnaise

Directions

In a serving bowl, mix together the rinsed beans, onion, relish, and mayonnaise. Refrigerate for at least one hour before serving.

Award Winning Chili Con Carne

Ingredients

4 tablespoons vegetable oil
1 green bell pepper, chopped
1 yellow onion, chopped
2 1/2 pounds lean ground beef
2 beef bouillon cubes
2/3 cup red wine
2 (16 ounce) cans whole peeled tomatoes, chopped, juice reserved
garlic cloves, crushed
1 (12 ounce) can tomato paste
1 1/2 teaspoons paprika
2 1/2 teaspoons chili powder
1 teaspoon cayenne pepper
2 1/2 teaspoons dried basil
1/2 teaspoon dried oregano
2 tablespoons dried parsley
1/2 teaspoon black pepper
1 teaspoon salt
12 drops hot pepper sauce (e.g. Tabasco, etc.)
1 (15 ounce) can kidney beans, drained
3 tablespoons flour
3 tablespoons corn meal
1/2 cup water

Directions

Heat oil in a large saucepan over medium heat. Cook green pepper, and onion, until softened. Add the ground beef and cook until browned. Crumble over bouillon cubes, and stir in wine; continue to cook for a few minutes. Stir in chopped tomatoes, garlic, and tomato paste. Season with paprika, chili powder, cayenne pepper, basil, oregano, and parsley. Stir in salt and pepper.

Bring to a boil over high heat. Reduce heat to medium low. Cover, and simmer for 90 minutes, stirring occasionally.

Stir in kidney beans, and hot pepper sauce. You can add the reserved tomato juice if more liquid is needed. Continue to simmer for an additional 30 minutes.

In a small bowl, whisk together the flour, corn meal, and water until smooth. Stir into chili, and cook for a further 10 minutes, or until chili has thickened up.

Vegetarian Chili

Ingredients

1 (12 ounce) package frozen
burger-style crumbles
2 (15 ounce) cans black beans,
rinsed and drained
2 (15 ounce) cans dark red kidney
beans
1 (15 ounce) can light red kidney
beans

1 (29 ounce) can diced tomatoes
1 (12 fluid ounce) can tomato juice
5 onions, chopped
3 tablespoons chili powder
1 1/2 tablespoons ground cumin
1 tablespoon garlic powder
2 bay leaves
salt and pepper to taste

Directions

In a large pot, combine meat substitute, black beans, kidney beans, diced tomatoes, tomato juice, onions, chili powder, cumin, garlic powder, bay leaves, salt and pepper. Bring to a simmer and cover. Let the chili simmer for at least 1 hour before serving.

Sauteed Navy Beans and Artichokes

Ingredients

6 tablespoons olive oil
2 cloves garlic, minced
1/2 teaspoon ground red pepper
1 (15 ounce) can navy beans,
drained and rinsed
1 (14 ounce) can marinated
artichoke hearts, drained and
quartered
1/2 teaspoon freshly ground black
pepper
salt to taste
1/4 cup grated Romano cheese

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic, season with red pepper, and cook about 1 minute. Mix in beans, and continue to cook and stir until slightly crisp. Mix in artichoke hearts, and cook 2 minutes. Season with freshly ground black pepper and salt. Top with Romano cheese to serve.

Vegetable Bacon Chowder

Ingredients

6 slices bacon
3 cups water
3 cups shredded red cabbage
1 cup chopped carrot
1 cup cubed potatoes
1 cup diced celery
1 (9 ounce) package frozen green beans
1 cup milk
3 tablespoons all-purpose flour

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a stockpot or large saucepan, combine the water, cabbage, carrot, potatoes, celery and green beans. Bring to a boil and let simmer for 20 minutes. Stir together the milk and flour, pour into the soup and mix well. Simmer for another half an hour or until thick. Serve warm with biscuits.

Herbed Rice and Spicy Black Bean Salad

Ingredients

1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh cilantro
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon garlic powder
2 cups cold, cooked white rice
1 (14 ounce) can black beans, rinsed and drained
2 celery stalks, finely chopped
1 (4 ounce) can chopped black olives
3 green onions, chopped
1/4 cup red wine vinegar
1/4 cup extra-virgin olive oil

Directions

Make a seasoning by mixing together the basil, thyme, parsley, cilantro, salt, pepper, cayenne pepper, and garlic powder in a bowl.

Gently mix together the rice, black beans, celery, olives, and green onions in a large bowl. Season the rice mixture with 1 teaspoon of the seasoning.

Make a dressing by whisking the vinegar and olive oil with the seasoning; allow to rest for 10 minutes. Pour the dressing over the rice mixture; stir to combine.

Pasta and White Beans Gratin

Ingredients

2 cups uncooked pasta shells
2 cups loosely packed fresh basil
3 cloves garlic
1 cup grated Parmesan cheese
1 teaspoon olive oil
1 cup ricotta cheese
1/2 cup chopped onion
3 sprigs fresh thyme
1 bay leaf
1 tablespoon olive oil
2 (15 ounce) cans white beans
1 tablespoon balsamic vinegar
salt and pepper to taste
2 tomatoes, chopped
1/2 cup bread crumbs
1 tablespoon olive oil

Directions

Bring a large pot of water to a boil. Cook pasta in boiling water until done. Drain, and set aside. Meanwhile mince basil and garlic with Parmesan cheese. Transfer to a medium bowl, and mix with 1 teaspoon olive oil. Mix in ricotta.

In a saucepan, cook onions with thyme and bay leaf in 1 tablespoon olive oil. Stir in beans and balsamic vinegar, and simmer for 20 minutes. Season to taste with salt and pepper.

Preheat oven to 350 degrees F (175 degrees C). Combine beans, tomatoes, and pasta in a well oiled 2 quart casserole dish. Place spoonfuls of the ricotta mixture in the pasta and beans, and press down to cover. In a small bowl, moisten bread crumbs with 1 tablespoon olive oil, and sprinkle over casserole.

Bake in preheated oven for 30 minutes, or until hot and bubbly.

Pat's Rose Apple Pie

Ingredients

2 1/2 cups all-purpose flour
2 tablespoons white sugar
1 teaspoon salt
1/2 cup butter, chilled and diced
1/2 cup shortening, chilled and diced
5 tablespoons ice water
6 Golden Delicious apples - peeled, cored and cut into 1/4 inch slices
1/4 teaspoon ground cinnamon
1/4 cup white sugar
1/2 cup light brown sugar
1/4 cup all-purpose flour
1/2 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1/2 cup white sugar
1 tablespoon lemon juice
1 teaspoon vanilla extract
2 tablespoons dark rum
2 tablespoons milk
1 tablespoon white sugar

Directions

Position oven rack in lowest 1/3 of oven. Preheat oven to 400 degrees F (200 degrees C).

To Make Crust: In the bowl of a food processor combine 2 1/2 cups flour, 2 tablespoons white sugar, and salt. Blend briefly to combine ingredients. Cut in chilled butter and shortening using the "pulse" button of food processor, until mixture resembles coarse meal. Gradually blend in enough water to form moist clumps.

Gather dough into a ball and divide in half. Flatten each half into disks, wrap in plastic, and rest in refrigerator. (Dough can be kept in refrigerator up to 3 days, or frozen.)

To Make Filling: Chop 2 of the apples into large chunks. Cut the other 4 apples into 1/8 inch slices.

Place the 2 chunked apples in food processor with 1/4 cup sugar and 1/4 teaspoon cinnamon. Blend until apples resemble applesauce.

Place the 4 sliced apples in a large bowl. In a small bowl, mix brown sugar, 1/4 cup flour, nutmeg, allspice, and white sugar. Sprinkle over sliced apples, then add lemon juice, vanilla extract, and rum. Toss until apples are thoroughly coated. Set aside for 1/2 hour.

Meanwhile, roll out 1 dough disk to 12 inches in diameter. Fit into a 9-inch deep-dish pie plate, allowing 1/2 inch overhang on edges. Place a circle of parchment paper or a flattened coffee filter in center of pie shell and cover with pie weights or dried beans.

Bake pie shell in preheated oven for 10 to 15 minutes, until edges begin to brown. Remove pie weights or beans, and cool pie shell.

Drain juices from apple slice mixture into a saucepan. Simmer just until liquid begins to thicken. Stir thickened juices into pureed apple mixture, and spread this mixture into bottom of pre-baked pie shell.

Arrange apple slices over pureed apple layer, placing slices perpendicular to outside rim of pie plate, to form a "rose" style configuration, starting along outer edges and moving towards center.

Roll out other half of pastry and cut out decorative leaf shapes

Mung Bean Stew

Ingredients

1/2 cup raw mung beans
5 potatoes, peeled and quartered
1/4 teaspoon salt
1 tablespoon canola oil
1 onion, peeled and chopped
2 carrots, sliced
2 stalks celery, sliced
5 button mushrooms, sliced
2 cups vegetable stock
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the mung beans in a saucepan and cover with water. Bring to a boil over medium-high heat, and cook for 10 minutes. Lower heat to medium, and simmer until soft, about 10 minutes. Drain beans into a strainer and rinse under cold water. Set aside.

Meanwhile, place the potatoes in saucepan, cover with water, and stir in 1/4 teaspoon salt. Bring to a boil over medium-high heat, and cook just until potatoes begin to soften when pierced with a fork, about 10 minutes. Drain, and set aside.

Heat the oil in a skillet over medium heat. Add the onion; cook and stir until transparent, about 5 minutes. Add the carrots, celery, and mushrooms. Cook and stir until the vegetables are tender, about 5 minutes. Pour in the stock, and add salt and pepper to taste. Cook vegetable mixture 5 minutes more. Combine with the mung beans and potatoes in an oven-proof casserole. Cover with a lid.

Bake in preheated oven until mixture bubbles, about 30 minutes.

White Bean Soup with Quinoa, Spinach, and

Ingredients

1 pound dry cannellini beans
1 tablespoon canola oil
8 shiitake mushrooms, stemmed and sliced
1 tablespoon canola oil
1 large onion, sliced into thin rings
1/2 cup dry white wine (optional)
2 teaspoons dried rosemary
1/2 cup quinoa
1 (10 ounce) bag washed fresh spinach, chopped
salt and pepper to taste

Directions

Place the cannellini beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse the beans before using.

Heat 1 tablespoon of the canola oil in a large pot over medium heat. Stir in the mushrooms, and cook until they soften and begin to give up their juices, about 4 minutes. Remove the mushrooms from the pot, and set aside. Heat the remaining tablespoon of canola oil in the pot, and stir in the sliced onions. Cook and stir until the onions have caramelized to a dark brown, about 15 minutes.

Pour in the wine and rosemary, and bring to a boil over high heat. Once boiling, add the drained beans, and enough water to cover the beans by 1 inch. Return to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Stir in the cooked mushrooms and quinoa; continue cooking until the beans and the quinoa are tender, about 20 minutes more. Remove from the heat, and stir in the spinach leaves until wilted. Season to taste with salt and pepper before serving.

Cilantro Chicken and Rice

Ingredients

1/4 cup olive oil
8 skinless, boneless chicken breast halves
1/2 cup all-purpose flour
1 medium onion, diced
1 red bell pepper, diced
4 cloves garlic, minced
2 cups chicken broth
1 (10 ounce) package yellow rice
1 (28 ounce) can stewed tomatoes
1 (15 ounce) can pinto beans, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can whole kernel corn, drained
1 (4 ounce) can diced green chile peppers, drained
3/4 cup coarsely chopped fresh cilantro
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground cayenne pepper

Directions

Heat the olive oil in a large skillet over medium heat. Dredge chicken in flour to coat. Place chicken in the skillet, and cook just until browned on all sides; set aside.

Stir onion, bell pepper, and garlic into the skillet. Cook 5 minutes, until tender. Pour in chicken broth. Mix in the yellow rice, stewed tomatoes, pinto beans, black beans, corn, diced green chile peppers, and cilantro. Season with salt, pepper, and cayenne pepper. Bring to a boil. Return chicken to skillet. Reduce heat to low, cover, and simmer 30 minutes, until rice is tender and chicken juices run clear.

Easy Vegetable Soup II

Ingredients

2 pounds cubed stew meat
5 potatoes, cubed
5 carrots, chopped
1/2 onion, chopped
1 (15.25 ounce) can whole kernel corn, with liquid
1 (15 ounce) can peas
1 (15 ounce) can green beans
1 (15 ounce) can lima beans
1 (15 ounce) can butter beans
1 (14.5 ounce) can peeled and diced tomatoes with juice
salt and pepper to taste

Directions

In a large pot over high heat, boil the stew meat in enough water to cover the meat completely for 30 minutes, skimming the froth as necessary.

Place the potatoes, carrots and onions into the pot, adding water if necessary. Boil for 30 minutes

Drain the water but leave enough to cover the meat and vegetables in the pot. Then add the corn, peas, green beans, lima beans, butter beans and tomatoes. Reduce heat to low and let simmer for 1 to 1 1/2 hours. Season with salt and pepper to taste.

Black Beans

Ingredients

2 cups dry black beans, soaked overnight
1 onion, chopped
1 green bell pepper, chopped
5 cloves garlic, chopped
2 bay leaves
1 tablespoon salt
1 tablespoon ground cumin
1 tablespoon dried oregano
1/2 cup white cooking wine
1/4 cup distilled white vinegar
1/4 cup olive oil

Directions

In a medium stockpot over medium-high heat, cover beans with water and cook with onion, green pepper, garlic, bay leaves, salt, cumin and oregano. Boil until beans are tender, about 1 hour. Add water as necessary so that the beans don't dry out or scorch.

When beans are cooked, stir in wine, vinegar and oil.

Insanely Easy Vegetarian Chili

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tablespoon chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil

Directions

Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.

Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Green Bean Potato Bake

Ingredients

1 (5.5 ounce) package au gratin instant potato mix
2 cups frozen cut green beans, thawed
1 (2.25 ounce) can sliced ripe olives, drained
2 tablespoons diced pimientos

Directions

Prepare potatoes according to package directions. Stir in the beans, olives and pimientos. Transfer to a greased 2-qt. baking dish. Bake, uncovered, at 400 degrees F for 30-35 minutes or until potatoes are tender. Let stand for 5 minutes before serving.

Bean and Veggie Pitas

Ingredients

2 cups thinly sliced red cabbage
1 1/2 cups canned red beans,
rinsed and drained
1 (10 ounce) can diced tomatoes
with green chilies, drained
1 cup fresh or frozen corn
1/2 cup diced zucchini
1/2 cup diced yellow summer
squash
1/4 cup finely chopped onion
1 tablespoon minced fresh cilantro
1 tablespoon lime juice
DIJON DRESSING:
3 tablespoons olive or canola oil
3 tablespoons red wine vinegar or
cider vinegar
3 tablespoons Dijon mustard
2 tablespoons honey
1 tablespoon lime juice
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon cayenne pepper
6 (6 inch) whole wheat pita
breads, halved
12 lettuce leaves

Directions

In a bowl, combine the first nine ingredients; set aside. In a jar with tight-fitting lid, combine the oil, vinegar, mustard, honey, lime juice, garlic powder, salt, cumin and cayenne; shake well. Line pita halves with lettuce; fill each with about 1/3 cup vegetable mixture. Drizzle with dressing.

Mexican Bean and Rice Salad

Ingredients

2 cups cooked brown rice
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 small onion, diced
1 green bell pepper, diced
2 jalapeno peppers, seeded and diced
1 lime, zested and juiced
1/4 cup chopped cilantro leaves
1 teaspoon minced garlic
1 1/2 teaspoons ground cumin
salt to taste

Directions

In a large salad bowl, combine the brown rice, kidney beans, black beans, corn, onion, green pepper, jalapeno peppers, lime zest and juice, cilantro, garlic, and cumin. Lightly toss all ingredients to mix well, and sprinkle with salt to taste.

Refrigerate salad for 1 hour, toss again, and serve.

Bird's Nests

Ingredients

1 (11.5 ounce) package milk
chocolate chips
1 tablespoon shortening
1 (5 ounce) can chow mein
noodles
2/3 cup flaked coconut
50 jellybeans

Directions

In a saucepan, melt the chocolate chips and shortening over low heat; stir until smooth. Remove from the heat. Stir in the chow mein noodles and coconut until well coated. Divide into 15 mounds on a waxed paper-lined baking sheet. Shape into nests; press an indentation on the center. Place three or four jelly beans in each nest. Cool. Store in an airtight container.

Chicken Enchiladas

Ingredients

1 (16 ounce) can refried beans
10 (8 inch) flour tortillas
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1 cup sour cream
3 cups cubed cooked chicken
3 cups shredded Cheddar cheese,
divided
1 (14.5 ounce) can enchilada
sauce
1/4 cup sliced green onions
1/4 cup sliced ripe olives
Shredded lettuce

Directions

Spread about 2 tablespoons of beans on each tortilla. Combine soup and sour cream; stir in chicken. Spoon 1/3 to 1/2 cup down the center of each tortilla; top with 1 tablespoon cheese. Roll up and place seam side down in a greased 13-in. x 9-in. x 2-in. baking dish. Pour enchilada sauce over top; sprinkle with onions, olives and remaining cheese. Bake, uncovered, at 350 degrees F for 35 minutes or until heated through. Just before serving, sprinkle lettuce around enchiladas if desired.

Calico Beans

Ingredients

1/2 pound bacon
1 pound lean ground beef
1 onion, chopped
1 (15 ounce) can lima beans,
drained
1 (15 ounce) can kidney beans,
undrained
1 (15 ounce) can pork and beans
2 tablespoons ground dry mustard
1/2 cup brown sugar
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. In the same skillet, crumble ground beef and cook over medium-high heat 2 minutes. Mix in onion and continue to saute until beef is browned and onion is golden. Drain grease if desired.

In a 4 quart casserole dish, mix together bacon, beef, onion, lima beans, kidney beans, pork and beans, dry mustard, brown sugar, salt, and pepper. Cover dish and bake in preheated oven for 45 minutes, until bubbly.

OTTERCOON's Beanwiches

Ingredients

4 slices bread
1 (28 ounce) can baked beans
1 (12 ounce) can fully cooked luncheon meat (such as SPAM®), cubed
2 large tomatoes, sliced
8 slices Cheddar cheese

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Place the bread onto a baking sheet, and broil in the preheated oven until toasted on both sides. Remove and set aside. Meanwhile, place the baked beans in a saucepan, and bring to a boil over medium-high heat. Reduce heat to medium-low, and keep hot.

Heat a skillet over medium-high heat. Add the luncheon meat, and cook until it begins to brown on the edges, about 5 minutes; pour off any excess grease.

To assemble the beanwiches, spoon the beans over the toasted bread slices. Place the luncheon meat on top of the beans, layer with tomato slices, and finish with two slices of Cheddar cheese per sandwich.

Broil in the preheated oven until the cheese has melted, 1 to 2 minutes.

Seared Scallops with Pineapple, Ginger and

Ingredients

1 shallot, sliced crosswise
1 teaspoon olive oil
1 pinch salt
1/4 cup finely chopped pineapple
1 tablespoon freshly grated ginger
1 tablespoon lemon grass, finely chopped
1 teaspoon cilantro, finely chopped
1 teaspoon honey
1 teaspoon apple cider vinegar
1/2 teaspoon sesame seeds
1/8 teaspoon red pepper flakes
4 teaspoons extra-virgin olive oil
salt, to taste

1/2 pound French style green beans, trimmed
2 tablespoons safflower oil
4 large sea scallops

Directions

Heat 1 teaspoon olive oil in a skillet over medium heat. Stir in the shallot and 1 pinch of salt; cook and stir until the shallot has softened, about 5 minutes. Stir shallot, pineapple, ginger, lemon grass, cilantro, honey, vinegar, sesame seeds, red pepper flakes, extra virgin olive oil, and salt to taste, together in a bowl. Set aside.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the green beans, recover, and steam until just tender, 2 to 6 minutes depending on thickness. Immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the green beans are cold, drain well, and set aside.

Heat the safflower oil in a large skillet over high heat. Thoroughly dry each scallop. Once light wisps of smoke are visible in the safflower oil, carefully place the scallops in the skillet. Sear the scallops until golden brown without moving them, about 1 minute. Flip the scallop and cook until desired doneness, about 90 seconds. Turn of the heat and remove scallops from the skillet. Toss green beans into the still-hot skillet for 1 minute. Serve scallops over green beans and top with pineapple salsa.

West Texas-Style Buffalo Chili

Ingredients

1 (8 ounce) package dry black beans
1 (8 ounce) package dry kidney beans
1 tablespoon chili powder
1/2 teaspoon crushed red pepper flakes
salt and pepper to taste
1 jalapeno pepper, seeded and minced
2 tablespoons vegetable oil
1 large sweet onion, chopped
2 green bell peppers, chopped
2 zucchini, diced
3 (10 ounce) cans diced tomatoes with green chile peppers
1 (10 ounce) can tomato sauce
1/2 (16 ounce) jar hot chunky salsa
2 tablespoons chili sauce
2 pounds ground buffalo

Directions

Soak beans in water overnight. Drain and rinse.

In a large pot, combine beans with water to cover. Bring to a boil, reduce heat, and simmer 1 to 2 hours, until tender. Once the beans have absorbed most of the water, and are starting to soften, season with chile powder, red pepper flakes, jalapeno, salt and pepper. Reserve the seeds.

Heat oil in a large heavy skillet over medium low heat. Saute the onion and bell peppers for 3 minutes. Stir in diced zucchini, diced tomatoes, tomato sauce and salsa. Season with jalapeno seeds and chili sauce, stir well, and leave on medium-low heat.

Place ground buffalo meat in a large, deep skillet. Cook over medium high heat until evenly brown. Drain excess fat. Stir buffalo and vegetable mixture into beans. Continue to simmer for 1 hour.

Mexican Pizza II

Ingredients

- 1 pound lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 2/3 cup water
- 2 (16 ounce) cans refried beans
- 4 (10 inch) flour tortillas
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded Cheddar cheese
- 2 tablespoons sour cream
- 1 tomato, diced
- 1 avocado - peeled, pitted and sliced
- 1 (2 ounce) can sliced black olives
- 2 chopped green onions

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and stir in taco seasoning mix and water. Mix in the refried beans; set aside.

Spread the beef mixture evenly on two tortillas. Top each tortilla with a second tortilla. Place even amounts of Monterey Jack cheese and Cheddar cheese on top of the second tortillas. Place the tortillas onto a large baking sheet.

Bake in the preheated oven 10 minutes, or until cheeses are melted.

Remove from oven and top with sour cream, tomato, avocado, black olives and green onions. Cut each pizza into 8 wedges and serve warm.

Smothered Beef Liver

Ingredients

3 tablespoons vegetable oil
1 large onion, sliced
1 pound beef liver
1/2 cup all-purpose flour
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste
1 (8 ounce) can tomato sauce
1/4 cup water
1/2 teaspoon dried oregano

Directions

Heat vegetable oil in a large skillet over medium heat. Saute onions until soft, but not browned. Remove from pan using a slotted spoon, and set aside. Slice the liver into serving size pieces, and remove any membrane.

In a shallow dish, mix together the flour, salt and pepper. Dredge the liver in the flour mixture, and place into the hot skillet. Brown the liver quickly on each side. Place reserved onions on top of liver pieces. Pour the tomato sauce and water over everything in the pan, lifting the liver pieces to let the tomato sauce coat the bottom of the pan.

Sprinkle the oregano over everything, and simmer over low heat for 8 to 10 minutes, stirring occasionally. Adjust salt and pepper to taste. Be careful not to overcook, or liver will be tough. I serve this with mashed potatoes and green beans.

Chili Bean Dip

Ingredients

1 (15 ounce) can chili with beans
1 (8 ounce) package cream
cheese, softened
1/2 (8 ounce) package cream
cheese with chives
1/2 cup shredded Cheddar
cheese

Directions

In a medium saucepan over medium low heat, mix together chili with beans, cream cheese, cream cheese with chives and Cheddar cheese. Stirring often, heat until melted and well blended, about 20 minutes.

Slow Cooker Venison Chili for the Big Game

Ingredients

1 pound boneless venison steak, cubed
1 pound pork sausage
1 onion, chopped
2 cloves garlic, minced
1 (6 ounce) can tomato paste
hot pepper sauce to taste
salt and ground black pepper to taste
1 (15.5 ounce) can cannellini beans, drained
1 (10 ounce) can diced tomatoes with green chiles
3 tablespoons chili powder, or to taste
1 cup shredded Cheddar cheese for garnish

Directions

Place the venison and sausage in a large skillet and cook, breaking up with a wooden spoon as necessary, over medium heat until no longer pink and evenly browned. Drain grease. Stir in the onions and garlic, and cook until aromatic, about 3 minutes. Drain, and mix in the tomato paste. Season to taste with hot pepper sauce, salt, and pepper.

Pour the cannellini beans and tomatoes into a slow cooker. Stir in the venison mixture. Cover, and cook 8 to 10 hours on Low, or 5 hours on High. Sprinkle each serving with shredded Cheddar cheese.

Beef 'n' Green Bean Pie

Ingredients

1 pound ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can cut green beans, drained
1/2 teaspoon salt
1/4 teaspoon garlic salt
1 (8 ounce) package refrigerated crescent rolls
1 egg
2 cups shredded Cheddar cheese, divided
Paprika

Directions

In a skillet over medium heat, cook beef, onion and green pepper if desired until meat is no longer pink; drain. Stir in the tomato sauce, beans, salt and garlic salt. Simmer for 8 minutes or until heated through.

Meanwhile, separate crescent dough into eight triangles; place in an ungreased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides to form a crust; seal perforations. In a bowl, beat egg and 1 cup cheese; spread over crust. Stir 1/2 cup cheese into meat mixture; spoon into crust. Sprinkle with paprika and remaining cheese. Bake, uncovered, at 375 degrees F for 20-25 minutes or until golden brown. Let stand for 5 minutes before cutting.

Jacy's Middle-Eastern Fava Bean Stew

Ingredients

Harissa Paste:

1 teaspoon coriander seeds
1 teaspoon caraway seeds
1/2 teaspoon cumin seeds
2 cloves garlic
1 pinch coarse sea salt
2 tablespoons sweet paprika
2 tablespoons dried red pepper flakes
2 tablespoons extra-virgin olive oil, or as needed

2 tablespoons olive oil
1 medium onion, minced
2 cloves garlic, minced
4 anchovy fillets, chopped (optional)
2 cups diced peeled butternut squash
2 carrots, chopped
1/2 red bell pepper, diced
1 cup frozen peas
1 pinch salt
2 cups vegetable broth
2 (14.5 ounce) cans fava beans, drained
1 (14 ounce) can canned tomatoes, diced
2 tablespoons tomato paste
1 bay leaf
1 teaspoon brown sugar
3 tablespoons pomegranate molasses
1 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh mint (optional)

Directions

To make harissa paste: Heat a dry skillet over high heat and add coriander, caraway and cumin seeds. Shake pan gently until spices become fragrant, about 2 minutes. Remove pan from heat and pour seeds into mortar and grind with pestle to a fine powder. Add garlic, salt, paprika and dried red pepper flakes, mashing and stirring until garlic is incorporated with the spices. Mixture will be dry and crumbly. Add enough of the 2 tablespoons extra-virgin olive oil until you have a thick paste. Use fewer pepper flakes if you prefer less heat. Set aside.

Pour 2 tablespoons olive oil into a large pot and add minced onions and garlic. Cook slowly over low heat until onions are translucent, about 10 minutes. Push onions aside in the pot, and stir in the anchovies. Cook anchovies until they soften, mashing them with the back of a wooden spoon until they dissolve. Stir together with the onion and garlic mixture.

Add the butternut squash, carrots, bell pepper, frozen peas and a pinch of salt. Stir and cook over medium heat for about 5 minutes. Pour in the stock. Bring to a simmer and cook for about a minute.

Stir in the drained fava beans, diced tomatoes, tomato paste, bay leaf and harissa paste (from step 1). Add brown sugar and pomegranate molasses. Bring back to a simmer, then reduce heat to low and cook uncovered for about 1 1/2 hours. The long, slow cooking time allows the flavors to deepen.

Just before serving, stir in the chopped parsley. Top with the mint, if you like.

Darn Good Chili

Ingredients

1 pound lean ground beef
1 cup chopped onion
1/2 red bell pepper, chopped
3 tablespoons chili powder
2 teaspoons minced garlic
1 bay leaf
1 (14.5 ounce) can peeled and diced tomatoes
1 (15 ounce) can kidney beans, drained
1 cup spaghetti sauce
1 cup salsa
1/4 cup taco sauce

Directions

In a large saucepan or stockpot, cook ground beef, onion and red pepper until beef is browned. Drain off excess fat.

Stir in the chili powder, garlic, bay leaf, diced tomatoes, spaghetti sauce, salsa and taco sauce. Lower heat and simmer for 1 1/2 hours, stirring occasionally. Stir in beans just before serving and heat through.

Monica's Vegetable and Seitan Stew

Ingredients

1 cup uncooked brown rice
2 1/2 cups water
1 quart vegetable broth
1 (14.5 ounce) can diced tomatoes with garlic
1 (8 ounce) package seitan
1 cup cauliflower
2 carrots, chopped
1/2 cup chopped fresh green beans
1/4 cup sliced green onions
celery salt to taste

Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

In a separate pot, bring the broth to a boil. Stir in the tomatoes, seitan, cauliflower, carrots, green beans, and green onions. Reduce heat to low, and simmer 10 minutes, or until vegetables are tender. Season with celery salt, and serve in bowls over the cooked rice.

Beef and Bean Pot

Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 6 slices bacon, diced
- 1 tablespoon distilled white vinegar
- 1 tablespoon prepared mustard
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 green bell pepper, chopped
- 1 (15 ounce) can kidney beans
- 1 (16 ounce) can chili beans
- 1 (15 ounce) can pork and beans
- 6 slices American cheese
- 1 cup crushed tortilla chips

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over medium high heat, saute the ground beef, onion and bacon for 5 to 10 minutes, or until the meat is browned and the onion is translucent; drain excess fat.

In a 3 quart casserole dish, combine the vinegar, mustard, ketchup, brown sugar, green bell pepper, kidney beans, chili beans, pork and beans and the meat mixture. Stir together until well blended.

Bake at 375 degrees F (190 degrees C) for 45 to 50 minutes, remove from oven and top with the cheese and crushed tortilla chips. Return to oven and bake for 5 to 6 more minutes, or until the cheese is melted and bubbly.

Guaco-Tacos

Ingredients

1 (14.5 ounce) can whole tomatoes, drained, rinsed, patted dry
2 roma tomatoes, quartered
1 onion, chopped, divided
1 clove garlic, coarsely chopped
1/4 cup fresh cilantro
1/2 jalapeno pepper
salt and pepper to taste
4 avocados, halved with pits removed
12 (6 inch) whole wheat tortillas
1 (15 ounce) can kidney beans, rinsed and drained
2 cups torn romaine lettuce

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine the canned tomatoes, fresh tomatoes, 1/2 of the onion, garlic, cilantro, and jalapeno in a food processor. Chop roughly; do not puree.

Combine the pulp of the avocados and the remaining onion in a large bowl. Mash until almost smooth. Season with salt and pepper.

Spread tortillas in a single layer on baking sheet. Place in oven until warm, about 5 minutes. Spread tortillas with guacamole. Top with beans, salsa, and lettuce.

After-Christmas Turkey Potpie

Ingredients

1 cup sliced carrots
1 cup finely chopped onion
1/2 cup chopped celery
1/2 teaspoon dried thyme
1/8 teaspoon pepper
3 tablespoons butter or margarine
2 cups cubed cooked turkey
1 tablespoon all-purpose flour
1 (10.75 ounce) can condensed golden mushroom soup, undiluted
1 cup frozen cut green beans, cooked and drained
1 Pastry for double-crust pie (9 inches)
1 tablespoon milk

Directions

In a skillet, saute carrots, onion, celery, thyme and pepper in butter until vegetables are crisp-tender. In a large resealable plastic bag, combine turkey and flour; shake to coat. Add turkey, soup and green beans to the vegetable mixture; mix well. Line a 9-in. pie plate with bottom crust. Add turkey mixture. Roll out remaining pastry to fit top of pie; seal and flute edges. Cut slits in pastry. Brush with milk. Cover edges loosely with foil. Bake at 350 degrees F for 55-65 minutes or until golden brown. Serve warm.

Quick Vegetable Curry

Ingredients

2 potatoes, peeled and diced
2 carrots, diced
1/2 cup frozen corn kernels
1/2 cup frozen green peas
2 tablespoons olive oil
1 large onion, finely sliced
1 (14.4 ounce) can chopped tomatoes with juice
1 (14.5 ounce) can kidney beans, drained and rinsed
1 (15.5 ounce) can garbanzo beans, drained and rinsed
6 tablespoons water
1/2 teaspoon ground turmeric
1/2 teaspoon chili powder, or more to taste
1/2 teaspoon cumin
1/2 teaspoon ground coriander
1 teaspoon mustard seed
salt to taste (optional)
1 (13.5 ounce) can coconut milk

Directions

Bring a large saucepan of lightly salted water to a boil. Place the potatoes and carrots in the boiling water, and cook until softened, 5 to 6 minutes. Add the peas and corn to the boiling water, and turn off the heat. Wait 1 minute, and drain the vegetables. Cover to keep warm.

Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook until the onions are transparent, 5 to 7 minutes. Combine the tomatoes, kidney beans, garbanzo beans, and water with the onions. Stir in the turmeric, chili powder, cumin, coriander, and mustard seed until blended. Season with salt to taste. Add the potatoes, carrots, peas, and corn. Turn the heat to high, and cook the vegetables 5 to 10 minutes, stirring occasionally. Lower the heat to medium, and cook another 7 minutes.

Pour the coconut milk into the vegetable mixture. Stir and cook for just 3 minutes to prevent the milk from curdling or separating. Remove from the heat and serve.

Slow Cooker Chops

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup water
1 1/2 pounds boneless pork chops
1 teaspoon ground black pepper
1 (14.5 ounce) can green beans
4 potatoes, peeled and cubed

Directions

Pour soup into slow cooker. Stir in water to thin soup slightly. Season each pork chop with a dash of pepper, and place chops in slow cooker. Cover, and cook on Low for 7 to 8 hours.

Add green beans and potatoes, and cook on High for 2 to 2 1/2 hours. Stir, remove from heat, and serve.

Saucy Green Beans

Ingredients

2 pounds fresh green beans
1/3 cup chopped onion
1/4 cup butter
3 tablespoons all-purpose flour
1 tablespoon sugar
1 1/4 cups milk
1 cup sour cream
3 tablespoons minced fresh parsley
3 tablespoons white vinegar
salt and pepper to taste
6 bacon strips, cooked and crumbled

Directions

Place beans in a large saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender.

Meanwhile, in another saucepan, saute onion in butter. Stir in flour and sugar until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low; stir in the sour cream, parsley and vinegar until blended (do not boil).

Drain beans; place in a serving bowl. Season with salt and pepper. Top with sauce and bacon.

Seven Layer Dip

Ingredients

1 (16 ounce) can refried beans (traditional variety)
1 (4.5 ounce) can chopped green chiles, undrained
1 tablespoon fresh lime juice, plus
2 tablespoons fresh lime juice for avocado layer
2 teaspoons chili powder
1/4 teaspoon ground cumin
Salt
3 avocados, halved, pitted, flesh spooned out
1 cup sour cream
1/2 cup mayonnaise
1 cup salsa (drain to equal 1 cup if salsa is especially runny)
3/4 cup sliced canned black olives, drained
1 cup grated pepper Jack cheese
1/2 cup thin sliced scallion greens, green part only

Directions

Mix beans, chiles, 1 Tb. of lime juice, chili powder, cumin, and a pinch of salt in a small bowl. In a second small bowl, mash avocados with a fork; stir in remaining 2 Tbs. lime juice and 1/2 teaspoon of salt to make guacamole. In a third small bowl, mix sour cream and mayonnaise.

Spread bean mixture, then guacamole, then sour cream mixture, and finally salsa over the bottom of a 9-inch deep-dish pie plate or similar size pan. Sprinkle with olives, then cheese. (Dip can be covered and refrigerated up to 2 days) To serve, sprinkle with green onions.

Spinach and Black Bean Pasta

Ingredients

1 (16 ounce) package whole wheat rotini pasta
1 1/2 cups vegetable broth
2 1/2 cups chopped fresh spinach
1/2 cup chopped red onion
1 clove garlic, chopped
1/2 teaspoon cayenne pepper
salt and pepper to taste
1 (15 ounce) can black beans, drained and rinsed
1 cup frozen chopped broccoli
1 cup diced tomatoes
2 ounces freshly grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add rotini, and cook for 8 to 10 minutes, or until al dente; drain.

In a large saucepan over medium heat, bring the vegetable broth to a boil. Reduce heat, and mix in spinach, onion, garlic, cayenne pepper, salt, and pepper. Stir in the black beans and broccoli. Continue to cook and stir 5 to 10 minutes.

Stir the tomatoes into the saucepan, and continue cooking 10 minutes, or until all vegetables are tender. Serve over the cooked pasta. Garnish with Parmesan cheese.

Smoked Sausage and Red Beans

Ingredients

3 pounds smoked sausage, cut into bite-sized pieces
8 (15 ounce) cans dark red kidney beans, drained and rinsed
1 large onion, chopped
6 tablespoons minced garlic
2 cups uncooked white rice
4 cups water
2 tablespoons Cajun seasoning
4 dashes hot pepper sauce, or to taste
1 teaspoon salt, or to taste
1 bay leaf

Directions

In a 6 quart or larger slow cooker, combine the smoked sausage, kidney beans, onion, garlic, rice and water. Season with Cajun seasoning, hot pepper sauce, salt and bay leaf. Cover and set on High. Once it gets heated through, stir to distribute everything evenly. Cover and cook on Low for 6 hours or on High for 4 hours.

Ingredients

1 1/2 cups onion soup, prepared from a packet of dry onion soup mix
1/4 cup bacon grease (see notes)
1 1/2 pounds boneless beef round steak, cut into 1/3-inch cubes
1 1/2 pounds beef sirloin steak, cut into 1/3-inch cubes
1 teaspoon salt
1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoon ground black pepper
3 (15 ounce) cans kidney beans, undrained
1 (6 ounce) can tomato paste
1 (8 ounce) can tomato sauce
2 teaspoons unsweetened cocoa powder
1 cup cola soft drink (such as Coke®)
1 tablespoon yellow sport pepper sauce (such as Texas Petes's®)

Directions

Prepare soup from a packet of onion soup mix according to the package directions, and set 1 1/2 cups aside.

Place bacon grease into a large stainless steel soup pot over medium-high heat, and cook and stir the cubed round and sirloin steak meat in the bacon fat until well browned, about 10 minutes. Pour in the reserved onion soup, bring to a boil, then reduce to a simmer and cook for 7 minutes, stirring to dissolve any browned flavor bits from the pot.

Stir in salt, chili powder, cumin, black pepper, kidney beans, tomato paste, and tomato sauce. Bring the mixture to a boil, stirring frequently to avoid burning the bottom, then cover, reduce heat to low, and simmer for 1 hour, stirring occasionally. Stir in the cocoa powder, cola, and hot sauce, and simmer for 20 more minutes. Serve hot.

Winter's Night Stew

Ingredients

1 pound sausage
4 cups water
2 cups canned red beans, drained and rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
1 (16 ounce) can diced tomatoes
1 (15 ounce) can sliced potatoes, drained
1 (8.75 ounce) can sweet corn
1 (10 ounce) package frozen vegetable blend (peppers, onions, celery, and parsley)
2 teaspoons salt
1/2 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
1/2 clove garlic, minced

Directions

In a skillet brown the meat, drain and crumble.

In a large stew pot add water and seasoning blend and cook until just slightly tender. Add the red beans, white beans, chopped tomatoes, corn, salt, black pepper, red pepper, garlic and crumbled meat. Simmer for 45 minutes.

Add the potatoes and simmer, covered, for an additional 20 minutes. Serve with cornbread. Enjoy!

Ingredients

1 cup white kidney beans
1 onion, thinly sliced
2 small carrots, sliced
1 stalk celery, chopped
1 (14.5 ounce) can diced tomatoes
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 cup olive oil
3 cups water
2 tablespoons chopped fresh parsley
salt to taste
ground black pepper to taste

Directions

Rinse and strain soaked beans. Place in a large saucepan, and cover with water. Boil for 2 to 3 minutes. Drain, discarding the water.

Cover the beans with 3 cups water, and bring to a boil. Add onions, carrots, celery, tomatoes, tomato paste, oregano, thyme, olive oil, and salt and pepper. Cover. Cook for about 50 to 60 minutes, until the beans are soft. Mix the parsley.

If using a pressure cooker, cook all ingredients except parsley for 3 to 4 minutes under 15 pounds pressure. Stir in parsley.

Mixed Vegetable Salad II

Ingredients

8 ounces mixed vegetables
1 (15 ounce) can red beans,
drained and rinsed
1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped green bell
pepper

1/2 cup white wine vinegar
3/4 cup white sugar
1 teaspoon prepared mustard
1 tablespoon all-purpose flour

Directions

In a mixing bowl, combine the mixed vegetables, beans, onion, celery and bell pepper.

In a small sauce pan, combine vinegar, sugar, mustard and flour. Bring to boil, remove from heat and set aside to cool.

Pour dressing over vegetables and toss. Refrigerate for at least 6 hours and serve.

Turkey Mushroom Stew

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
garlic powder to taste
Italian seasoning to taste
ground black pepper to taste
2 (28 ounce) cans no-salt-added
crushed tomatoes, with liquid
1 (28 ounce) can no-salt-added
whole tomatoes, with liquid
1 (15 ounce) can kidney beans
1/2 cup hot pepper sauce
1 large green bell pepper,
chopped
1 large onion, chopped
1 pound fresh mushrooms,
chopped

Directions

Heat the oil in a skillet over medium heat, and cook the turkey until evenly browned. Season with garlic powder, Italian seasoning, and pepper. Drain, and transfer turkey to a large pot.

Mix the crushed tomatoes with liquid, whole tomatoes with liquid, kidney beans, and hot sauce into the pot. Stir in the green bell pepper, onion, and mushrooms. Bring the mixture to a boil, reduce heat to low, and season to taste with garlic powder, Italian seasoning, and pepper. Continue cooking 1 hour, stirring occasionally, or to desired consistency. If the stew is too thick, mix in some water.

Hot Dog Soup

Ingredients

1 onion, chopped
2 tablespoons margarine
3 potatoes, peeled and cubed
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can chicken broth
1 (9 ounce) package frozen green beans
1 (16 ounce) package beef frankfurters, cut into bite size pieces

Directions

Place the onion and margarine in a large saucepan over medium heat. Slowly cook and stir until the onion is soft. Mix in the potatoes and enough water to cover. Bring to a boil. Reduce heat and mix in the tomato sauce, chicken broth, green beans and frankfurters. Simmer 30 minutes, or until potatoes are tender.

Four-Bean Salad

Ingredients

1/2 cup vegetable oil
1/2 cup honey
1/2 cup vinegar
1 tablespoon water
1/8 teaspoon salt
1/8 teaspoon pepper
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans,
rinsed and drained
1 (14.5 ounce) can wax beans,
drained
1 (14.5 ounce) can green beans,
drained
1/4 cup chopped onion
1 (2 ounce) jar chopped
pimientos, drained

Directions

In a medium bowl, combine the first six ingredients; mix well. Add remaining ingredients; toss to coat. Cover and chill for at least 6 hours.

Thanksgiving in a Pan

Ingredients

1 (6 ounce) package stuffing mix
2 1/2 cups cubed cooked turkey
2 cups frozen cut green beans,
thawed
1 (12 ounce) jar turkey gravy
pepper to taste

Directions

Prepare stuffing mix according to package directions. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Top with turkey, beans, gravy and pepper. Cover and bake at 350 degrees F for 30-35 minutes or until heated through.

Ez's Slow Cooker Hot Chili

Ingredients

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 2 pounds ground beef
- 4 (11.5 ounce) cans tomato-vegetable juice cocktail
- 1 (10.75 ounce) can condensed tomato soup
- 1 (16 ounce) can chili beans, drained
- 1/8 teaspoon cayenne pepper
- 3 tablespoons chili powder
- 1 tablespoon soy sauce
- 1 cup water

Directions

In a large skillet over medium heat, saute the onion, green bell pepper and garlic in the oil for 5 minutes, or until tender. Stir in the beef and cook until brown. Transfer these ingredients to a slow cooker.

Then, to the slow cooker, add tomato-vegetable juice, soup, chili beans, cayenne pepper, chili powder, soy sauce and water.

Cover slow cooker and cook on low setting for 2 hours.

Slow-Cooked White Chili

Ingredients

3/4 pound skinless, boneless chicken breast halves - cubed
1 medium onion, chopped
1 garlic clove, minced
1 tablespoon vegetable oil
1 1/2 cups water
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (11 ounce) can whole kernel corn, drained
1 (4 ounce) can chopped green chilies
1 teaspoon chicken bouillon granules
1 teaspoon ground cumin

Directions

In a large skillet, saute chicken, onion and garlic in oil until onion is tender. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours or until chicken juices run clear and flavors are blended.

Creamy Quinoa and Vegetable Soup

Ingredients

2 cups beef broth
1/2 cup water
1/2 cup quinoa
3 green onions, chopped
1 (8 ounce) can sliced mushrooms, drained
1 cup fresh green beans, trimmed and cut into 1 inch pieces
1 tablespoon chopped fresh tarragon
1 (5 ounce) can evaporated milk
1 pinch salt and pepper to taste

Directions

Bring the beef broth, water, and quinoa to a boil in a saucepan. Reduce heat to medium, cover, and cook 5 minutes. Stir in the green onions, mushrooms, green beans, and tarragon; continue cooking until the green beans are tender, about 5 minutes. Stir in the evaporated milk, and season to taste with salt and pepper. Simmer 2 more minutes until heated through.

Fresh Oregano and Blackberry Green Beans

Ingredients

2 pounds fresh green beans, cut
into 2 inch pieces
2 tablespoons chopped fresh
oregano
1/4 teaspoon celery salt
1/2 teaspoon onion powder
1/2 pint fresh, ripe blackberries, at
room temperature
salt and pepper to taste

Directions

Fill a saucepan with 1 inch of water, and insert a steamer basket. Place the green beans into the steamer basket, and sprinkle with oregano, celery salt, and onion powder. Cover and bring to a boil over high heat. Steam for 5 minutes, then remove beans from steamer basket, and place into a large bowl.

Gently fold in the blackberries, allowing the heat from the green beans to pull out their juices. Season to taste with salt and pepper, and serve.

Emerald Green Risotto

Ingredients

2 tablespoons olive oil
1 onion, diced
1 clove garlic, crushed
1 cup Arborio rice
1 stalk celery, diced
1/3 cup dry white wine
4 cups boiling chicken stock
1 cup broccoli florets
3/4 cup sugar snap peas, halved
1 cup thinly sliced zucchini
1 cup fresh green beans, cut into
1 inch pieces
1/3 cup crumbled reduced-fat feta
cheese
2 tablespoons chopped fresh
parsley (optional)

Directions

Heat olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion and garlic; cook and stir until the onion begins to turn golden brown at the edges, about 2 minutes. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 3 to 4 minutes. Reduce the heat to medium and stir in the celery and white wine.

Cook and stir until the wine has mostly evaporated, then stir in one third of the boiling chicken stock; continue stirring until incorporated. Repeat this process twice more, stirring constantly. Stirring in the broth should take 15 to 20 minutes in all. Add the broccoli, peas, zucchini, and green beans during the last 7 minutes of cooking, and cook until tender. Stir in the feta cheese and parsley before serving.

Cannellini Bean Salad

Ingredients

1 large sweet red pepper
2 (15 ounce) cans white kidney or cannellini beans, drained and rinsed
1 medium red onion, sliced and separated into rings
1/4 cup minced fresh basil
3 tablespoons red wine vinegar
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Cut red pepper in half; remove seeds. Place pepper halves cut side down on a rack in a broiler pan. Broil 4 in. from the heat until skin blisters, about 8 minutes. Immediately place peppers in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin. Cut peppers into strips; place in a large bowl. Add the beans, onion and basil.

In a jar with a tight-fitting lid, combine the vinegar, oil, salt and pepper; shake well. Pour over bean mixture; toss to coat.

Black Bean and Chickpea Hummus

Ingredients

1 cup canned black beans,
drained
1 cup canned garbanzo beans
(chickpeas), drained
1 tablespoon olive oil
2 tablespoons fresh lemon juice
2 tablespoons plain nonfat yogurt
2 tablespoons water
1 clove garlic, roughly chopped
1 1/2 teaspoons curry powder
salt and pepper to taste

Directions

Place black beans, garbanzo beans, olive oil, lemon juice, yogurt, water, and garlic into the bowl of a blender. Season with curry powder, salt, and pepper. Cover and puree until smooth. Refrigerate until ready to serve.

Tasty Taco Bean Dip

Ingredients

2 tablespoons olive oil
1 (4 ounce) can chopped green chile peppers
1 small onion, diced
2 (16 ounce) cans vegetarian baked beans
1 (1.25 ounce) package taco seasoning mix
1 (16 ounce) jar salsa
1 (8 ounce) package shredded Cheddar cheese

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the green chile peppers and onion, and cook until tender.

Place baked beans in the saucepan. Stirring often, cook 10 minutes, or until beans are a smooth, mashed mixture.

Mix in taco seasoning mix and salsa. Transfer to a medium serving bowl. Top with Cheddar cheese. Microwave on high 1 to 2 minutes, if necessary, to melt the cheese. Serve warm.

Taco Bake I

Ingredients

1 1/2 pounds lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (16 ounce) can refried beans
1 (16 ounce) jar salsa
2 cups shredded Monterey Jack cheese

Directions

Preheat oven to 325 degrees F (160 degrees C).

In a large, heavy skillet over medium-high heat, brown ground beef, and drain fat. Mix in dry taco seasoning.

Spoon browned meat into a 9x13 inch glass baking dish. Spoon a layer of refried beans over meat, then salsa. Top with shredded cheese.

Bake about 20 to 25 minutes in the preheated oven.

White Bean Salad

Ingredients

2 (15 ounce) cans cannellini beans, drained and rinsed
1 (15 ounce) can quartered artichoke hearts, drained
1/2 cup green olives, sliced
1 cup roasted red peppers, drained and chopped
1/2 English cucumber, diced
6 plum tomatoes - cored, seeded and diced
2 celery ribs, diced
2 green onions, thinly sliced
1/3 cup sherry vinegar
1 teaspoon Dijon mustard
1/4 cup finely chopped fresh parsley
1 tablespoon fresh thyme
2 teaspoons finely chopped fresh rosemary
1 teaspoon garlic powder
1 teaspoon paprika
salt and pepper to taste
1/2 cup olive oil

Directions

Stir together the beans, artichokes, olives, peppers, cucumber, tomatoes, celery and green onions in a large bowl; set aside.

Whisk together the vinegar, Dijon mustard, parsley, thyme, rosemary, garlic powder, paprika, salt, and pepper in a small bowl. Gradually pour in olive oil until well combined. Pour the dressing over the salad, and stir until all ingredients are coated. Refrigerate at least one hour or overnight before serving.

Seattle Nicoise

Ingredients

3/4 pound chunked (not thin sliced), Alaska-style smoked salmon
1 cup bottled champagne salad dressing
sea salt and freshly ground black pepper to taste
4 ounces pickled green beans, cut in thirds
1 1/2 pounds new potatoes, red or yellow, scrubbed
3 medium tomatoes, quartered
5 eggs, hard cooked and peeled, then quartered
1/2 cup nicoise or other small, black, pitted olives

Directions

Break the salmon into large but still bite-sized chunks and set aside.

Boil the new potatoes for about 15 minutes in salted water, till they are just cooked through (you can run a sharp knife through one) but not falling apart.

Drain completely, and then cut into bite-sized chunks. Place in a large bowl and pour half of the dressing over them.

Add the egg wedges, beans, olives, tomatoes and salmon chunks. Drizzle vinaigrette to taste, then salt and pepper as desired. Gently stir together and serve warm.

Tempeh Ratatouille

Ingredients

2 new potatoes, chopped
1 carrot, chopped
1 onion, chopped
1 small eggplant, peeled and chopped
1/2 cup chopped broccoli
1 zucchini, chopped
1/2 cup green beans
1 (8 ounce) package tempeh
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can garbanzo beans, drained
2 cloves garlic, chopped
1/4 cup vegetable broth
1/2 teaspoon dried rosemary
1 cup shredded pepperjack cheese

Directions

Place the potatoes, carrot, and onion in a large saucepan, and add enough water to bring the water level to about 2 inches. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes. Mix in eggplant, broccoli, green beans, and zucchini; simmer for 2 minutes. Mix in tempeh, vegetable broth, crushed tomatoes, and garbanzo beans. Season with rosemary and garlic. Cook for 8 to 10 minutes, or until veggies are tender.

Ladle into bowls, and top with cheese.

Funky Cholent

Ingredients

- 2 teaspoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 pound beef stew meat, cubed
- 5 large potatoes, cubed
- 1 sweet potato, cubed
- 1 (16 ounce) can baked beans
- 1 tablespoon ketchup
- 1 tablespoon barbecue sauce
- 1 tablespoon prepared yellow mustard
- 2 teaspoons dry onion soup mix
- 2 teaspoons seasoned salt
- 1 teaspoon steak seasoning
- 1/2 cup pearl barley

Directions

Heat the oil in a large soup pot over medium heat; cook and stir the onion and garlic until the onion is translucent, about 5 minutes. Add the beef stew meat, and quickly brown the pieces on all sides. Stir in the potatoes, sweet potato, baked beans, ketchup, barbecue sauce, mustard, onion soup mix, seasoned salt, and steak seasoning, and pour in enough water to cover. Bring the mixture to a boil, reduce to a simmer, and cook on low heat until the beef is tender, 1 1/2 to 2 hours, stirring occasionally.

Stir in the pearl barley, and transfer the stew to a slow cooker set on Low until the barley is tender, about 12 hours.

Southwestern Black Bean Stew

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, undrained
1 (6 ounce) can tomato paste
1 1/2 cups water
1/2 cup sour cream
2 (8 ounce) packages shredded Cheddar cheese

Directions

In a large skillet over medium high heat, saute the ground beef and drain the excess fat. Add taco seasoning, and stir. Reduce heat to low, cover and simmer for 10 minutes.

In a slow cooker over low heat, combine the corn, beans, tomato paste and water. Mix well. Add the seasoned meat and the sour cream. Raise heat to high setting and simmer for 20 minutes. Pour into individual bowls and garnish with shredded cheddar cheese.

Maverick Moose Chili

Ingredients

1 pound ground moose
1 (28 ounce) can diced tomatoes with green chile peppers
2 (15 ounce) cans chili beans, undrained
2 (14 ounce) cans kidney beans, rinsed and drained
2 (14.5 ounce) cans pinto beans, rinsed and drained
2 (2.25 ounce) cans sliced black olives
1 white onion, chopped
1 green bell pepper, chopped
1 (1.25 ounce) package chili seasoning mix

Directions

Brown the ground moose in a large skillet over medium-high heat.

Combine the moose, diced tomatoes, chili beans, kidney beans, pinto beans, olives, onion, and bell pepper in a slow cooker; stir in the chili seasoning. Set the slow cooker to Low; cook 8 to 12 hours.

Cannellini Shrimp Salad

Ingredients

1/4 cup red wine vinegar
1/4 cup olive oil
1 teaspoon sugar
1/4 teaspoon dried cilantro
1/4 teaspoon dried basil
1/4 teaspoon dried tarragon
1 (15 ounce) can white kidney beans, drained and rinsed
1 roma (plum) tomato, diced
1/4 red onion, diced
3/4 pound cooked tiny shrimp

Directions

In a small bowl, whisk vinegar, oil, sugar, cilantro, basil, and tarragon until well blended. You may adjust these seasonings to your personal preference.

In a separate bowl, toss together the beans, tomato, onion, and shrimp. Pour dressing over salad, and toss again to coat.

Cover and refrigerate several hours, or overnight, to develop flavors.

Chickpeas in Tomato Sauce With Feta and Wine

Ingredients

1 1/3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, peeled and minced
1 tablespoon dried oregano
1 (14.5 ounce) can diced tomatoes, drained
1/2 cup dry white wine
1 (15 ounce) can chickpeas (garbanzo beans), drained
3/4 cup crumbled feta cheese
salt and ground black pepper to taste

Directions

Heat oil in a medium skillet over medium heat, and stir in the onion, garlic, and oregano. Cook and stir about 10 minutes, until onions are tender.

Mix tomatoes into the skillet, and cook until heated through. Mix in wine, and continue cooking about 15 minutes, until thickened.

Stir garbanzo beans and feta cheese into the skillet, and cook 5 minutes, until the cheese has melted. Season with salt and pepper. Remove from heat, and allow to cool about 5 minutes before serving.

Black 'N' White Bean Salad

Ingredients

1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can white kidney
beans, drained and rinsed
1/2 cup chopped cucumber
1/2 cup chopped sweet red
pepper
1/4 cup chopped onion
1/4 cup minced fresh cilantro
1/3 cup red wine vinegar
1/4 cup olive oil
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon pepper
Lettuce Leaves

Directions

In a large bowl, combine the beans, cucumber, onion and cilantro. In a small bowl, whisk the vinegar, oil and seasonings. Pour over bean mixture and toss to coat. Cover and refrigerate until serving. Using a slotted spoon, serve over lettuce if desired.

Green Bean Casserole III

Ingredients

4 (15 ounce) cans green beans,
drained
1 (10.75 ounce) can condensed
cream of chicken and mushroom
soup
10 3/4 fluid ounces milk
1 (6 ounce) can French fried
onions
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix the green beans with the soup and milk. Gently stir in half the French fried onions. Transfer to a non-greased 9x13 inch baking dish, and season with salt and pepper. Top with remaining French fried onions.

Bake in the preheated oven for approximately 30 minutes or until bubbly. Serve hot.

Vegan Black Bean Soup

Ingredients

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black beans
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

Directions

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Bruschetta with Hummus

Ingredients

1 (14 ounce) can garbanzo beans, drained
3 tablespoons fresh lemon juice
1/4 teaspoon chopped fresh garlic
1/4 teaspoon ground cumin
2 teaspoons olive oil
1/4 cup butter, softened
12 slices ciabatta bread
1/4 cup grated Parmesan cheese
1 teaspoon paprika
24 slices roma (plum) tomatoes
1/2 cup crumbled feta cheese
1 teaspoon dried oregano
1 teaspoon garlic powder

Directions

For the hummus, place the drained garbanzos, lemon juice, garlic, cumin, and olive oil in a food processor. Process until blended, about 1 minute. Refrigerate overnight. Bring to room temperature before making the bruschetta.

Spread a teaspoon of butter on each slice of ciabatta; sprinkle with a teaspoon of Parmesan cheese. Place under broiler until slices are golden, about 3 minutes. Remove from oven and spread with a generous tablespoon of hummus. Sprinkle with a dusting of paprika.

To serve, top with tomato slices, feta cheese, and a sprinkle of the oregano and garlic powder.

Bunkhouse Beans

Ingredients

1 cup salsa
2/3 cup barbecue sauce
2/3 cup packed brown sugar
5 hot dogs, halved lengthwise and sliced
3 tablespoons dried minced onion
2 (16 ounce) cans pork and beans, drained
1 (15.5 ounce) can chili beans, undrained
1 (15 ounce) can butter beans or lima beans, rinsed and drained

Directions

In a bowl, combine the first five ingredients; mix well. Stir in the beans; pour into an ungreased 2-qt. baking dish. Bake, uncovered, at 375 degrees F for 35-40 minutes or until bubbly.

Easy Homestyle Green Beans

Ingredients

3 slices bacon, cut into 1 inch pieces
1/4 cup chopped onion
1 (15 ounce) can green beans, with liquid
1 cube chicken bouillon

Directions

Heat a saucepan over medium heat, and add the bacon pieces. Fry for a few minutes, then add the onions. Cook and stir until the onions are tender, about 5 minutes. Pour in the green beans, and crumble in the bouillon cube. Stir to blend, then simmer for about 15 minutes. If you wish to simmer longer, add more water to keep the beans from scorching.

2-Bean Chili

Ingredients

1 pound ground beef
1 large green pepper, chopped
1 large onion, chopped
2 tablespoons chili powder
1/4 teaspoon ground black pepper
3 cups Campbell'sB® Tomato Juice Tomato Juice
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can great Northern beans, rinsed and drained
sour cream
sliced green onion
shredded Cheddar cheese
chopped tomato

Directions

Cook beef, green pepper, onion, chili powder and black pepper in skillet until browned. Pour off fat.

Add tomato juice and beans and heat through. Top with sour cream, green onions, cheese and tomato.

Marinated Five Bean Salad

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans, drained
1 red onion, chopped
1 green bell pepper, chopped
3/4 cup red wine vinegar
3/4 cup SLENDA® No Calorie Sweetener, Granulated
3/4 cup vegetable oil
3/4 teaspoon ground dry mustard
1/2 teaspoon dried tarragon
1 1/2 teaspoons dried cilantro

Directions

In a large bowl, layer the beans, onion and green pepper. Set aside.

In a small saucepan, mix the vinegar, SLENDA® Granulated Sweetener, oil, mustard, tarragon and cilantro. Cook and stir over medium heat until sweetener has dissolved. Remove from heat and pour over bean mixture. Stir until all ingredients are coated. This is best if it is left to marinate for a few hours in the refrigerator, and stirred occasionally.

Spiced Corn Salad

Ingredients

2 (15.25 ounce) cans whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (4.5 ounce) jar sliced mushrooms, drained
1 (4 ounce) can chopped green chilies
1/2 cup vinegar
1/4 cup vegetable oil
2 garlic cloves, minced
2 tablespoons minced fresh cilantro or parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin

Directions

In a large bowl, combine corn, beans, mushrooms and chilies. Combine remaining ingredients in a small bowl; pour over salad and toss to coat. Chill until serving.

Nicoise-Style Tuna Salad With White Beans &

Ingredients

3/4 pound green beans, trimmed and snapped in half
1 (12 ounce) can solid white albacore tuna, drained
1 (16 ounce) can Great Northern beans, drained and rinsed
1 (2.25 ounce) can sliced black olives, drained
1/4 medium red onion, thinly sliced
1 teaspoon dried oregano
6 tablespoons extra-virgin olive oil
3 tablespoons lemon juice
1/2 teaspoon finely grated lemon zest
Salt and ground black pepper, to taste
4 large hard-cooked eggs, peeled and quartered

Directions

Place green beans, 1/3 cup water and a large pinch of salt in a medium skillet. Cover, turn heat on high, and bring water to boil. Once beans start to steam, set timer and cook until tender-crisp, about 5 minutes. (Because the beans cook in such a small amount of water, make sure not to let the skillet run dry.) Immediately dump them onto a lipped cookie sheet lined with paper towels to cool.

Mix tuna, white beans, olives and onion in a medium bowl. Whisk together oregano, oil, lemon juice and zest in a medium bowl, then pour over the salad and gently stir to combine.

Adjust seasonings to taste. Arrange a portion of green beans, tuna-bean salad and eggs on each of 4 plates.

1-Pot, 3-Bean Chicken Stew

Ingredients

1 tablespoon canola oil
1 3/4 pounds boneless, skinless chicken breast or thighs, cut in chunks
1 large yellow onion, chopped
1 cup sliced celery
1 cup thinly sliced carrots
3 cups no-salt-added chopped tomatoes
1 (14.25 ounce) can fat-free, less-sodium chicken broth
1 (15 ounce) can no-salt-added black beans
1 (15 ounce) can no salt-added navy beans
1 (15 ounce) can no salt-added kidney beans
1 cup dry red wine
1 bay leaf
1 tablespoon Italian herbs
1 cup smoked chicken breast, cubed
1 cup fresh Italian parsley, chopped
1 cup fresh cilantro, chopped

Directions

Heat oil in a large pot; brown chicken. Remove chicken and set aside. Saute onions until soft, about 5 minutes. Add broth, beans, tomatoes, celery, carrots, wine, bay leaf, herbs and all the chicken; cover and simmer for 40 minutes.

Add parsley, cilantro, salt, and pepper, and simmer 5 more minutes.

Black Beans and Rice

Ingredients

1 teaspoon olive oil
1 onion, chopped
2 cloves garlic, minced
3/4 cup uncooked white rice
1 1/2 cups low sodium, low fat vegetable broth
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
3 1/2 cups canned black beans, drained

Directions

In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and saute for 4 minutes. Add the rice and saute for 2 minutes.

Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans.

Fusion Chili

Ingredients

10 dried ancho chiles - chopped, stemmed and seeded
1/2 cup water
1/4 cup white wine vinegar
3 pounds hot Italian sausage, casings removed
3 pounds ground beef
1 white onion, diced
1 red onion, diced
1 sweet onion, diced
1 cup diced celery
1 cup diced carrots
10 cloves garlic, sliced
1 teaspoon salt
1 teaspoon black pepper
1 (6 ounce) can tomato paste
1 cup dry red wine
4 (14.5 ounce) cans diced tomatoes
1/4 cup Worcestershire sauce
1/4 cup hot pepper sauce
1 tablespoon chili powder
2 teaspoons ground cumin
1 tablespoon chopped fresh parsley
1/2 cup honey
1 (16 ounce) can kidney beans, drained
1 (16 ounce) can pinto beans, drained

Directions

In a small bowl, soak chiles in water and vinegar for 30 minutes. After soaking, puree in a blender or food processor until very smooth, about 5 minutes; set aside.

Place sausage and ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Remove meat from pan, and set aside. In a large pot, Heat 3 to 4 tablespoons of the meat drippings over medium heat. Saute white onion, red onion, sweet onion, celery, carrots and garlic until onions are soft and translucent. Season with salt and black pepper. Stir in tomato paste, and allow to caramelize. Pour in wine to deglaze the pot, scraping up any bits stuck to the bottom.

Stir in cooked meat, tomatoes, Worcestershire sauce and hot pepper sauce. Season with chili powder, cumin and parsley. Bring to a boil, then stir in blended chile mixture and honey. Carefully mix in kidney beans pinto beans without breaking them. Cover, and simmer for 3 hours. Stir and scrape the bottom every hour or so.

Cuban Green Soup

Ingredients

2 ounces salt pork, diced
1 large onion, chopped
5 (15 ounce) cans navy beans,
with juice
2 (10 ounce) packages frozen
turnip greens with turnip pieces

Directions

Place a stock pot or Dutch oven over medium heat. Fry the salt pork for a few minutes to release some liquid. Add onion, and saute until translucent. Stir in the navy beans and turnip greens. Bring to a boil, reduce heat to medium-low, and simmer for about 30 minutes. Serve with home made pepper vinegar and a side of cornbread for restaurant-style dining.

Alicia's Aloo Gobi

Ingredients

1/4 cup olive oil
1 medium onion, chopped
1 tablespoon minced garlic
1 teaspoon cumin seeds
1 (15 ounce) can diced tomatoes
1 (15 ounce) can coconut milk
2 tablespoons ground coriander
1 tablespoon salt
1 tablespoon ground turmeric
1 tablespoon cayenne pepper
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground cardamom
3 large Yukon Gold potatoes,
peeled and cubed
1 medium head cauliflower,
chopped into bite size pieces
1 (15 ounce) can garbanzo beans,
drained
2 tablespoons garam masala

Directions

Heat oil in a large pot on medium-high heat and add onion. Cook until softened, about 4 minutes, then stir in garlic and cumin. Continue to cook until onion begins to brown.

Stir in tomatoes and coconut and the coriander, salt, turmeric, cayenne pepper, cinnamon, ginger, and cardamom. Stir until mixture begins to boil, then put in the potatoes, cauliflower, and garbanzo beans. Blend well. Reduce heat to low and cover.

Simmer until the potatoes are tender, 45 minutes to an hour (this will depend on the size of the potato chunks). Sprinkle in the garam masala, stir, and cook for an additional 5 minutes.

Spinach and Garbanzo Skillet

Ingredients

- 1 garlic clove, minced
- 1 tablespoon minced fresh basil
- 1/8 teaspoon pepper
- 1 tablespoon olive oil
- 1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 medium yellow summer squash, halved lengthwise, cut into 1/4-inch slices
- 1/2 teaspoon cornstarch
- 2 tablespoons water
- 1 tablespoon rice wine vinegar
- 1 teaspoon honey
- 3 cups chopped fresh baby spinach
- 2 plum tomatoes, chopped
- 1/4 cup sliced almonds, toasted

Directions

In a large nonstick skillet or wok, saute the garlic, basil and pepper in hot oil for 30 seconds. Stir in beans and squash until evenly coated with spices. Cover and cook for 4 minutes, stirring three times.

In a small bowl, combine the cornstarch, water, vinegar and honey until smooth. Stir into bean mixture. Cook and stir for 1-2 minutes or until slightly thickened. Stir in spinach and tomatoes; heat through. Sprinkle with almonds. Serve immediately.

Veggie Brown Rice Wraps

Ingredients

1 medium red or green bell pepper, diced
1 cup sliced fresh mushrooms
2 garlic cloves, minced
1 tablespoon olive oil
2 cups cooked brown rice
1 (16 ounce) can kidney beans, rinsed and drained
1 cup frozen corn, thawed
1/4 cup chopped green onions
1/2 teaspoon ground cumin
1/2 teaspoon pepper
1/4 teaspoon salt
6 (8 inch) flour tortillas, warmed
1/2 cup shredded reduced-fat Cheddar cheese
3/4 cup salsa

Directions

In a large nonstick skillet, saute the red pepper, mushrooms and garlic in oil until tender. Add the rice, beans, corn, green onions, cumin, pepper and salt. Cook and stir for 4-6 minutes or until heated through.

Spoon 3/4 cup onto each tortilla. Sprinkle with cheese; drizzle with salsa. Fold sides of tortilla over filling; serve immediately.

Spicy Green Beans

Ingredients

1 tablespoon extra-virgin olive oil
1/2 shallot, minced
1/2 jalapeno pepper, seeded and minced
8 ounces fresh green beans, cut into 2 inch pieces
1/2 teaspoon salt
1 tablespoon lemon juice

Directions

Heat the olive oil in a large skillet set over medium-high heat. Add the shallot and jalapeno; cook and stir until tender, about 5 minutes. Add green beans and season with salt. Cook and stir until tender but still bright green, 4 to 5 minutes. Reduce heat and stir in lemon juice to loosen any bits from the bottom of the pan. Serve immediately.

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1/2 pound pork loin, chopped
1/2 pound peeled and deveined prawns
salt and pepper to taste
1 tomato, chopped
1/4 pound zucchini, seeded and cut into bite-size pieces
1/4 pound fresh okra, ends trimmed
1/4 pound fresh green beans, trimmed
1/4 pound eggplant, cut into bite-size pieces
1 small bitter melon, cut into bite-size pieces

Directions

Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until tender, about 5 minutes. Stir in the pork and cook until completely browned, 5 to 7 minutes. Stir the shrimp into the mixture; season with salt and pepper. Continue cooking until the shrimp turn pink, about 5 minutes. Add the tomato to the pot, cover, and let cook 5 minutes. Stir the zucchini, okra, green beans, eggplant, and bitter melon into the mixture; cover, and cook until the vegetables are all soft to the touch, about 10 minutes more. Serve hot.

Pantry Skillet

Ingredients

1 pound ground beef
1 (10.75 ounce) can condensed tomato soup, undiluted
1 1/2 cups water
1 (1 ounce) package dry onion and mushroom soup mix
1/2 pound fresh mushrooms, sliced
1 1/2 cups frozen cut green beans
3 medium carrots, grated
1 cup cooked rice
2 slices processed American cheese, cut into strips

Directions

In a large skillet over medium heat, cook beef until no longer pink; drain. Stir in the soup, water and soup mix; mix well. Stir in mushrooms, beans, carrots and rice. Bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until beans are tender. Top with cheese; cover and let stand until cheese is melted.

Jo's Mountain Mush

Ingredients

8 beef frankfurters
3 red potatoes, cubed
2 (15 ounce) cans baked beans
salt and pepper to taste
1 teaspoon hot pepper sauce, or
to taste

Directions

Coat a large skillet with non-stick cooking spray. Cut each frankfurter into 5 or 6 pieces and cook in the skillet on a medium-high heat until browned. Remove and set aside.

Spray the skillet again, return to heat and add the potatoes. Cover and cook on medium heat for 10 to 15 minutes, stirring occasionally.

When the potatoes are tender and slightly browned, add the beans and cooked frankfurters to the skillet. Season with salt, pepper and hot sauce. Heat until warmed through.

Terry's Texas Pinto Beans

Ingredients

1 pound dry pinto beans
1 (29 ounce) can reduced sodium chicken broth
1 large onion, chopped
1 fresh jalapeno pepper, chopped
2 cloves garlic, minced
1/2 cup green salsa
1 teaspoon cumin
1/2 teaspoon ground black pepper
water, if needed

Directions

Place the pinto beans in a large pot, and pour in the chicken broth. Stir in onion, jalapeno, garlic, salsa, cumin, and pepper. Bring to a boil, reduce heat to medium-low, and continue cooking 2 hours, stirring often, until beans are tender. Add water as needed to keep the beans moist.

Chad's Slow Cooker Taco Soup

Ingredients

1 pound ground beef
1 pound bulk hot pork sausage
1 (28 ounce) can crushed tomatoes
1 (15.25 ounce) can whole kernel corn with red and green bell peppers (such as Mexicorn®), drained and rinsed
1 (14.5 ounce) can black beans, rinsed and drained
1 (14 ounce) can kidney beans, rinsed and drained
1 (1 ounce) package ranch dressing mix
1 (1 ounce) package taco seasoning mix
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (14.5 ounce) can diced tomatoes with green chile peppers (such as RO*TEL®), undrained
1/2 cup chili sauce
2 fresh jalapeno peppers, diced
1 (12 fluid ounce) can or bottle dark beer
ground black pepper to taste

Directions

Brown the ground beef completely in a large skillet over medium heat; drain. Transfer the beef to a slow cooker.

Brown the sausage completely in a large skillet over medium heat; drain. Transfer the beef to a slow cooker.

Add the crushed tomatoes, corn, black beans, kidney beans, ranch dressing mix, taco seasoning mix, onion, green bell pepper, red bell pepper, diced tomatoes with green chile peppers, chili sauce, jalapeno peppers, beer, and black pepper to the slow cooker. Set slow cooker to Low and cook 8 to 10 hours, or, if you prefer, on High for 4 to 6 hours.

Ohio Meat Pie

Ingredients

3 tablespoons vegetable oil
2 onions, chopped
2 cloves garlic, chopped
2 pounds ground beef
12 ounces carrots, chopped
1 green bell pepper, seeded and chopped
1 pound zucchini, diced
1/3 cup raisins
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1 1/2 cups whole kernel corn
1 3/4 cups baked beans

6 tablespoons butter
3/4 cup all-purpose flour
3 3/4 cups milk
1 cup grated Cheddar cheese
4 egg yolks

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onions and garlic; cook and stir until tender. Crumble in the ground beef, and cook until evenly browned. Drain off grease, and reduce the heat to medium-low.

Add the carrots, bell pepper, zucchini, and raisins, and season with salt and pepper. Simmer, stirring occasionally, until tender, about 10 minutes. Stir in the beans and corn, remove from the heat, and pour into a casserole dish. Set aside.

Melt the butter in a saucepan over medium heat. Whisk in the flour using a fork until smooth. Cook for a few minutes, then gradually whisk in the milk and egg yolks so that no lumps form. Bring to a gentle simmer, then stir in the cheese, and remove from the heat. Pour over the meat and vegetables in the casserole dish.

Bake for 25 minutes in the preheated oven, until the sauce is thick and bubbly, and everything is heated through.

Black Bean, Corn and Turkey Chili

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
1 large onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano leaves, crushed
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness® or Certified Organic)
1 cup Pace® Chunky Salsa
1 tablespoon sugar
1 (15 ounce) can black beans, rinsed and drained
1 (16 ounce) can whole kernel corn, drained

Directions

Heat the oil in a 4-quart saucepan over medium-high heat. Add the turkey, onion, chili powder, cumin, oregano, black pepper and garlic powder. Cook until turkey is well browned, stirring frequently to break up meat.

Stir the broth, salsa, sugar, beans and corn into the saucepan. Heat to a boil. Reduce the heat to low.

Cover and cook for 30 minutes. Stir the chili occasionally while cooking.

Smoky Chipotle Chili

Ingredients

1 pound ground beef
2 cloves garlic, minced
1 tablespoon chili powder
1 (15 ounce) can red kidney beans, rinsed and drained
1 cup Pace® Chipotle Chunky Salsa
1 cup frozen whole kernel corn
1 (14 ounce) can Swanson® Seasoned Beef Broth with Onion
Cornbread Squares

Directions

Cook beef, garlic and chili powder in saucepot until browned. Pour off fat.

Add beans, salsa, corn and broth. Heat to a boil. Cook over low heat 15 minutes.

Serve with Cornbread Squares.

Cajun Dirty Rice

Ingredients

1 pound lean ground beef
1 pound beef sausage
1 onion, finely diced
1 (8 ounce) package dirty rice mix
2 cups water
1 (10 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans kidney beans,
drained
salt and pepper to taste

Directions

In a skillet over medium heat, brown the ground beef, sausage, and onion; drain.

In a large pan, combine rice mix and 2 cups water. Add diced tomatoes and chilies. Stir in the kidney beans. Bring to a boil, then add meat mixture. Season with salt and pepper. Return to boil, reduce heat, and cover, stirring occasionally. Cook for 25 minutes, until rice is easily fluffed with a fork.

Scrumptious 5-Layer Mexican Dip

Ingredients

1 (15.5 ounce) can refried black beans
1 tablespoon chili powder
1/2 teaspoon ground cumin
1 cup KNUDSEN Sour Cream
1 cup shredded Cheddar cheese
3 green onions, sliced
1/3 cup sliced black olives
1 tomato, chopped

Directions

Mix beans, chili powder and cumin; spread onto bottom of 9-inch pie plate.

Top with layers of remaining ingredients.

Refrigerate several hours or until chilled. Serve with tortilla chips.

Turkey Taco Salad

Ingredients

1 pound extra-lean ground turkey breast
1 head iceberg lettuce - rinsed, dried, and chopped
6 green onions, chopped
1 (15 ounce) can kidney beans, drained and rinsed
2 cups shredded Cheddar cheese
1/2 cup diced dill pickles
1/2 cup sliced black olives
2 cups fat-free mayonnaise
1 teaspoon lemon juice
1 teaspoon white wine vinegar
3/4 cup taco sauce
1 (14.5 ounce) package low-fat baked tortilla chips

Directions

Place turkey in a large deep skillet, season with garlic salt and cook over medium high heat until fully cooked. Crumble and set aside to cool.

Mix together the turkey, lettuce, green onions, kidney beans, cheese, pickles and olives.

Whisk together the mayonnaise, lemon juice, vinegar and taco sauce.

Pour dressing over salad and refrigerate. Before serving, mix in 2 cups broken tortilla chips. Garnish with whole chips and serve.

Cut-Out Cookies in a Flower Pot

Ingredients

2 cups butter, softened
3 cups white sugar
4 eggs
1 tablespoon vanilla extract
1 tablespoon butter flavored
extract
7 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt

Directions

Cream margarine and sugar. Add eggs and flavorings and mix well. Stir flour, baking powder and salt together. Add to batter and mix well.

CHILL 3-4 hours or overnight before using.

Roll cookies out approximately 1/4 inch thick and insert cookie sticks at least 1/3 to 1/2 way into cookie.

Bake cookies at 350 degrees F (175 degrees C) for 8-10 minutes. This dough keeps well in a covered container in the refrigerator for a couple of weeks.

Decorate as desired. Display 3-7 cookies in a 6 inch clay pot (depending on size of cookie). Weigh pot down with dried beans and cut a circle of Styrofoam to fit snugly into top. Add ribbons and enjoy.

Grecian Green Beans in Tomato Sauce

Ingredients

2 pounds fresh green beans,
trimmed
6 tablespoons lemon juice
1 medium onion, chopped
3/4 cup olive oil
1 (16 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
2 tablespoons dried parsley
1 cup water
salt and pepper to taste
1 bay leaf

Directions

Place the green beans in a pot, and mix in the lemon juice, onion, olive oil, tomatoes, tomato sauce, parsley, water, salt and pepper, and bay leaf. Cook 45 minutes over medium heat, stirring occasionally, until sauce is thickened. Remove bay leaf before serving.

Soup La Angelena

Ingredients

12 cups water
2 large potatoes, peeled and quartered
1 (14.5 ounce) can whole peeled tomatoes, mashed
1/4 cup pearl barley
1/4 cup uncooked white rice
2 tablespoons margarine
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 large carrot, diced
1 onion, chopped
1 large stalk celery, with leaves, finely chopped
1/2 cup fresh green beans, cut into 1/2 inch pieces
1 large potato, peeled and diced
1/2 cup frozen petite peas, thawed
1/2 cup broccoli florets
1/4 cup barley flakes

Directions

In a large stock pot, add water and 2 large potatoes, peeled and quartered. Bring to boil, then add mashed tomatoes. Cook for 10 minutes, add barley and rice and cook until potatoes are tender.

Remove potatoes and mash together with margarine, set aside.

Add salt, pepper, carrots and beans and cook for 10 minutes or until carrots are tender.

Add onions, cubed potatoes, celery, peas and broccoli and cook for 5 minutes.

Add the mashed potatoes and stir. Add barley flakes and cook for an additional 5 minutes and serve.

Blue Cheese Green Beans

Ingredients

4 teaspoons half-and-half cream
1 tablespoon white wine vinegar
or cider vinegar
1 tablespoon crumbled blue
cheese
1 1/2 teaspoons grated Parmesan
cheese
1/4 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon pepper
1 pinch sugar
2 tablespoons olive or vegetable
oil
1 pound fresh green beans,
trimmed
4 bacon strips, cooked and
crumbled

Directions

Place the first eight ingredients in a blender; cover and process until combined. Gradually add oil in a steady stream, processing until smooth; set aside. Place the beans in a large saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and place in a serving bowl. Drizzle with the blue cheese mixture and sprinkle with bacon.

Creamy Ham and Beans

Ingredients

1 gallon boiling water
2 pounds dry great Northern beans
2 onions, chopped
6 cups chopped ham
2 (10.75 ounce) cans condensed cream of mushroom soup
8 ounces processed cheese food (eg. Velveeta), sliced

Directions

Add beans to boiling water and cook on high. Beans will soak up some water, so you will need to add more water later.

As soon as beans can be mashed with fork, add ham and onions, let cook until beans and ham are done.

Turn down to medium heat and add soup and cheese. Stir frequently while soup and cheese are mixed into the beans. When cheese is melted turn off heat and serve. Leftovers may be frozen.

Pinto Bean Chili

Ingredients

1 pound dried pinto beans
2 pounds ground beef
1 medium onion, chopped
3 celery ribs, chopped
3 tablespoons all-purpose flour
4 cups water
2 tablespoons chili powder
2 tablespoons ground cumin
1/2 teaspoon sugar
1 (28 ounce) can crushed tomatoes
2 teaspoons cider vinegar
1 1/2 teaspoons salt
CHILI CHEESE QUESADILLAS:
2 (4 ounce) cans chopped green chilies
12 (6 inch) flour tortillas
3 cups shredded Cheddar cheese
3 teaspoons vegetable oil

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.

In a Dutch oven, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. Stir in flour until blended. Gradually stir in water. Add the beans, chili powder, cumin and sugar. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Stir in the tomatoes, vinegar and salt; heat through, stirring occasionally.

Meanwhile, for quesadillas, spread about 1 tablespoon of chilies on half of each tortilla. Sprinkle with 1/4 cup of cheese; fold in half. In a large skillet, cook tortillas in 1 teaspoon of oil over medium heat until lightly browned on each side, adding more oil as needed. Cut each in half. Serve with chili.

Taco Salad I

Ingredients

- 1 pound lean ground beef
- 1 (1.25 ounce) package taco seasoning mix
- 1 (16 ounce) can chili beans
- 1 (16 ounce) bottle French dressing
- 1 head iceberg lettuce
- 1 (14.5 ounce) package tortilla chips
- 2 cups shredded Cheddar cheese
- 1 cup chopped tomatoes
- 4 tablespoons sour cream
- 1/2 cup prepared salsa

Directions

In a large skillet over medium-high heat, brown the ground beef and drain excess fat. Stir in the taco seasoning, chili beans and French-style dressing. Fill the dressing bottle 2/3 full of water and add to the skillet. Bring to a boil, reduce heat and simmer for 15 minutes.

Crush the bag of chips, open the bag, and toss the broken chips into a large bowl with the lettuce, cheese and tomatoes. When the meat mixture is done, combine it with the lettuce, tomatoes, chips and mix well. Then, add salsa and sour cream.

Corny Green Bean Casserole

Ingredients

1 (16 ounce) package frozen French-style green beans, thawed and drained
2 cups frozen corn, thawed
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 cup chopped onion
1 cup sour cream
1 cup shredded Cheddar cheese
salt and pepper to taste
1 1/2 cups crushed butter-flavored crackers
1/2 cup French-fried onions

Directions

Combine beans, corn, soup, onion, sour cream, cheese, salt and pepper. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with crackers and french-fried onions. Bake, uncovered, at 350 degrees F for 25-35 minutes or until heated through.

Tomato Sausage Stew

Ingredients

1/2 pound turkey Italian sausage links, casings removed
1 large onion, chopped
2 garlic cloves, minced
3/4 cup chopped carrots
1 bulb fennel, chopped
1/3 cup chopped celery
1 (14.5 ounce) can reduced-sodium chicken broth
3 medium tomatoes - peeled, seeded and chopped
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1 cup small uncooked seashell pasta
1 (15 ounce) can navy beans, rinsed and drained
1/2 cup shredded Parmesan cheese

Directions

In a Dutch oven, cook the sausage, onion and garlic over medium heat until meat is no longer pink; drain. Add the carrots, fennel and celery; cook until vegetables are softened. Stir in the broth to loosen any browned bits from pan. Add tomatoes, basil, oregano and salt. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender.

Stir in pasta and beans. Add enough water to cover. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Sprinkle with Parmesan cheese.

Black Beans, Corn, and Yellow Rice

Ingredients

1 (8 ounce) package yellow rice mix
1 1/4 cups water
2 tablespoons olive oil
1 (15 ounce) can black beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
2 teaspoons lime juice
1 teaspoon ground cumin

Directions

Bring the rice, water, and olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Mix together the beans, corn, lime juice, and cumin in a large bowl. Stir in the cooked rice and serve.

Award Winning Chili

Ingredients

1 (14.5 ounce) can stewed tomatoes, chopped
1 (6 ounce) can tomato paste
1 carrot, sliced
1 onion, chopped
2 stalks celery, chopped
1/4 cup white wine
1 pinch crushed red pepper flakes
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1/3 cup bottled steak sauce
5 slices bacon
1 1/2 pounds ground beef
1 (1.25 ounce) package chili seasoning mix
1 teaspoon ground cumin
1 (15 ounce) can kidney beans, drained
1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh parsley

Directions

In a large pot over medium-low heat, combine tomatoes, tomato paste, carrot, onion, celery, wine, pepper flakes, bell peppers and steak sauce.

While tomato mixture is simmering, in a large skillet over medium heat, cook bacon until crisp. Remove to paper towels. Cook beef in bacon drippings until brown; drain. Stir chili seasoning into ground beef.

Stir seasoned beef, cumin and bacon into tomato mixture. Continue to simmer until vegetables are tender and flavors are well blended.

Stir in beans, cilantro and parsley. Heat through and serve.

Emily's Chipotle Chili

Ingredients

- 1 pound bulk hot Italian sausage
- 2 pounds ground beef
- 5 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 2 cloves garlic, minced
- 1 large onion, diced
- 1 (28 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (14 ounce) can kidney beans (optional)
- 2 teaspoons minced chipotle peppers in adobo sauce
- 1 teaspoon salt
- ground black pepper
- 1 (6 ounce) can tomato paste

Directions

Cook sausage and ground beef in a large pot over medium-high heat until lightly browned and crumbly. When the meat has released its grease, and has begun to brown, drain off accumulated grease, and season with chili powder, cumin, and coriander. Cook and stir for 1 minute until fragrant, then stir in the garlic and onion. Cook until the onion has softened and turned translucent, about 4 minutes.

Stir in the diced tomatoes, tomato sauce, kidney beans, chipotle peppers, salt, and pepper. Bring to a simmer, then pour the chili into a slow cooker. Cover, and cook on Low for 8 to 10 hours. Stir in tomato paste an hour before the chili is done.

Pasta e Fagioli I

Ingredients

1 cup dry cannellini beans, soaked
2 tablespoons olive oil
1 onion, minced
1 stalk celery, chopped
1 carrot, minced
1 cup chopped ham
2 cloves garlic, minced
1 (28 ounce) can crushed tomatoes
4 cups beef stock
1 tablespoon chopped fresh thyme
1 bay leaf
1 pinch ground black pepper
2/3 cup seashell pasta

Directions

Drain the beans and set aside.

In a large stockpot heat the oil over moderate heat until hot. Add the onion, celery and carrot and cook, stirring occasionally, for 5 minutes. Add ham and garlic and cook stirring for 1 minute. Add tomatoes, beans, beef stock, thyme, bay leaf and pepper to taste. Bring to a boil and simmer, covered, for 30 minutes.

Transfer 1/2 cup of the beans to a small processor or blender and puree. Return beans to pot and season with salt and pepper to taste. Bring liquid to a boil and add pasta. Simmer until pasta is tender, about 6 minutes.

Marinated Green Beans with Olives, Tomatoes,

Ingredients

2 pounds fresh green beans, trimmed
1/4 cup olive oil
2 cloves garlic, minced
1 cup kalamata olives, pitted and sliced
2 tomatoes, seeded and chopped
2 tablespoons red wine vinegar
1 tablespoon chopped fresh oregano
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 (8 ounce) package crumbled feta
1 bunch fresh oregano sprigs

Directions

Bring a large pot of salted water to a boil over medium heat and drop in the green beans; cook until slightly tender, but still crisp, 8 to 10 minutes. Immediately drain the green beans and plunge into ice water to stop the beans from cooking further. Drain the beans and place them in a shallow serving dish.

Heat the olive oil in a skillet over medium heat. Cook garlic in the oil for about 30 seconds. Remove the skillet from the heat. Stir in the olives, tomatoes, vinegar, oregano, salt, and pepper. Pour mixture over green beans. Toss together until beans are evenly coated. Sprinkle feta cheese over the top and garnish with oregano sprigs. Chill at least 3 hours before serving.

Ginger Veggie Stir-Fry

Ingredients

1 tablespoon cornstarch
1 1/2 cloves garlic, crushed
2 teaspoons chopped fresh ginger root, divided
1/4 cup vegetable oil, divided
1 small head broccoli, cut into florets
1/2 cup snow peas
3/4 cup julienned carrots
1/2 cup halved green beans
2 tablespoons soy sauce
2 1/2 tablespoons water
1/4 cup chopped onion
1/2 tablespoon salt

Directions

In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.

Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

Breakfast Burritos

Ingredients

1 pound bacon
10 eggs
1 (16 ounce) can refried beans
8 ounces shredded Cheddar cheese
10 (10 inch) flour tortillas

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, and set aside. Wrap the tortillas in foil and warm in the oven.

Fry the eggs in a greased skillet until firm. In a small sauce pan heat the refried beans.

Top each tortilla with refried beans, 2 strips of bacon, 1 egg and a little cheese. Roll tortillas into burritos and serve.

Black Beans and Pork Chops

Ingredients

4 bone-in pork chops
ground black pepper
1 tablespoon olive oil
1 (15 ounce) can black beans,
with liquid
1 cup salsa
1 tablespoon chopped fresh
cilantro

Directions

Season pork chops with desired amount of pepper. Select a frying pan large enough to hold all four pork chops in a single layer. Heat oil in frying pan over medium-high heat. Brown pork chops on both sides.

Pour undrained beans and salsa over pork chops and season with cilantro. Bring liquid to a boil, reduce heat to medium-low, and cover. Simmer until pork chops are cooked through, about 20 to 35 minutes depending on chop thickness. If unsure of time, cut a pork chop in half to verify there is no pink left.

Cheesy Chili Enchiladas

Ingredients

1/4 cup vegetable oil
1 (10 ounce) package corn tortillas
1 (16 ounce) package Cheddar cheese, grated
2 (19 ounce) cans chili without beans (such as Wolf Brand ®)
1 small onion, chopped
1 (8 ounce) package processed cheese, cubed, divided

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 baking dish.

Warm oil in a small skillet. Use tongs to dip tortillas into the oil one at a time, turning to warm both sides. Sprinkle an even amount of Cheddar cheese down the center of each warmed tortilla. Roll tortillas to enclose cheese; place seam side down in the prepared baking dish.

Combine the chili, onion, and half of the processed cheese in a large bowl. Pour the chili mixture over the tortillas; top with the remaining processed cheese.

Bake in the preheated oven until hot and bubbly, about 20 minutes.

Taco Potato Pie

Ingredients

2 cups cold mashed potatoes
(prepared with milk and butter)
1 (1.25 ounce) package taco
seasoning mix, divided
1 pound ground beef
1/2 cup chopped onion
1 (16 ounce) can refried beans
1/2 cup barbecue sauce
1/4 cup water
1 cup shredded lettuce
1 medium tomato, seeded and
chopped
1 cup shredded Cheddar cheese
Sour cream

Directions

Combine the potatoes and 2 tablespoons taco seasoning. Press into a greased 9-in. deep-dish pie plate; set aside.

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the beans, barbecue sauce, water and remaining taco seasoning. Cook and stir until hot and bubbly. Spoon into potato crust.

Bake at 350 degrees F for 30-35 minutes or until heated through. Top with lettuce, tomato, cheese and sour cream.

Bean and Sausage Soup

Ingredients

12 ounces dry mixed beans
1 1/2 pounds Italian turkey
sausage links
1 (29 ounce) can diced tomatoes
2 (14 ounce) cans chicken broth
1 cup white wine
1 red bell pepper, chopped
1 onion, chopped
2 stalks celery, chopped
2 large carrots, chopped
2 cups frozen green peas, thawed

Directions

Pick through and rinse beans. Place in a 4 quart pot, and cover with at least 2 inches of water. Bring to a boil for 2 to 3 minutes. Cover, and let stand in the refrigerator overnight.

Drain and rinse beans. Place beans in slow cooker with canned tomatoes, broth, white wine, and vegetables. Cover, and cook on low for 7 to 8 hours.

In a skillet, cook the sausage over medium heat until done. Slice links into 1/2 inch pieces. Add meat to slow cooker, and cook soup another 30 to 60 minutes.

Green Bean Casserole IV

Ingredients

1 cup chopped onion
2 tablespoons all-purpose flour
1 cup milk
3/4 cup shredded sharp Cheddar cheese
1/2 cup sour cream
1 tablespoon white sugar
1/2 teaspoon salt
1 pound frozen cut green beans, thawed and drained
2 cups dry stuffing mix

Directions

Place thawed green beans in a 13X9 inch glass pan.

Saute; onions in a large frying pan. Add flour, stir. Gradually add milk, bring to a boil. Add cheese, sour cream, sugar, and salt. Cook till thickened and cheese is melted. Pour mixture over green beans. Top with stuffing mix.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Creamy Yogurt Hummus

Ingredients

1 (15.5 ounce) can garbanzo beans, drained
1 clove garlic, peeled
1 teaspoon salt
1/2 cup fresh lemon juice
2/3 cup plain non-fat yogurt

Directions

In a blender or food processor, blend garbanzo beans until smooth. Mix in garlic, salt, lemon juice and yogurt. Blend to desired consistency.

Black Bean Spread

Ingredients

1 1/2 cups cooked black beans
3 tablespoons hot salsa
2 green onions, chopped
2 cloves garlic, minced
1/2 cup low-fat cottage cheese
1 teaspoon hot pepper sauce
2 teaspoons ground cumin
1 teaspoon ground coriander seed
salt and pepper to taste

Directions

Combine black beans, salsa, green onions, garlic, cottage cheese, hot pepper sauce, cumin, coriander, salt and pepper in an electric blender and blend until smooth. Add a little water, if necessary, to blend mixture thoroughly.

Minnesota Golf Course Chili

Ingredients

1 1/2 pounds ground beef
3 stalks celery, chopped
1 green bell pepper, chopped
1 onion, chopped
1 teaspoon crushed garlic
1 (28 ounce) can stewed tomatoes
1 (6 ounce) can tomato paste
1 tablespoon white sugar
1 cup water, or as needed
2 (15 ounce) cans kidney beans,
undrained
1 tablespoon chili powder
salt and pepper to taste

Directions

In a large pot over medium heat, cook beef until brown. Stir in celery, bell pepper, onion, garlic, tomatoes, tomato paste, sugar, water and beans. Season with chili powder, salt and pepper. Reduce heat and simmer 1 hour.

White Bean Dip

Ingredients

2 (15 ounce) cans cannellini
beans, rinsed and drained
1/3 cup chopped fresh cilantro
3 cloves garlic, crushed or to taste
1/3 cup olive oil
1 1/2 lemons, juiced
salt and pepper to taste

Directions

In a food processor, combine the cannellini beans, cilantro, garlic, olive oil and lemon juice. Process until smooth, or to your desired consistency. Taste, and season with salt and pepper.

Guatemalan Rellenitos de Platano

Ingredients

6 plantains, peeled and broken into chunks
1 (16 ounce) can refried black beans
1 tablespoon SPLENDAB® No Calorie Sweetener, Granulated
1 teaspoon salt
1 quart oil for frying

Directions

Place the plantains in water to cover in a large pot. Bring to a boil, then reduce heat and simmer until tender, 15 minutes. Drain and mash.

In a small saucepan over low heat, heat the refried beans. Stir in the SPLENDAB® Granulated Sweetener and salt. Remove from heat.

To make the rellenos, form a palm-sized amount of mashed plantains into a ball; flatten and place about a teaspoon of the bean mixture in the middle; then mold the sides of the plantain around the beans, making an egg-shaped ball.

Heat oil in a deep-fryer or large skillet to 375 degrees F (190 degrees C), or until a small amount of batter sizzles and browns in the oil. Fry rellenos in oil until browned. Drain on paper towels.

Vegetarian Refried Beans

Ingredients

1 pound dry pinto beans, rinsed
2 tablespoons minced garlic,
divided
1 medium tomato, diced
2 tablespoons ground cumin
1 tablespoon chili powder
2 tablespoons olive oil
salt to taste

Directions

Place the beans in a large saucepan, and cover with an inch of water. Place over high heat, and bring to a boil. When the beans have come to a boil, drain, and return them to the same pot. Cover the beans with 2 inches of water, and stir in 1 tablespoon of garlic, the tomato, cumin, and chili powder. Bring to a boil over high heat, then reduce heat to low, and simmer until the beans are very soft, about 3 hours and 45 minutes, adding water as needed.

Once the beans have cooked, mash them with the remaining tablespoon of garlic, the oil, and salt to taste; use additional water as needed to achieve desired consistency. Place over low heat for 30 minutes, stirring occasionally. Serve.

Amy's Po' Man Green Beans and Sausage Dish

Ingredients

2 pounds fresh green beans,
trimmed
1 teaspoon salt, or to taste
1 pound smoked sausage, cut into
bite-sized pieces
8 potatoes, peeled and quartered

Directions

Place the green beans in a large saucepan with a lid or a slow cooker. Pour water over the beans to cover; stir in salt. Bring to a boil over medium heat, reduce heat to low, cover, and simmer until the beans are very tender, 3 to 4 hours; add water throughout the cooking time as needed to keep moist.

Add the smoked sausage and potatoes; cover and simmer until the potatoes are very tender and the beans and potatoes have absorbed the smoky flavor of the sausage, about 2 more hours.

Ranchero Enchilada Casserole

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup water
1 teaspoon chili powder
1/2 teaspoon garlic powder
1 (4 ounce) can chopped green chilies
1/4 cup rinsed, drained canned black beans
3 tablespoons tomato paste
2 tablespoons chopped red bell pepper
2 cups cubed cooked chicken
4 (8 inch) flour or corn tortillas, cut into strips
1/2 cup shredded Cheddar cheese

Directions

Stir the soup, water, chili powder, garlic powder, chiles, beans, tomato paste, red pepper, chicken and tortillas in a large bowl.

Spoon the chicken mixture into a 2-quart shallow baking dish. Top with the cheese. Cover the baking dish.

Bake at 350 degrees F for 25 minutes or until the mixture is hot and bubbling.

Franks and Corn Bread

Ingredients

2 (16 ounce) cans pork and beans
1 (16 ounce) package hot dogs,
halved lengthwise and sliced
2 tablespoons brown sugar
2 tablespoons Worcestershire
sauce
2 tablespoons prepared mustard
1 (8.5 ounce) package corn
bread/muffin mix
1 cup shredded Cheddar cheese

Directions

In a bowl, combine the pork and beans, hot dogs, brown sugar, Worcestershire and mustard; mix well. Transfer to a greased 9-in. square baking dish.

Prepare corn bread batter according to package directions; stir in cheese. Drop by spoonfuls onto bean mixture. bake, uncovered, at 350 degrees F for 40-45 minutes or until heated through.

Pumpkin, Butter Bean, and Spinach Curry

Ingredients

1/4 cup vegetable oil
1 large onion, sliced
3 tablespoons curry paste
1 (14 ounce) can coconut milk
2/3 cup water
1 pound pumpkin, cut into 1 inch squares
1 (15 ounce) can small butter beans (lima beans)
salt and pepper to taste
1 (9 ounce) package frozen spinach, thawed and drained
3 tablespoons chopped fresh cilantro

Directions

Heat the oil in a large saucepan over medium heat, and stir in the onion. Cook and stir until the onion is soft and beginning to brown, about 8 minutes. Stir in the curry paste, cook for 2 minutes longer, then add the coconut milk water, and pumpkin. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the pumpkin is nearly tender, about 10 minutes.

Stir in the butter beans, and continue simmering until the pumpkin is tender, about 5 minutes. Season to taste with salt and pepper, then stir in the spinach and cilantro. Simmer a few more minutes to reheat, and serve.

Sesame Green Beans

Ingredients

1 tablespoon olive oil
1 tablespoon sesame seeds
1 pound fresh green beans, cut
into 2 inch pieces
1/4 cup chicken broth
1/4 teaspoon salt
freshly ground black pepper to
taste

Directions

Heat oil in a large skillet or wok over medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.

Pour in chicken broth, salt and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

Twisted Green Bean Casserole

Ingredients

3 (16 ounce) cans seasoned green beans, drained
1 1/2 cups frozen corn
2 cups sour cream
1 (10.75 ounce) can condensed cream of mushroom soup
4 ounces buttery round crackers
1/2 cup butter, melted
1 1/2 cups shredded Colby-Jack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the green beans and corn into a 2 quart casserole dish, and spread evenly. In a medium bowl, stir together the sour cream and cream of mushroom soup. Spread on top of the corn and beans. Sprinkle shredded cheese over the soup. Stir together the melted butter and cracker crumbs; sprinkle over the top.

Bake for 15 to 20 minutes in the preheated oven, until the cheese is melted and everything is heated through.

Bologna Potato Soup

Ingredients

1 onion, peeled
2 (15 ounce) cans cut green beans, with liquid
1 1/2 pounds bologna, cut into pieces
8 potatoes, peeled and cubed
4 quarts water
salt to taste
ground black pepper to taste
1/2 cup cornstarch
1/2 cup cold water

Directions

Place water in a 6-quart (or larger) pot. Bring to a boil. Place whole onion and bologna into the water and boil for 30 minutes, adding more water as needed.

Add potatoes and cook until tender.

Remove onion and add the beans. Whisk the cornstarch and cold water together and also add. Cook until thickened.

Black Friday Pie

Ingredients

1 cup mashed potatoes
1/2 cup cubed cooked turkey
1/2 cup cooked cut green beans
1/2 cup turkey gravy
1 cup prepared stuffing
2 tablespoons butter, melted

Directions

Preheat an oven to 375 degrees F (190 degrees C). Thoroughly grease a 9-inch glass pie plate.

Spread mashed potatoes onto the bottom and up the sides of the greased pie plate. Fill potato crust with the turkey, green beans, and gravy. Smooth stuffing on top of the turkey and gravy to create a top crust.

Brush top of pie with melted butter. Bake pie until stuffing is golden and crispy, about 40 minutes. Let stand 5 minutes before serving.

Momma OB's Chicken Chili

Ingredients

2 pounds skinless, boneless chicken breast meat - cubed
1/2 tablespoon olive oil
1 tablespoon Italian seasoning
2 (28 ounce) cans whole peeled tomatoes
1 (16 ounce) can chili beans, drained and rinsed
1 (15 ounce) can kidney beans, drained and rinsed
1 (1.25 ounce) package chili seasoning mix
1 (4 ounce) can diced green chile peppers
1 onion, minced
3 cloves garlic, minced
1/2 cup water

Directions

Heat oil in a skillet over medium heat, and add the chicken and half of the Italian seasoning. Cook, stirring frequently, until chicken is cooked through and evenly browned.

Place the remaining Italian seasoning, tomatoes, chili beans, kidney beans, chili seasoning, chile peppers, onion, garlic, and water in a slow cooker. Stir in chicken and juices

Cover, and cook on High for three hours.

Ingredients

2 pounds ground beef
1 onion, chopped
2 (16 ounce) cans chili beans
1 (15 ounce) can tomato sauce
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (14.5 ounce) can peeled and
diced tomatoes
11 1/2 fluid ounces tomato juice
1 (4 ounce) can diced green chiles
1 (1.25 ounce) package chili
seasoning mix

Directions

Cook ground beef and onion until done.

In slow cooker or Dutch oven add all ingredients together. Simmer several hours.

Sassy Sausage and Black Bean Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can black beans, undrained
1 (14.5 ounce) can stewed tomatoes
1 (10.5 ounce) can condensed beef broth
1/2 cup chunky salsa
1/2 cup water
12 ounces beef sausage
1/4 cup chopped fresh cilantro

Directions

In a large saucepan over medium heat, combine the oil, onions and garlic. Saute for 8 minutes, or until tender. Add the beans, tomatoes with liquid, broth, salsa and water. Bring to a boil over high heat.

Cut sausage into 1/2 inch slices and stir into soup. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Ladle soup into bowls and sprinkle with cilantro.

Cajun Vegetables

Ingredients

1 (16 ounce) package frozen vegetable blend
1 cup frozen cut green beans
1 cup sliced fresh mushrooms
2 tablespoons butter
1 tablespoon olive oil
1 (15.25 ounce) can whole kernel corn, drained
2 teaspoons Cajun seasoning

Directions

Cook the vegetable blend and green beans according to package directions. Meanwhile, in a large skillet, saute mushrooms in butter and oil for 1 minute. Add corn; saute for 1 minute. Drain vegetable blend and beans; add to skillet. Stir in Cajun seasoning.

BREAKSTONE'S Creamy Layered Enchilada Bake

Ingredients

1 pound lean ground beef
1 large onion, chopped
2 cups TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa
1 (15 ounce) can black beans, drained, rinsed
1/4 cup KRAFT Zesty Italian Dressing
2 tablespoons TACO BELL® HOME ORIGINALS® Taco Seasoning Mix
6 (8 inch) flour tortillas
1 cup BREAKSTONE'S Reduced Fat Sour Cream
1 (8 ounce) package KRAFT Mexican Style Finely Shredded Four Cheese

Directions

Heat oven to 400 degrees F. Brown meat with onions in large skillet on medium-high heat; drain. Add salsa, beans, dressing and seasoning mix; mix well.

Arrange 3 tortillas in single layer on bottom of 13x9-inch baking dish; cover with layers of 1/2 each of the meat mixture, sour cream and cheese. Repeat all layers. Cover with foil.

Bake, covered, 30 minutes. Remove foil. Bake an additional 10 minutes or until casserole is heated through and cheese is melted. Let stand 5 minutes before cutting to serve.

American-Style Red Beans and Rice

Ingredients

1 tablespoon olive oil
1 (15 ounce) can kidney beans
1 1/2 cups tomato sauce
4 1/2 cups water, divided
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 pinch dried thyme
salt and pepper to taste
5 teaspoons adobo seasoning,
divided
2 cups uncooked white rice

Directions

In a large saucepan combine olive oil, kidney beans, tomato sauce, 1/2 cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat.

Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes, or until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

Summer Bean Salad II

Ingredients

1 (15 ounce) can light red kidney beans, drained and rinsed
1 cup fresh corn kernels
1 small onion, diced
1 cup cherry tomato halves
2 tablespoons lime juice
1 teaspoon lemon zest (optional)
1 tablespoon olive oil, or as needed
salt to taste
ground black pepper to taste
1/3 cup thinly sliced fresh basil

Directions

In a large bowl, gently toss beans, corn, onion, tomatoes, lime juice, and lemon zest. Drizzle with olive oil, and season with salt and pepper. Mix in basil just before serving.

Ten Bean Soup II

Ingredients

1 (16 ounce) package dry mixed beans
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes with green chile peppers
3 stalks celery, diced
4 carrots, diced
16 ounces smoked turkey sausage, diced
salt to taste
ground black pepper to taste
1/4 teaspoon poultry seasoning
1/2 teaspoon onion powder
2 1/2 teaspoons minced garlic

Directions

Soak bean mix in water overnight.

Place drained soaked beans, tomato sauce, tomatoes and chilies, celery, carrots and sausage in slow cooker. Add enough water to cover all ingredients and season soup to taste with salt, pepper, chicken seasoning, onion powder, and garlic. Simmer on low for 8 to 10 hours until beans are tender.

Stir Fry Beef and Broccoli

Ingredients

1 tablespoon vegetable oil
1 pound beef strips (cut from top sirloin or inside round)
1 1/2 cups onions, thinly sliced
3 cups broccoli florets, fresh or frozen
3/4 cup frozen soya beans or green peas, thawed
1 1/2 teaspoons sesame seeds (optional)
1 1/2 cups VH® Pad Thai Sauce

Directions

Heat oil in a large saute pan over medium-high heat. Brown beef until just cooked through, about 10 minutes. Remove from pan. Set aside.

In the same pan saute onions until translucent, add broccoli and soya beans, saute for 5 minutes longer.

Add beef back to pan with sesame seeds and VH® Pad Thai sauce, heat through and serve.

Black Bean and Couscous Salad

Ingredients

1 cup uncooked couscous
1 1/4 cups chicken broth
3 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice
1 teaspoon red wine vinegar
1/2 teaspoon ground cumin
8 green onions, chopped
1 red bell pepper, seeded and chopped
1/4 cup chopped fresh cilantro
1 cup frozen corn kernels, thawed
2 (15 ounce) cans black beans, drained
salt and pepper to taste

Directions

Bring chicken broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.

In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat.

Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

Tangy Chili

Ingredients

1 pound lean ground beef
1 (15 ounce) can sloppy joe sauce
1 (11 ounce) can whole kernel corn
1 (16 ounce) can chili beans in spicy sauce
1 (4.5 ounce) can sliced mushrooms

Directions

In a medium sized saute pan, brown ground beef and then drain fat.

In a medium sauce pan combine browned beef, sloppy joe mix, corn, chili beans and mushrooms. Stir, heat through, and then serve.

Okonomiyaki

Ingredients

1 cup chopped cooked chicken
1 1/2 cups thinly sliced napa cabbage
1/4 cup shredded carrots
3 green onions, chopped
12 fresh green beans, cut into 1/2 inch pieces
1 small green bell pepper, cut into thin strips
1 small zucchini, cut into thin strips
3 eggs, lightly beaten
3/4 cup all-purpose flour
3/4 cup chicken stock
2 teaspoons soy sauce
1 teaspoon vegetable oil
1/4 teaspoon toasted sesame oil

Directions

In a large bowl, mix chicken, cabbage, carrots, green onions, green beans, green bell pepper and zucchini. In a separate bowl, beat together eggs, flour, chicken stock and soy sauce. Pour batter over chicken mixture and toss to thoroughly coat.

Mix vegetable oil and sesame oil in a skillet over medium heat. Scoop about 1/4 cup batter into skillet, enough to make a 2 1/2 inch circle. Cover and cook 4 minutes, or until bottom is golden brown. Flip and continue cooking 4 minutes, or until cooked through. Drain on paper towels.

Lemon Garlic Hummus

Ingredients

3/4 cup vegetable oil
3 tablespoons lemon juice
2 cups garbanzo beans
(chickpeas), rinsed and drained
2 teaspoons minced garlic
1/2 teaspoon salt
Pita bread, cut into wedges

Directions

In a food processor, combine the oil, lemon juice, beans, garlic and salt; cover and process until smooth. Transfer to a small bowl. Serve with pita wedges.

Bandito Baked Beans

Ingredients

1 tablespoon vegetable oil
1 medium onion, chopped
1 cup Pace® Picante Sauce
1/4 cup molasses
1 tablespoon spicy brown mustard
1 (15 ounce) can pork and beans
1 (15 ounce) can black beans, rinsed and drained

Directions

Heat the oil in a 2-quart saucepan over medium heat. Add the onion and cook until it's tender.

Stir the picante sauce, molasses, mustard, pork and beans and black beans in the saucepan and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the mixture is hot and bubbling.

Spicy Pasta Salad

Ingredients

1 pound penne pasta
1 (15 ounce) can black beans,
rinsed and drained
2 green onions, chopped
1/2 (6 ounce) can black olives,
chopped
1/4 cup sun-dried tomatoes,
softened in water and sliced
1/4 cup crumbled feta cheese
1 (16 ounce) bottle Italian-style
salad dressing

Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, beans, green onions, olives, sun dried tomatoes and feta cheese. Add enough salad dressing to coat; toss and chill before serving.

Garlic Oyster Linguini

Ingredients

1/4 cup butter
8 ounces fresh mushrooms,
quartered
1 teaspoon Cajun seasoning
1 teaspoon minced garlic
24 shucked oysters, quartered
1/2 cup whole corn kernels,
blanched
2/3 cup French-style green beans,
chopped
2 tablespoons chopped pimento
peppers
1/2 cup seafood stock
10 ounces fresh linguine pasta
2 tablespoons butter
2 tablespoons all-purpose flour
2 tablespoons chopped fresh
parsley
3 tablespoons thinly sliced green
onion
4 ounces crabmeat

Directions

In a small saucepan, melt 2 tablespoons butter or margarine. Stir in flour to make a paste. Set roux aside.

Saute mushrooms, Cajun spice, and garlic in 1/4 cup butter or margarine over medium-high heat for 2 minutes. Add oysters, corn, string beans, and pimento. Saute for 1 1/2 minutes. Add stock and linguine, and bring to a slight simmer.

Fold in roux until sauce thickens, then reduce heat. Fold in parsley and scallions. Fold in lump crabmeat, and heat through. Serve immediately.

Baked Beans III

Ingredients

1 (28 ounce) can baked beans
1/2 pound bacon, cut into small pieces
8 ounces brown sugar

Directions

Preheat oven to 400 degrees F (200 degrees C).

Pour beans into a 2 quart casserole dish.

Place bacon in a 9 inch skillet, completely covering bottom of pan. Spread brown sugar over bacon and cook on medium heat. When bacon grease starts to bubble up through the sugar, transfer to the casserole dish and mix with beans.

Bake in preheated oven for 45 minutes.

Allspice String Beans

Ingredients

1 tablespoon vegetable oil
2 cloves garlic, crushed
1 pound fresh green beans,
trimmed and snapped
1/2 cup water
2 teaspoons ground allspice
salt and pepper to taste

Directions

Heat oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, until green beans are soft.

Guferati (Indian Green Beans)

Ingredients

1 pound fresh green beans,
trimmed and cut into 1 inch pieces
1/4 cup vegetable oil
1 tablespoon black mustard seed
4 cloves garlic, finely chopped
1 dried red chile pepper, crushed
1 teaspoon salt
1/2 teaspoon white sugar
ground black pepper to taste

Directions

Bring a large pot of water to a boil. Place the green beans in the pot, and cook briefly, removing after 3 to 4 minutes. Drain, and rinse with cold water.

Heat the oil in a skillet over medium heat. Stir in the mustard seed and garlic, and cook until golden brown. Mix in the chile pepper. Place the green beans in the skillet, and season with salt and sugar. Cook and stir 8 minutes, or until tender. Season with pepper to serve.

Falafel I

Ingredients

2 cups chickpeas (garbanzo beans), drained
4 cloves garlic - peeled and sliced
3 tablespoons peanut butter
1 green onion, chopped
1 onion, cut into chunks
1 egg
1/4 teaspoon ground coriander
1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 tablespoon soy sauce
1 tablespoon corn oil

Directions

In a food processor or blender puree chickpeas. To the chickpeas add garlic, peanut butter, green onion, onion, egg, coriander, cumin, cayenne pepper and soy sauce; process until well mixed. Shape into balls, using about 1 tablespoon for each.

Heat oil in a medium skillet over medium-high heat. Brown balls on all sides.

Chili-Stuffed Peppers

Ingredients

6 medium green bell peppers
1 pound ground beef
1/2 cup chopped onion
1 (15 ounce) can chili beans,
undrained
1 (10 ounce) can diced tomatoes
and green chilies, undrained
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper
3/4 cup shredded Cheddar
cheese

Directions

Cut tops off peppers and remove seeds. Place peppers in a large kettle and cover with water. Bring to a boil; cook until crisp-tender, about 3 minutes. Drain and rinse in cold water, about 3 minutes. Drain and rinse in cold water; set aside. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add beans, tomatoes, chili powder, salt if desired, pepper and cayenne. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Spoon meat mixture into peppers; place in an ungreased 3-qt. baking dish. Cover and bake at 350 degrees F for 20-25 minutes or until heated through. Sprinkle with cheese.

Biscuits and Beans

Ingredients

1 pound ground beef
1 (16 ounce) can pork and beans
3/4 cup barbecue sauce
2 tablespoons brown sugar
1 tablespoon dried minced onion
1/2 teaspoon salt
1 (12 ounce) package refrigerated
buttermilk biscuits
1/2 cup shredded Cheddar
cheese

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Add the beans, barbecue sauce, brown sugar, onion and salt; mix well. Bring to a boil. Transfer to a greased 2-qt. baking dish. Separate biscuits and arrange over the hot beef mixture. Sprinkle with cheese. Bake, uncovered, at 400 degrees F for 18-20 minutes or until biscuits are golden brown.

Minestrone Macaroni

Ingredients

1 pound ground beef
2 (14.5 ounce) cans diced Italian tomatoes, undrained
2 1/4 cups water
1 1/2 cups uncooked elbow macaroni
2 beef bouillon cubes
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (14.5 ounce) can cut green beans, rinsed and drained

Directions

In a large skillet, brown beef; drain. Add tomatoes, water, macaroni and bouillon; bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until macaroni is tender. Stir in beans and heat through.

Easy Chicken Fajita Soup

Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts, cut into strips
1 (1.27 ounce) packet fajita seasoning
1 red bell pepper, cut into thin strips
1 green bell pepper, cut into thin strips
1 poblano pepper, cut into thin strips
1 large onion, cut into thin strips
1 (14.5 ounce) can fire roasted diced tomatoes
1 (15 ounce) can seasoned black beans
1 (14 ounce) can chicken broth
1 dash hot sauce
salt and pepper to taste

Directions

Heat oil in a large soup pot over medium heat. Place chicken in the hot oil; cook, stirring only occasionally, until brown, about 10 minutes. Sprinkle fajita seasoning over the browned chicken and stir well to coat. Add the red and green bell pepper, poblano pepper, and onion to the seasoned chicken. Stir and cook over medium heat until the vegetables are soft, about 10 minutes.

Pour the fire roasted tomatoes, black beans, and chicken broth into the pot with the chicken and vegetables. Bring the soup to a boil over high heat, then reduce the heat to medium-low, and simmer uncovered for 30 minutes, stirring occasionally.

Season the soup with hot sauce, salt, and pepper to taste before serving.

Lima Beans and Ham

Ingredients

3 cups fresh lima beans
3 cups water
2 potatoes, diced
1 (15.25 ounce) can whole kernel corn
1 large tomato, diced
1/2 medium onion, diced
1 stalk celery, diced
2 tablespoons cornstarch
1/4 cup milk
6 ounces cooked ham, diced
1 pinch dried parsley
salt and pepper to taste

Directions

Place the lima beans in a large pot, and pour in the water. Bring to a boil, reduce heat to medium, and cook 15 minutes. Mix the potatoes, corn, tomato, onion, and celery into the pot, and continue cooking 15 minutes.

In a small bowl, dissolve the cornstarch in the milk. Stir into the pot, and mix in the ham. Continue cooking until heated through. Season with parsley, salt, and pepper to serve.

Taco Salad Made Over

Ingredients

4 large whole wheat tortillas
3/4 pound extra-lean ground beef
1 tablespoon chili powder
1 cup rinsed canned no-salt-added kidney beans
1/2 cup chunky salsa
4 cups torn mixed salad greens
1/2 cup KRAFT Canada Tex Mex Cheese Light
1 large tomato, chopped
2 tablespoons KRAFT Calorie-Wise Rancher's Choice Dressing

Directions

Heat oven to 425 degrees F.

Crumple 4 large sheets of foil to make 4 (3-inch) balls; place on baking sheet. Top each with 1 tortilla; spray with cooking spray. Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls as they bake.)

Meanwhile, brown meat with chili powder in large nonstick skillet. Stir in beans and salsa; cook 5 min. or until heated through, stirring occasionally.

Fill tortilla shells with salad greens, meat mixture, cheese and tomatoes. Drizzle with dressing.

Hamburger Goulash

Ingredients

1 pound lean ground beef
4 potatoes, peeled and cubed
1/4 cup sliced onion
1 1/2 cups frozen corn kernels
1 (15 ounce) can cut green beans, drained
1 cup elbow macaroni
1 teaspoon salt
1 teaspoon ground black pepper
2 (8 ounce) cans tomato sauce
2 teaspoons Worcestershire sauce (optional)
1 teaspoon garlic salt
1/2 teaspoon dried basil

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Add all ingredients (except noodles) to browned ground meat and simmer for 1 hour, then add noodles.

Campfire Bean 'N' Ham Soup

Ingredients

1 pound dry navy beans
2 small onions
8 cups water
4 cups cubed fully cooked ham
2 smoked ham hocks
2 cups chopped celery
1 cup chopped carrots
1/2 teaspoon dried basil
1/2 teaspoon pepper

Directions

Place beans in an ovenproof Dutch oven; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Chop one onion; slice the second onion and separate into rings.

Drain and rinse beans, discarding liquid. Return beans to the pan. Add onions and remaining ingredients. Cover pan and place on the grill rack over indirect medium heat. Cover grill; cook for 1 hour or until beans are almost tender. Uncover the Dutch oven; cover grill and cook 30 minutes longer or until beans are tender. Discard ham hocks.

Home-Style Green Beans

Ingredients

3/4 pound fresh green beans, cut
into 2-inch lengths
1 1/2 cups water
6 bacon strips, cooked and
crumbled
1 tablespoon seasoned salt

Directions

In a saucepan, combine beans and water; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Add the bacon and seasoned salt; simmer 10-15 minutes longer. Serve with a slotted spoon.

Frijoles II

Ingredients

1 1/2 cups dry pinto beans
1/2 teaspoon white sugar
1 teaspoon minced garlic
2 tablespoons finely chopped onion
2 slices smoked bacon
2 cups water
salt to taste

Directions

Place the beans, sugar, garlic, onion, and bacon into a slow cooker. Pour in the water, cover, and cook on High for 6 hours. Drain off 2/3 of the liquid, and discard bacon. Use a potato masher to mash beans to a chunky consistency. Season with salt to taste, and serve hot.

Chickpea Coconut Salad

Ingredients

1 (15 ounce) can garbanzo beans
(chickpeas), rinsed and drained
1/3 cup freshly grated coconut
1 teaspoon chopped green chile
peppers (optional)
1/3 cup chopped fresh cilantro
2 teaspoons lemon juice
1/2 teaspoon salt

Directions

Combine garbanzo beans, coconut, green chile peppers, and cilantro in a large bowl. Stir in lemon juice, and season with salt. Refrigerate for 2 hours before serving for best flavor.

Chicken and Two Bean Chili

Ingredients

2 chicken breasts, cut into chunks
1 tablespoon olive oil
1/3 red onion, chopped
3 cloves garlic, minced
1 (15 ounce) can black beans, drained
1 (14.5 ounce) can great Northern beans, drained
2 (14.5 ounce) cans diced tomatoes with green chile peppers
1 (14 ounce) can tomato sauce
1/2 cup chicken stock
1/2 cup brown sugar
1/2 cup frozen corn
1/4 cup white vinegar
3 tablespoons chili powder
3 tablespoons ground cumin
2 tablespoons dried cilantro
Dash of salt
1 pinch cayenne pepper
1/2 green bell peppers, diced
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced

Directions

Fill a large pot with lightly-salted water and bring to a boil. Boil the chicken until no longer pink in the center and the juices run clear, 7 to 10 minutes. Drain the chicken and place in a slow cooker.

Heat the olive oil in a skillet over medium heat. Brown the onion and garlic in the hot oil, 5 to 7 minutes; scrape into the slow cooker.

Add the black beans, great Northern beans, tomatoes with green chiles, tomato sauce, chicken stock, brown sugar, corn, vinegar, chili powder, cumin, cilantro, salt, and cayenne pepper to the slow cooker. Cook on High until the beans are tender, 3 to 4 hours. Stir the diced green, red, and yellow bell peppers into the chili and cook another 20 minutes.

Southwestern Style Chalupas

Ingredients

1 (4 pound) pork roast
1 pound dried pinto beans
1 (4 ounce) can chopped green
chile peppers
2 tablespoons chili powder
2 teaspoons cumin seed
1 teaspoon dried oregano
salt and pepper to taste
1 quart water
1 (16 ounce) package corn chips

Directions

In a slow cooker, combine pork roast, pinto beans, chile peppers, chili powder, cumin seed, oregano, salt, pepper, and water. Cover, and simmer on Low for 4 hours.

Shred meat, removing any bones and fat. Cover, and continue cooking for 2 to 4 more hours. Add more water if necessary.

Place corn chips on serving plates. Spoon pork mixture over chips, and serve with desired toppings.

Sausage Bean Chowder

Ingredients

1 pound bulk pork sausage
2 (15 ounce) cans kidney beans,
rinsed and drained
1 (28 ounce) can diced tomatoes,
undrained
1 (32 fluid ounce) bottle tomato
juice
1 cup chopped onion
1 cup chopped green pepper
1 cup diced peeled potatoes
1 teaspoon seasoned salt
1/2 teaspoon garlic salt
1/2 teaspoon dried thyme
1/8 teaspoon pepper
1 bay leaf

Directions

In a Dutch oven or soup kettle, brown sausage until no longer pink; drain. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 2 hours. Remove bay leaf.

Spicy Chicken and Sweet Potato Stew

Ingredients

1 teaspoon olive oil
1 onion, chopped
4 cloves garlic, minced
1 pound sweet potato, peeled and cubed
1 orange bell pepper, seeded and cubed
1 pound cooked chicken breast, cubed
1 (28 ounce) can diced tomatoes
2 cups water
1 teaspoon salt
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1 teaspoon cocoa powder
1/4 teaspoon ground cinnamon
1/4 teaspoon red pepper flakes
1 1/2 tablespoons all-purpose flour
2 tablespoons water

1 cup frozen corn
1 (16 ounce) can kidney beans, rinsed and drained
1/2 cup chopped fresh cilantro

Directions

Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in sweet potato, bell pepper, chicken, tomatoes, and 2 cups of water. Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon, and red pepper flakes. Increase heat to medium-high and bring to a boil. Dissolve flour in 2 tablespoons water, and stir in to boiling stew. Reduce heat to medium-low, cover, and simmer until the potatoes are tender but not mushy, 10 to 20 minutes. Stir the stew occasionally to keep it from sticking.

Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.

Potato Bean Skillet

Ingredients

1 pound fresh or frozen green beans, cut into 2 inch pieces
2 medium red potatoes, peeled and sliced
1 small onion, chopped
1 tablespoon olive or canola oil
3 tablespoons cider vinegar
2 tablespoons water
2 teaspoons sugar
1/2 teaspoon ground mustard
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place beans and potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 5 minutes; drain well.

In a large skillet, saute beans, potatoes and onion in oil until tender. In a small bowl, combine the remaining ingredients; pour over vegetables. Cook and stir over medium heat until the liquid is evaporated.

Sausage Bean Delight

Ingredients

3/4 pound bulk pork sausage
1 large onion, sliced
1 garlic clove, minced
2 tablespoons olive or vegetable oil
1 pound fresh green beans, cut into 2 inch pieces

Directions

In a large saucepan, cook and crumble sausage until no longer pink; drain and set aside. In the same pan, saute onion and garlic in oil until tender. Stir in beans; cover and cook over medium heat until beans are tender. Add sausage; heat through.

Mexican Soup

Ingredients

3 cooked, boneless chicken breast halves, shredded
1 (15 ounce) can kidney beans
1 cup whole kernel corn
1 (14.5 ounce) can stewed tomatoes
1/2 cup chopped onion
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 (4 ounce) can chopped green chile peppers
2 (14.5 ounce) cans chicken broth
1 tablespoon ground cumin

Directions

Place cooked chicken, kidney beans, corn, tomatoes, onion, red and green bell peppers, chiles, broth and cumin in a large pot over medium heat. Simmer 45 minutes.

Black Bean Dip

Ingredients

1 (15 ounce) can black beans
1/2 cup fat-free creamy salad dressing (ie: Fat Free Miracle Whip TM)
1/2 cup reduced fat sour cream
1 (4 ounce) can chopped green chile peppers
2 tablespoons chopped fresh cilantro
1 teaspoon chili powder
1/2 teaspoon garlic powder
1 dash hot pepper sauce, or to taste
1 tablespoon olive oil
1 tablespoon salt
1/4 cup picante sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, mash the beans with a fork. Combine the salad dressing, sour cream, green chilies, cilantro, chili powder, garlic powder and hot pepper sauce. Blend well. Refrigerate for 30 minutes. Serve with the baked tortilla chips.

Spray the tortillas lightly with olive oil, and sprinkle lightly with salt. Bake until crisp and lightly browned.

Maple-Apple Baked Beans

Ingredients

4 cups dried navy beans
10 cups water
1 pound sliced bacon, quartered
1 large onion, chopped
2 teaspoons salt
1 teaspoon ground mustard
1 cup maple syrup
3 medium tart apples, peeled and sliced
1/2 cup butter or margarine, softened
1 cup packed brown or maple sugar

Directions

Place beans in a soup kettle or Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain and rinse beans; discard liquid. Return beans to the pan; add 10 cups water. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Drain, reserving 1/2 cup liquid.

Line the bottom of a 4-qt. baking dish with bacon. In a bowl, combine the beans, onion, salt and mustard. Spoon over bacon. Pour syrup over the top. Cover and bake at 350 degrees F for 3 hours, gently stirring occasionally and adding reserved bean liquid if needed.

Arrange sliced apples over the top. In a small mixing bowl, cream butter and brown sugar; spread over apples. Cover and bake 1 hour longer or until beans are tender.

Ranch Bean Dip

Ingredients

1 (16 ounce) can refried beans
2 cups shredded Cheddar cheese
1 (1 ounce) package ranch
dressing mix
1 cup sour cream

Directions

In a small saucepan, combine beans, cheese, ranch dressing mix, and sour cream. Heat the mixture over a medium heat, stir until the ingredients are well blended and warm.

Tex-Mex Turkey Soup

Ingredients

- 1 tablespoon olive oil
- 1/2 cup minced onion
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 4 cups water
- 1 (10.75 ounce) can condensed tomato soup
- 1 (28 ounce) can diced tomatoes
- 1 cup salsa
- 4 cups shredded cooked turkey
- 1 tablespoon dried parsley
- 3 chicken bouillon cubes
- 1 (14 ounce) can black beans, rinsed, drained
- 2 cups frozen corn
- 1/2 cup sour cream
- 1/4 cup chopped fresh cilantro

Toppings:

- 6 cups corn tortilla chips
- 3/4 cup chopped green onion
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- 1/2 cup chopped fresh cilantro
- 1/2 cup sour cream

Directions

Heat olive oil in a large saucepan over medium heat. Add minced onions and cook until onions begin to soften, about 4 minutes. Add garlic, chili powder, cumin and oregano and cook, stirring, for 1 minute.

Stir in water, tomato soup, diced tomatoes, salsa, shredded turkey, parsley and bouillon cubes. Bring to a boil, then reduce heat, and simmer 5 minutes or until bouillon cubes dissolve. Add black beans, corn, sour cream and cilantro. Simmer for 20 to 30 minutes.

Serve soup with crushed tortilla chips, chopped green onion, shredded cheese and additional cilantro and sour cream.

Sausage and Bean Ragout

Ingredients

2 tablespoons olive oil
1 pound ground beef
1 pound hot Italian pork sausage, casing removed
1 large onion, chopped
4 cloves garlic, minced
3 1/2 cups SwansonB® Chicken Broth (regular, Natural GoodnessB „ÿ or Certified Organic)
1/4 cup chopped fresh basil leaves
2 (14.5 ounce) cans diced tomatoes seasoned with garlic, oregano and basil
1 (16 ounce) can white kidney beans (cannellini), rinsed and drained
1/2 cup uncooked elbow pasta
1 (6 ounce) package fresh baby spinach leaves, washed
1/3 cup grated Romano cheese

Directions

Heat oil in saucepot over medium-high heat. Add beef, sausage and onion and cook until meats are browned, stirring to separate meat. Add garlic and cook 30 seconds.

Add broth, basil, tomatoes and beans. Heat to a boil. Cover and cook over low heat 10 minutes, stirring occasionally. Add pasta and cook until pasta is done.

Add spinach and cook just until spinach is wilted, stirring occasionally. Remove from heat and stir in cheese. Serve with additional cheese.

Mediterranean Chickpea Salad I

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1/2 cup oil-packed sun-dried tomatoes, drained and cut into strips
1 cup crumbled feta cheese
1 red onion, chopped
2 cloves garlic, minced
1 tablespoon chopped fresh cilantro
2 tablespoons olive oil
2 tablespoons lemon juice
salt to taste

Directions

In a bowl, mix the garbanzo beans, sun-dried tomatoes, feta cheese, onion, garlic, and cilantro. In a separate bowl, whisk together the olive oil, lemon juice, and salt, and pour over the salad. Refrigerate at least 3 hours before serving.

Camp Chili

Ingredients

3 pounds ground beef
3 onions, chopped
10 cloves garlic, minced
3 (15 ounce) cans pork and beans
3 (15 ounce) cans kidney beans
1 (14.5 ounce) can stewed tomatoes
3 tablespoons chili powder
1 (12 fluid ounce) can or bottle beer
salt and pepper to taste
3 cups uncooked rice

Directions

In a large pot over medium high heat, saute the ground beef for 5 minutes. Add the onions and garlic and saute for 5 to 10 more minutes.

Add the pork and beans, kidney beans, tomatoes, chili powder, beer and season with salt and pepper to taste. Stir thoroughly and reduce heat to medium low.

Cover and simmer for 1 to 1 1/2 hours, stirring occasionally.

Cook the rice according to package directions. Serve the chili over the rice.

Andalusian Gazpacho

Ingredients

1 cucumber, peeled and diced
1 green bell pepper, diced
5 green onions, chopped
2 cloves garlic, minced
3 tomatoes, diced
2 stalks celery, diced
2 1/2 cups navy beans, rinsed and drained
2 tablespoons olive oil
6 tablespoons red wine vinegar
1 (46 fluid ounce) can tomato juice
1 teaspoon ground cumin
1 tablespoon minced fresh parsley
1 tablespoon minced fresh basil
1/2 tablespoon minced fresh oregano
1/4 teaspoon salt

Directions

In a 4-quart serving bowl or soup tureen, combine cucumber, bell pepper, green onion, garlic, tomatoes, celery, navy beans, olive oil, vinegar and tomato juice. Season with cumin, parsley, basil, oregano and salt. Adjust spices and seasonings to taste. Chill in refrigerator at least 4 hours before serving cold.

Scalloped Pork Chop Combo

Ingredients

6 (1/2-inch thick) bone-in pork chops
2 tablespoons vegetable oil
1 teaspoon salt
2 cups water
1 (10 ounce) package frozen French-style green beans
1 cup thinly sliced carrots
1 (5.5 ounce) package scalloped potato mix
1 (10.75 ounce) can condensed cream of celery soup, undiluted
2/3 cup milk
2 tablespoons butter or margarine
1/2 teaspoon Worcestershire sauce

Directions

In a large skillet, brown pork chops in oil; sprinkle with salt. In a large saucepan, bring the water to a boil; add beans, carrots, potatoes with contents of sauce packet, soup, milk, butter and Worcestershire sauce. Bring to a boil.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish; top with pork chops.

Cover and bake at 350 degrees F for 25 minutes. Uncover; bake 5 minutes longer or until pork and vegetables are tender. Let stand for 10 minutes before serving.

Double Chili Cheese Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1 (15 ounce) can chili without beans
4 green onions, thinly sliced
1/4 cup diced green chiles, drained
1 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie plate.

Spread cream cheese into the prepared pie plate. Top the cream cheese with chili, onions, chilies, and cheese.

Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes.

Ruth Cullen's Green Bean Bake

Ingredients

4 thick slices bacon
1/2 cup chopped onion
4 (14.5 ounce) cans green beans,
drained
1 tablespoon brown sugar
1 teaspoon dry mustard
3/4 cup chili sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon from skillet, leaving grease. Crumble and set aside.

Stir onion into bacon grease, and cook over medium heat until tender; drain.

In a medium baking dish, mix bacon, onion, green beans, brown sugar, dry mustard and chili sauce.

Bake 30 minutes in the preheated oven, until heated through.

Aunt Kate's Green Beans in Tomatoes

Ingredients

2 cloves garlic, chopped
2 tablespoons vegetable oil
1 (14.25 ounce) can diced tomatoes with basil and oregano
1 (8 ounce) can tomato sauce
1 pound fresh green beans, trimmed and snapped
salt and pepper to taste

Directions

In a large saucepan, saute garlic in oil over medium-low heat until garlic is slightly browned. Stir in diced tomatoes and tomato sauce, cover, and cook for 30 to 45 minutes.

Stir green beans into tomatoes, and cook until tender. Season with salt and pepper to taste.

Pork and Bean Salad II

Ingredients

6 eggs
4 (15 ounce) cans baked beans
with pork, drained
1 cup sweet pickle relish
1 small onion, diced (optional)
5 radishes, diced
1 (16 ounce) jar creamy salad
dressing (e.g. Miracle Whip)

Directions

Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and slice.

In a large bowl, stir together the baked beans, relish, onion, and radishes. Stir in the salad dressing, and gently mix in the sliced hard-cooked eggs until everything is evenly blended. The amount of dressing may be adjusted to suit your taste. Cover, and chill for 1 hour before serving.

Bean Casserole

Ingredients

2 tablespoons olive oil
1 large onion, sliced
1 medium carrot, sliced
2 cloves garlic, finely chopped
1 teaspoon white sugar
1 red bell pepper, seeded and chopped
6 fresh mushrooms, sliced
1 tablespoon all-purpose flour
1/2 cup water
1 tablespoon tomato paste
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1 (14.5 ounce) can red kidney beans, drained
1/2 teaspoon salt
ground black pepper to taste
1/2 (1 pound) loaf French bread, cut into 1/2 inch thick slices
1 tablespoon olive oil
1/4 cup grated Parmesan cheese

Directions

Preheat the oven to 450 degrees F (230 degrees C).

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, garlic and carrot; cook and stir until onion is tender and transparent. Stir in the sugar, red pepper and mushrooms and continue to cook until onion is browned.

Sprinkle the flour over the vegetables and stir to blend. Cook for 1 minute then mix in the water and tomato paste. Season with basil and thyme. Mix in the beans and season with salt and pepper. Transfer to a greased casserole dish.

Pour the remaining oil into a shallow dish. Dip one side of each slice of bread in the oil, then arrange on top of the casserole with the oiled side up. Sprinkle Parmesan cheese over the top.

Bake for 10 to 15 minutes in the preheated oven, until the bread and cheese are toasted.

Easy Pasta Fagioli

Ingredients

- 1 tablespoon olive oil
- 1 carrot, diced
- 1 stalk celery, diced
- 1 thin slice onion, diced
- 1/2 teaspoon chopped garlic
- 4 (8 ounce) cans tomato sauce
- 1 (14 ounce) can chicken broth
- freshly ground black pepper to taste
- 1 tablespoon dried parsley
- 1/2 tablespoon dried basil leaves
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 1/2 cups ditalini pasta

Directions

Heat olive oil in a saucepan over medium heat. Saute carrot, celery and onion until soft. Add garlic and saute briefly. Stir in tomato sauce, chicken broth, pepper, parsley and basil; simmer for 20 minutes.

Bring a large pot of lightly salted water to a boil. Add ditalini pasta and cook for 8 minutes or until al dente; drain.

Add beans to the sauce mixture and simmer for a few minutes. When pasta is done, stir into sauce and bean mixture.

Green Bean Salad

Ingredients

1 (15 ounce) can green beans, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can whole kernel corn, drained
1 (4 ounce) jar pimentos
1 onion, chopped
4 stalks celery, chopped
1 green bell pepper, chopped
1/2 cup vegetable oil
1 cup distilled white vinegar
1 cup white sugar
1 teaspoon salt
2 tablespoons water

Directions

Combine vegetables in a large bowl.

In a small bowl, mix together oil, vinegar, sugar, salt, and water. Pour over vegetables, and stir to coat. Refrigerate, covered, for 4 hours or overnight.

Afghan Tomato Soup (Aush Goshti)

Ingredients

1 tablespoon butter
1 onion, chopped
3 cloves garlic, minced
1/2 pound ground beef
1 (6 ounce) can tomato paste
1 (32 ounce) can tomato juice
5 cups water
1 (15 ounce) can garbanzo beans,
drained and coarsely chopped
1 (16 ounce) package uncooked
fettuccine
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1 teaspoon dry mustard
1 tablespoon chopped fresh dill
1 tablespoon chopped fresh
cilantro, or to taste
1 teaspoon chili paste, or to taste
2 teaspoons fresh lemon juice, or
to taste

Directions

Melt butter in a large pot over medium heat. Cook onions in butter until they begin to soften, about 10 minutes; stir in garlic and cook for one minute. Add ground beef and cook until beef loses its pink color, 10 to 15 minutes, stirring occasionally to break up lumps. Stir in the tomato paste, tomato juice, water, and garbanzo beans. Season with salt, pepper, dry mustard, dill, cilantro, chili paste, and lemon juice. Bring to a boil, then reduce heat to low. Simmer uncovered 30 minutes.

Increase heat and bring mixture to a low boil; add fettuccine, reduce heat to medium-low and cook until fettuccine is tender, about 10 minutes. Adjust seasonings adding more chile paste, salt, or lemon juice as desired. If soup seems too thick, thin with a little water.

Healthy Garden Salad

Ingredients

5 tablespoons red wine vinegar
3 tablespoons grapeseed oil
1/3 cup chopped fresh cilantro
2 limes, juiced
1 teaspoon white sugar
3/4 teaspoon salt
2 cloves garlic, minced
1 (1 pound) package frozen
shelled edamame (green
soybeans)
3 cups frozen corn kernels
1 pint cherry tomatoes, quartered
4 green onions, thinly sliced
1 (15 ounce) can black beans,
rinsed and drained

Directions

In a large serving bowl, whisk together the red wine vinegar, grapeseed oil, cilantro, lime juice, sugar, salt and garlic. Set aside.

Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes, green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Fruity Chili

Ingredients

2 (14 ounce) cans tomato sauce
2 (15 ounce) cans kidney beans,
rinsed and drained
2 tablespoons chili powder
1 tablespoon white sugar
1 pinch cayenne pepper (optional)
1 pound ground beef
2 tablespoons chili powder
1 tablespoon white sugar
1 pinch cayenne pepper (optional)
1 teaspoon cooking oil
1/2 red onion, chopped
1 banana pepper, chopped
1 apple - peeled, cored, and
chopped
1 peach - peeled, pitted, and
chopped

Directions

Combine the tomato sauce, kidney beans, 2 tablespoons chili powder, 1 tablespoon sugar, and cayenne pepper in a large sauce pan; bring to a simmer over low heat.

Place a large skillet over medium-high heat; place the ground beef in the skillet; season with 2 tablespoons chili powder, 1 tablespoon sugar, and the cayenne pepper; cook until brown; add to the sauce mixture.

Heat the oil in a small skillet over medium-high heat; cook the onion in the oil until slightly browned; add to the sauce mixture, along with the apple, peach, and banana pepper. Allow to simmer another 1 to 2 minutes until hot.

Black Bean Chili

Ingredients

2 cups chopped sweet onions
2 tablespoons canola oil
1/2 pound fresh mushrooms,
sliced
1 large green pepper, chopped
1 large sweet yellow pepper,
chopped
1 large sweet red pepper,
chopped
3 garlic cloves, minced
2 (15 ounce) cans black beans,
rinsed and drained
2 (14.5 ounce) cans diced
tomatoes, undrained
1 (15 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 tablespoons brown sugar
2 teaspoons chili powder
2 teaspoons ground cumin
1 dash hot pepper sauce

Directions

In a Dutch oven or soup kettle, saute onions in oil for 5 minutes. Add mushrooms, peppers and garlic; saute for 5-6 minutes or until vegetables are tender. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until heated through.

Tuscan-Style Pasta with Cannellini

Ingredients

1 pound ziti or penne pasta
1/4 cup extra-virgin olive oil
5 large garlic cloves, finely chopped
1/4 pound curly escarole, sliced
1 (16 ounce) can cannellini beans, drained and rinsed
1 (14.5 ounce) can diced tomatoes with juice, undrained
2/3 cup dry white wine or canned vegetable broth
Salt and freshly ground pepper, to taste
1/4 cup fresh basil leaves, thinly sliced

Directions

Cook pasta according to the package directions.

Heat oil in a large skillet over medium-high heat. Add garlic and cook until slightly browned (less than a minute). Add escarole; stirring occasionally until wilted, about 2 minutes. Add beans, tomatoes with their juice and wine. Simmer 5 minutes, stirring occasionally. Season to taste with salt and pepper; stir in basil and heat through. Drain pasta and toss with the sauce.

Fry Bread Tacos I

Ingredients

- 1 pound ground beef
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 (15 ounce) can kidney beans, drained
- 1 tablespoon shredded sharp Cheddar cheese
- 1 (12 ounce) package frozen dinner rolls, thawed
- 3 cups vegetable oil

Directions

In a large skillet over medium-high heat, brown the ground beef. Drain off the grease, and season with chili powder and garlic powder. Stir in kidney beans. Remove from heat, and set aside.

On a lightly floured surface, roll balls of dough out into circles about 6 to 8 inches across, and 1/4 inch thick. Flip the dough over so it is sticky-side up, and place meat mixture over half of the circle. Fold dough over, and pinch to seal. Trim if necessary to make a half-moon shape. Place filled tacos onto a lightly greased cookie sheet, and cover with a towel or greased plastic wrap.

Heat one inch of oil in a large heavy skillet to 365 degrees F (180 degrees C). Fry tacos for a few minutes on each side, or until golden. Remove to paper towels to absorb grease. Slit the top, and put cheese into the tacos while they are hot. Feel free to add any additional taco toppings too.

Slow Cooker Green Beans, Ham and Potatoes

Ingredients

2 pounds fresh green beans,
rinsed and trimmed
1 large onion, chopped
3 ham hocks
1 1/2 pounds new potatoes,
quartered
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon seasoning salt
1 tablespoon chicken bouillon
granules
ground black pepper to taste

Directions

Halve beans if they are large, place in a slow cooker with water to barely cover, and add onion and ham hocks. Cover, and cook on High until simmering. Reduce heat to Low, and cook for 2 to 3 hours, or until beans are crisp but not done.

Add potatoes, and cook for another 45 minutes. While potatoes are cooking, remove ham hocks from slow cooker, and remove meat from bones. Chop or shred meat, and return to slow cooker. Season with garlic powder, onion powder, seasoning salt, bouillon, and pepper. Cook until potatoes are done, then adjust seasoning to taste.

To serve, use a slotted spoon to put beans, potatoes, and ham into a serving dish with a little broth.

Absolutely Delicious Green Bean Casserole from

Ingredients

2 (12 ounce) packages frozen French cut green beans
8 ounces crimini mushrooms, quartered
3 tablespoons butter
1 small onion, halved and thinly sliced
1 tablespoon chopped fresh parsley
2 tablespoons all-purpose flour
1/2 teaspoon lemon zest
1/2 teaspoon salt
1 pinch ground black pepper
1/2 cup milk
1 cup sour cream
1/2 cup shredded Cheddar cheese
1 (2.8 ounce) can canned French fried onions

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place green beans into a saucepan and fill with about 1/2 inch of water. Bring to a boil and steam until beans are tender but still bright green, about 5 minutes. Drain and toss with the mushrooms. Set aside.

Melt the butter in a large skillet over medium heat. Add the onion and parsley; cook and stir until onion is tender. Whisk in flour until blended, then mix in the lemon zest, salt, and pepper. Gradually whisk in milk, stirring constantly, so that no lumps form and then stir in sour cream. Warm over medium heat until the sauce begins to bubble. Dump in the green beans and mushrooms, stirring to coat.

Remove from the heat and toss briefly with some of the Cheddar cheese and French fried onions, saving some of each to sprinkle over the top. Spoon into a 1 1/2 quart casserole dish and top with the reserved onions and cheese.

Bake in the preheated oven until the cheese melts, about 15 minutes.

Green Bean and Potato Salad

Ingredients

1 1/2 pounds red potatoes
3/4 pound fresh green beans,
trimmed and snapped
1/4 cup chopped fresh basil
1 small red onion, chopped
salt and pepper to taste

1/4 cup balsamic vinegar
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 dash Worcestershire sauce
1/2 cup extra virgin olive oil

Directions

Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.

In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

White Beans and Peppers

Ingredients

1 teaspoon olive oil
1/4 large onion, chopped
1 yellow gypsy (bull horn) sweet pepper, chopped
1 (15 ounce) can great Northern beans, drained
1 pinch dried oregano
ground cayenne pepper to taste
salt to taste
ground black pepper to taste

Directions

Heat the oil in a skillet over medium heat. Stir in onion and sweet pepper, and cook until tender. Mix in beans. Season with oregano, cayenne pepper, salt, and black pepper. Continue cooking, stirring occasionally, until beans are heated through.

Chickpea Soup II

Ingredients

1/8 cup olive oil
1 onion, chopped
1 clove garlic, minced
1 green bell pepper, chopped
5 button mushrooms, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried parsley
1/2 teaspoon dried basil
1 pinch crushed red pepper flakes
1 (15 ounce) can tomato sauce
1 (15 ounce) can garbanzo beans,
drained
4 cups water

Directions

In a large saucepan over medium heat, combine the olive oil, onion, garlic, bell pepper, mushrooms, oregano, parsley, basil and red pepper flakes. Saute for about 5 minutes, or until onions are tender. Add the tomato sauce, chickpeas and water. Reduce heat to low, cover and simmer for 30 minutes.

Cheesy Vegetable Chowder

Ingredients

7 cups water
9 cubes chicken bouillon,
crumbled
6 potatoes, cubed
2 cloves garlic, minced
1 large white onion, chopped
1 bunch celery, chopped
3 cups chopped carrots
2 (15 ounce) cans whole kernel
corn
2 (15 ounce) cans peas
2 cups chopped fresh green
beans
1/2 cup butter
1/2 cup all-purpose flour
3 cups milk
1 pound processed cheese,
cubed

Directions

In a large pot over medium heat, combine water, bouillon, potatoes and garlic. Bring to a boil, then stir in onion, celery and carrots. Reduce heat and simmer 15 minutes.

Stir in corn, peas and green beans and continue to cook on low heat.

Meanwhile, in a medium saucepan over medium heat, melt butter. Whisk in flour all at once to form a roux and let cook 10 seconds. Whisk in milk, a little at a time, and cook, stirring, until mixture is thick and bubbly. Stir in cheese until melted. Pour this mixture into the large soup pot, stir well and heat through.

Black Bean Pie

Ingredients

2 (15 ounce) cans black beans, drained
1 (4 ounce) can diced green chilies, drained
1 (14.5 ounce) can peeled and diced tomatoes, drained
1 onion, chopped
3 cloves garlic, crushed
2 (9 inch) unbaked pie crusts
1 (16 ounce) package Cheddar cheese
10 (6 inch) flour tortillas

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, mix the beans, green chiles, tomatoes, onion and garlic. Line 9 inch pie pan with one pie crust. Pour 1/4 of the bean mixture into crust and spread evenly. Sprinkle with some of the cheese and cover with a tortilla. Continue to layer mixture the with cheese and tortillas, then cover with second pie crust. Flute edges and make slits in top.

Bake in preheated oven for 45 minutes, or until crust is golden.

Herbed Vegetable Soup

Ingredients

3 cups finely shredded cabbage
1 (16 ounce) package frozen cut green beans
2 celery ribs, thinly sliced
2 medium carrots, thinly sliced
2 small zucchini, chopped
1 small onion, chopped
3 cups tomato juice
2 teaspoons chicken bouillon granules
1 teaspoon salt-free seasoning blend
1/2 teaspoon dried basil
1/4 teaspoon dried rosemary, crushed

Directions

In a large saucepan, combine the cabbage, beans, celery, carrots, zucchini, onion and tomato juice; bring to a boil. Reduce heat; cover and cook for 15 minutes or until vegetables are tender. Add the bouillon, seasoning blend, basil and rosemary; bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Junk Dip

Ingredients

1 pound ground beef
2 pounds processed American cheese, cubed
1/2 cup milk
1 (8 ounce) jar salsa
1 (2 ounce) can chopped black olives, drained
1 (16 ounce) can refried beans

Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Place processed American cheese and milk in a large, heavy saucepan over medium heat. Stirring frequently, cook until cheese is melted. One at a time, mix in ground beef, salsa, black olives and refried beans. Keep the mixture warm over low heat while serving.

Coconut Rice with Black Beans

Ingredients

1 tablespoon butter
1/2 shallot, minced
1 cup uncooked jasmine rice
3/4 cup coconut milk
1 cup water
1 pinch ground nutmeg
1 (15 ounce) can black beans,
rinsed and drained

Directions

Melt the butter in a small saucepan over medium heat. Stir in the shallot, and cook until the shallot has softened and turned translucent, about 3 minutes. Add the rice and stir until coated with the butter. Pour in the coconut milk and water; season with nutmeg. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the liquid has been absorbed and the rice is tender, about 18 minutes. Stir in the black beans, and cook a few minutes until hot.

Chili con Carne I

Ingredients

6 pounds dried pinto beans
3/8 cup salt
20 pounds lean ground beef
1 pound chopped onions
4 cloves garlic, minced
6 quarts canned peeled and diced tomatoes
2 quarts tomato paste
1 1/3 cups chili powder
3 tablespoons ground cumin
1 1/2 teaspoons ground black pepper

Directions

Wash and sort pinto beans. Bring 3 gallons of water to boil in a 6 gallon pot. Pour in beans, return to a boil and cook 2 minutes. Remove from heat and let stand 1 hour. Stir in salt and simmer until tender, 90 minutes. Drain and set aside.

Brown beef with onions and garlic over medium high heat in same pot or enormous skillet. Combine meat mixture, tomatoes, tomato paste, chili powder, cumin, pepper and cooked beans in 6 gallon pot; stir; cover and simmer 1 hour.

Baja Bean Salad

Ingredients

1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can garbanzo beans,
drained
1 cup chopped tomatoes
3/4 cup cucumber - peeled,
seeded, and chopped
2 tablespoons diced onion
1 (6 ounce) container guacamole
1/2 cup plain yogurt
1/4 teaspoon salt
1/4 cup milk
shredded lettuce
corn tortilla chips

Directions

In a large bowl, toss together the kidney beans, garbanzo beans, tomatoes, cucumber, and onion.

In a small bowl, mix the guacamole, yogurt, and salt. If dressing seems thick, stir in a little milk. Stir into the bean mixture, and chill. Serve topped with the shredded lettuce and corn chips.

South of the Border Salad

Ingredients

2 (15.25 ounce) cans whole kernel corn, drained
2 (15 ounce) cans black beans, rinsed and drained
1 (10 ounce) can diced tomatoes and green chilies, undrained
3/4 cup thinly sliced green onions
1/3 cup olive or vegetable oil
1/3 cup lime juice
1 tablespoon minced fresh cilantro
1 teaspoon salt
1 teaspoon ground cumin

Directions

In a large bowl, combine the corn, beans, tomatoes and onions. In a small bowl, combine the remaining ingredients; add to corn mixture and mix well. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

White Chicken Chili

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless
chicken breast, cut into cubes
1 tablespoon chili powder
1 (10.75 ounce) can Campbell's®
Condensed Cream of Chicken
Soup (Regular or 98% Fat Free)
2 cups water
1 pouch Campbell's® Dry Onion
Soup and Recipe Mix
2 (15 ounce) cans white kidney
beans (cannellini), rinsed and
drained
Shredded Cheddar cheese
Sliced green onion

Directions

Heat oil in saucepan. Add chicken and chili powder and cook until browned, stirring often.

Add chicken soup, water and soup mix. Heat to a boil. Cover and cook over low heat 10 minutes.

Add beans and heat through. Garnish with cheese and onions.

Southwestern Haystacks

Ingredients

1 pound ground beef
1 (16 ounce) can diced tomatoes
1 (15 ounce) can whole kernel corn
1 (15 ounce) can kidney beans, drained
1 teaspoon garlic powder
salt to taste
ground black pepper to taste
1 (16 ounce) package macaroni
1 (8 ounce) container sour cream
2 cups shredded Cheddar cheese

Directions

In a large skillet over medium-high heat, brown hamburger. Drain fat, add tomatoes, corn, and beans and heat through. Season with garlic powder, salt and pepper.

Cook elbow macaroni in a large pot of boiling water until tender. Remove from heat and drain.

Top macaroni with meat mixture, grated cheddar, and a dollop of sour cream.

Chicken Bread Salad

Ingredients

24 (3/4 inch thick) slices French bread
3 cups cooked, cubed chicken breast
4 medium tomatoes, cut into chunks
1 (15.5 ounce) can great northern beans, rinsed and drained
1 large cucumber, seeded and chopped
1/4 cup chopped fresh basil
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup balsamic vinaigrette
1/2 cup shredded Parmesan cheese

Directions

Place bread on a baking sheet. Broil 3-4 in. from the heat for 2-3 minutes or until golden brown, turning once. Cool on a wire rack. Cut bread into 1-in. pieces.

In a large bowl, combine the bread, chicken, tomatoes, beans, cucumber, basil, salt and pepper. Drizzle with vinaigrette and toss to coat. Refrigerate for 30 minutes. Sprinkle with Parmesan cheese and toss.

Cornucopia Chili

Ingredients

- 1 1/2 cups dry kidney beans
- 1 1/2 cups dried pinto beans
- 9 cups water
- 24 ounces textured vegetable protein
- 3 1/2 cups boiling water
- 1/4 cup vegetable oil
- 3 cups chopped onion
- 4 teaspoons ground cumin
- 1 teaspoon ground cayenne pepper
- 1/2 teaspoon dried oregano
- 2 teaspoons salt
- 4 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 tablespoon molasses
- 1 tablespoon honey
- 3 (10 ounce) cans chile sauce
- 1 (28 ounce) can tomato puree
- 3 (29 ounce) cans diced tomatoes

Directions

Place beans in a large saucepan, and cover with water. Soak overnight in the refrigerator. Drain, and return to pan. Add 9 cups water; cook for 1 1/2 hours, or until tender.

Meanwhile, mix textured vegetable protein and boiling water together in a large bowl. Set aside.

In a large saute pan, heat oil over medium heat. Add onions; cook and stir until soft and translucent.

In a large stock pot, combine beans, textured vegetable protein, onions, spices, salt, honey, molasses, chili sauce, tomato puree, and diced tomatoes. Stir to mix well. Simmer, stirring often for at least 1 hour.

Skillet Green Beans

Ingredients

1 medium onion, diced
1/4 cup stick margarine
2 (16 ounce) packages frozen cut green beans, thawed
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup sour cream
Paprika

Directions

In a skillet, saute onion in margarine until tender. Add beans, salt and pepper. Cook until heated through. Serve with sour cream; sprinkle with paprika if desired.

Fajitas Primavera

Ingredients

2 tablespoons extra-virgin olive oil (divided)
1 tablespoon Worcestershire sauce
2 cloves garlic, minced
2 teaspoons hot chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/4 teaspoon ground black pepper
1 lime, zested and juiced
1 cup canned corn kernels, drained
1 cup canned pink or red kidney beans, drained and rinsed
1 (4 ounce) can mushroom pieces and stems, drained
1 cup canned, whole green beans, drained
1 medium onion, halved and sliced
1 red bell pepper, stemmed, seeded and cut in strips
1 cup canned, diced tomatoes, preferably fire-roasted
1 (10.5 ounce) can asparagus cuts and tips, drained
2 tablespoons chopped cilantro (optional)
8 (8 inch) flour tortillas, preferably whole wheat, warmed by package directions
1 cup shredded Monterey Jack cheese
1/2 cup sour cream (optional)
1/2 cup prepared guacamole (optional)

Directions

Mix 1 tablespoon olive oil, Worcestershire sauce, garlic, chili powder, oregano, cumin, pepper, lime zest and lime juice in a medium mixing bowl. Add corn, kidney beans, mushrooms and green beans. Toss gently until all vegetables are coated. Set aside for 10 minutes.

Heat the remaining one tablespoon oil in a large, well seasoned skillet over high heat until smoking. Add onion and bell pepper and saute until browned and tender, about 5 minutes. Add marinated corn-bean mixture with the marinade and tomatoes; cook until steaming hot, about 4 minutes, stirring often. Gently fold in asparagus and cilantro, if used, and heat through, about 1 minute.

To assemble fajitas; spoon 3/4 cup vegetable filling into the center of each warm tortilla. Top with 2 tablespoons shredded cheese, fold in one side and roll up. Serve with sour cream and/or guacamole, if desired.

Tomato and Bean Soup

Ingredients

2 tablespoons butter
1 tablespoon vegetable oil
2 onions, chopped
1 cup water
1 (15 ounce) can baked beans
1 (16 ounce) can whole peeled tomatoes
1 dash hot pepper sauce
1 teaspoon ketchup
salt and pepper to taste

Directions

In a small skillet over medium heat, cook onions in butter and oil until tender.

Meanwhile, in a medium saucepan, bring water to a boil. Pour beans and tomatoes into water. Stir cooked onions into mixture and simmer 5 minutes. Puree with the pepper sauce and ketchup in a blender or food processor, or using an immersion blender. Return to heat, season with salt and pepper, and heat through.

Palmito ao Forno

Ingredients

1 tablespoon butter
2 teaspoons minced garlic
2 cups cream
1 3/4 cups grated Parmesan cheese
1 yellow onion, minced
1 tablespoon olive oil
1 cup sliced fresh mushrooms
1 (7 ounce) can hearts of palm, rinsed, drained, and cut into 1/2-inch pieces
1 (15.25 ounce) can Mexican-style corn, drained
1 cup arugula
1 (15 ounce) can green beans, drained
salt to taste
3/4 cup grated Parmesan cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Combine the butter and garlic in a saucepan over medium heat; heat together until the butter melts completely. Add the cream into the butter mixture and simmer 3 to 5 minutes, stirring constantly. Melt 1 3/4 cup Parmesan cheese into the cream mixture. Stir in the onion and remove from heat.

Heat the olive oil in a large skillet over medium heat; cook the mushrooms in the oil until they begin to brown. Stir in the hearts of palm, Mexican-style corn, arugula, and green beans; add to the cream mixture; season with salt; transfer to a large baking dish; top with 3/4 cup Parmesan cheese.

Bake on top rack in the preheated oven until the cheese has browned, 40 to 50 minutes.

Lubia Polo (Green Bean Rice)

Ingredients

- 1 pound ground beef
- 1 large onion, chopped
- 1 jalapeno pepper, finely chopped
- 2 tablespoons curry powder
- 5 cups chicken broth
- 1 cup tomato sauce
- 1 pound fresh green beans, cut into 1 inch pieces
- 3 cups uncooked basmati rice, rinsed and drained
- 3 tablespoons oil

Directions

In a large non-stick pot over high heat, brown the ground beef until no pink shows. Stir in onion and jalapeno, and cook until tender. Season with curry powder. Stir in chicken broth and tomato sauce. Bring to a boil, and stir in green beans. Cook for 15 minutes, or until beans are tender.

Stir in rice, and cover pot. Reduce heat to medium, and cook for 10 to 15 minutes, or until much of the liquid is absorbed. (Be careful not to overcook rice at this point or the dish will be mushy; the rice should be firm.) Remove entire contents to another container, and return pot to the stove.

Heat oil in the bottom of pot over medium heat (make sure it is a non-stick pot.) Dump rice mixture back into pot. Wrap a clean dish towel around the inside of the pot's lid (the ends of the dish towel will be folded over the edges on top of the lid,) and put the lid on the pot. Cook for 35 minutes, without uncovering or stirring. Remove lid and place a tray on top of the pot, then carefully flip it over. The rice will hold the shape of pot with a nice crust on top called 'tah digh.'

Mighty Matt's Kick-Butt Chili

Ingredients

2 tablespoons olive oil
1 large onion, finely chopped
3 cloves garlic, minced
2 pounds lean ground beef
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
2 1/2 cups water
1/3 cup chili powder
1 tablespoon ground cumin
2 teaspoons salt
1 teaspoon ground black pepper
2 teaspoons dried Mexican oregano
2 teaspoons cayenne pepper
1 tablespoon white sugar
3 (15 ounce) cans pinto beans, drained

Directions

Heat the olive oil in a large saucepan over high heat. Stir in the onion and garlic; cook and stir just until you start to smell the garlic, 2-3 minutes. Add the ground beef and cook, stirring frequently, until crumbly and no longer pink, about 5 minutes.

Remove from heat and stir in the tomato sauce, tomatoes, and water. Season with the chili powder, cumin, salt, black pepper, oregano, cayenne, and sugar. Place the mixture over medium heat and bring to a boil. Reduce heat to low, cover and simmer for about 1 hour.

Remove the cover and stir in the beans. Replace the cover and continue cooking until fully heated through, about 15 minutes.

Bob's Bean Salad

Ingredients

1 medium red bell pepper,
chopped
1/3 medium onion, chopped
1 (6 ounce) jar marinated artichoke
hearts, drained and chopped
1 (12 ounce) can kidney beans,
drained and rinsed
1 (12 ounce) can pinto beans,
drained and rinsed
1 (12 ounce) can garbanzo beans,
drained and rinsed
2 ounces crumbled feta cheese

Dressing

1/4 cup olive oil
1/8 cup white vinegar or white
wine vinegar
1/8 cup balsamic vinegar
1 teaspoon salt
1 teaspoon sugar

Directions

In a large bowl, toss red bell pepper, onion, and artichokes together with kidney, pinto, and garbanzo beans. Set aside.

In a separate bowl, whisk salt and sugar with white and balsamic vinegars until completely dissolved. Slowly whisk in olive oil. Adjust seasoning as desired.

Pour dressing over bean mixture, and toss to coat. Cover and refrigerate at least one hour before serving. Serve chilled.

Chili Cheese Dip III

Ingredients

2 (8 ounce) packages cream cheese, softened
1 (15 ounce) can chili without beans
16 ounces shredded Cheddar cheese
1 (13.5 ounce) package nacho-flavor tortilla chips

Directions

Spread cream cheese on the bottom of a microwave-safe dish. Spread a layer of chili over the cream cheese. Finish with a layer of shredded cheddar cheese. Microwave for 5 minutes or until the cheese melts. Serve with spicy nacho tortilla chips.

Pita Pizzas

Ingredients

1/2 pound lean ground beef
5 (6 inch) whole pita breads
1 (16 ounce) can fat-free refried beans
1 cup chunky salsa
1/2 cup shredded reduced-fat Mexican cheese blend
5 tablespoons fat free sour cream
2 green onions, sliced

Directions

In a nonstick skillet, cook beef over medium heat until no longer pink; drain. Place pitas on a baking sheet. Spread with refried beans; top with beef, salsa and cheese. Broil 4 in. from the heat for 3-5 minutes or until cheese is melted. Top with sour cream and onions.

Peanut Butter Chili

Ingredients

1 (14.5 ounce) can diced tomatoes
1/2 cup water
3 cloves garlic, minced
2 bay leaves
1/2 teaspoon cayenne pepper, or to taste
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon Italian seasoning

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1/3 cup creamy peanut butter
salt and pepper to taste
1 cup shredded Cheddar cheese (optional)
2 cups tortilla chips (optional)

Directions

Place the diced tomatoes, water, garlic, and bay leaves into a saucepan, and bring to a simmer over high heat. Reduce heat to medium-low, and season with the cayenne pepper, chili powder, garlic powder, and Italian seasoning. Cover, and simmer 15 minutes.

After 15 minutes, pour in the black beans and kidney beans; return to a simmer, and cook for 5 minutes. Stir in the peanut butter until dissolved, then remove and discard the bay leaves, and season the chili with salt and pepper to taste. Enjoy with a sprinkle of Cheddar cheese, tortilla chips and smile!

Stuffed Butternut Squash

Ingredients

1 butternut squash, halved and seeded
1/2 cup basmati rice
6 Brussels sprouts, trimmed and quartered lengthwise
1 medium carrot, peeled, sliced and julienned
1/3 (15.5 ounce) can garbanzo beans
1/4 cup soy milk
3 tablespoons tamari
1/2 teaspoon ground turmeric
2 cloves garlic, minced

Directions

Preheat oven to 400 degrees F (205 degrees C). Place squash in a baking dish with one inch of water, and cover with foil.

Bake squash in the preheated oven for 1 hour, or until flesh is fork-tender. Keep warm.

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.

Meanwhile, place Brussels sprouts, carrots, and garbanzo beans in a skillet over medium high heat. Stir together soy milk, tamari, turmeric, and garlic, and add to the skillet, tossing to coat. Cover, and simmer for 20 minutes, or until tender. Add a small amount of water or more soy-tamari mixture, as needed, to prevent drying out. Combine rice with vegetable mixture, and scoop into squash. Serve with additional tamari and season to taste. Enjoy!

Beef and Potato Nacho Casserole

Ingredients

2 pounds lean ground beef
3/4 cup chopped onion, divided
1 (1.25 ounce) package taco seasoning mix
3/4 cup water
1 (8 ounce) can tomato sauce
1 (4 ounce) can chopped green chilies, drained
1 (16 ounce) can red kidney beans, rinsed and drained
1 (24 ounce) package frozen O'Brien potatoes, thawed
1 (10.75 ounce) can nacho cheese soup, undiluted
1/2 cup milk
1/4 cup chopped green pepper
1/4 teaspoon sugar
1 teaspoon Worcestershire sauce
Paprika

Directions

Brown ground beef and 1/2 cup onion in skillet; drain excess fat. Stir in taco seasoning, water and tomato sauce. Bring to boil and simmer 1 minute. Spread meat mixture into a greased 9-in. x 13-in. baking pan. Top with green chilies, beans and potatoes. In mixing bowl, combine soup, milk, 1/4 cup onions, green pepper, sugar and Worcestershire sauce; pour over potatoes. Sprinkle with paprika. Cover with foil and bake at 350 degrees F for 1 hour. Remove foil and bake another 15 minutes, or until lightly browned. Allow to stand 10 minutes before cutting into squares.

Pasta Bean Soup

Ingredients

1/4 cup chopped onion
1 clove garlic, minced
1 tablespoon butter
1 teaspoon olive oil
3 cups chicken broth
1/4 cup uncooked ditalini or other small pasta
1/2 cup canned white kidney (cannellini) beans
1/2 cup canned diced tomatoes
1/2 cup torn fresh spinach
1/4 teaspoon salt
Shredded Parmesan cheese

Directions

In a saucepan, saute onion and garlic in butter and oil. Add broth; bring to a boil. Add pasta; reduce heat. Simmer, uncovered, for 10 minutes or until pasta is tender. Add the beans, tomatoes, spinach and salt. Cook 5 minutes longer or until heated through. Serve with Parmesan cheese.

Quick Brownbag Burritos

Ingredients

1 (15 ounce) can black beans
1 cup salsa
1 tablespoon ground cumin
1 tablespoon chili powder
8 (10 inch) flour tortillas
1 cup shredded Monterey Jack cheese

Directions

Rinse beans in cold water, drain well.

Combine beans, salsa, cumin and chili powder in large pan. Cook over medium-high heat for about ten minutes, mashing beans slightly with back of wooden spoon. Stir occasionally, adding a little water if mixture looks too dry.

Spoon bean mixture into tortillas. Top with cheese. Fold each tortilla into an envelope shape, ensuring both ends are tucked in. Eat warm or wrap in plastic to take for lunch.

Chili Con Queso Dip II

Ingredients

1 (2 pound) loaf processed cheese food
2 (15 ounce) cans chili without beans
1 pinch chili powder

Directions

In a medium saucepan over medium low heat, melt the processed cheese food. Stir in chili without beans and chili powder. Serve warm when thoroughly blended.

Easy Chourico Soup

Ingredients

5 ounces Portuguese chourico, diced
1 red onion, diced
1 (15 ounce) can garbanzo beans, with liquid
1 (14.5 ounce) can diced tomatoes
1 sweet potato, peeled and diced
4 cups vegetable broth
1 teaspoon dried thyme leaves
5 ounces baby spinach
salt and ground black pepper

Directions

Cook the chourico in a soup pot over medium-high heat until it releases some oil. Add the chopped onion; stir and cook until the onions are soft, about 5 minutes. Mix in the garbanzo beans, diced tomatoes, sweet potatoes, vegetable broth, and thyme. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the sweet potatoes are soft, about 10 minutes.

Stir the baby spinach into the soup and continue cooking for 5 minutes. Season with salt and pepper to taste.

Tomato Garbanzo Soup with Rice

Ingredients

2 (14.5 ounce) cans diced tomatoes with juice
1 cup water
1/2 cup uncooked long grain white rice
2 large carrots, thinly sliced
1 1/2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
1/2 teaspoon black pepper
1 (15 ounce) can garbanzo beans

Directions

Place the diced tomatoes with juice and water in a large pot, and bring to a boil. Mix in the rice and carrots, and season with cumin, chili powder, red pepper, salt, and black pepper. Reduce heat to low, cover, and simmer 25 minutes, or until rice and carrots are tender.

Mix the garbanzo beans into the pot, and continue cooking 5 minutes, until heated through.

Vegetarian White Bean 'Alfredo' with Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/4 cup butter
3 cloves garlic, minced
2 cups cooked navy beans, rinsed and drained
1 1/2 cups soy milk
1 cup asparagus, cut into 1/2-inch pieces
salt and black pepper to taste

Directions

Fill a large pot with lightly salted water, and bring to a boil over high heat. Cook pasta in boiling water, stirring occasionally, until the pasta has cooked through, about 11 minutes. Drain well.

Meanwhile, melt the butter in a large saucepan over medium heat. Stir in the garlic, and cook until golden brown, about 5 minutes. Add 2/3 cup of the beans and 1/2 cup of soy milk; mash with the back of a spoon or a potato masher to create a thick paste. Stir in the remaining soy milk to create a thick sauce. Mix in the remaining beans and asparagus; simmer until asparagus is tender. Season to taste with salt and pepper. Toss pasta with the sauce, and serve.

Salsa Verde Corn and Bean Salad

Ingredients

1 1/4 cups Pace® Salsa Verde
1 large red pepper, diced
1 cup whole kernel corn
1 (15 ounce) can black beans,
rinsed and drained
1 mango - peeled, seeded and
diced
2 tablespoons chopped fresh
cilantro leaves

Directions

Stir the salsa, pepper, corn, beans, mango and cilantro in a medium bowl. Serve immediately or cover and refrigerate until ready to serve.

Spicy Pumpkin Chili

Ingredients

1 pound ground beef
1/2 teaspoon crushed red pepper flakes, or to taste
1 teaspoon minced garlic
1/2 large onion, diced
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can Great Northern beans, drained and rinsed
1 (8 ounce) can tomato sauce
1 (4 ounce) can tomato sauce with garlic and onions
2 (14.5 ounce) cans petite diced tomatoes
1 (14.5 ounce) can fire roasted diced tomatoes
1 (15 ounce) can pumpkin puree
2 teaspoons pumpkin pie spice
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon salt, or to taste

Directions

Heat a large skillet over medium-high heat; cook and stir the beef in the skillet until crumbly and no longer pink, about 5 minutes. Stir in the red pepper flakes, garlic, and onion; continue cooking until the beef has browned and the onion has softened and turned translucent. Add the green and red bell pepper and cook 5 minutes more.

While the beef is cooking, combine the kidney beans, black beans, Great Northern beans, tomato sauce, tomato sauce with garlic and onions, petite diced tomatoes, fire roasted diced tomatoes, and pumpkin puree in a large slow cooker. Season with pumpkin pie spice, chili powder, cumin, and salt. Stir in the ground beef mixture.

Cook on Low until the chili is hot, 1 to 2 hours.

Gypsy Soup

Ingredients

4 tablespoons olive oil
2 cups chopped onion
1/2 cup chopped celery
2 cloves garlic, crushed
2 cups diced peeled sweet potatoes
2 teaspoons paprika
1 teaspoon ground turmeric
1 teaspoon dried basil
1 teaspoon salt
1 pinch ground cinnamon
1 pinch cayenne pepper
1 bay leaf
3 cups chicken stock
1 tablespoon tamari
1 cup chopped fresh tomato
1 1/2 cups cooked garbanzo beans
3/4 cup chopped green bell pepper

Directions

Heat olive oil in a stock pot over medium-high heat. Saute onion, garlic, celery and sweet potatoes for about 5 minutes, or until onion is soft. Season with paprika, turmeric, basil, salt, cinnamon, cayenne, and bay leaf. Stir to blend, then stir in chicken stock and tamari. Cover, and simmer over low heat for 15 minutes.

Add tomatoes, garbanzo beans and green pepper to the soup, and simmer for another 10 minutes, or until all of the vegetables are tender. Adjust salt and pepper to taste.

Bean Soup With Kale

Ingredients

1 tablespoon olive oil or canola oil
8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups chopped raw kale
4 cups low-fat, low-sodium chicken or vegetable broth
2 (15 ounce) cans white beans, such as cannellini or navy, undrained
4 plum tomatoes, chopped
2 teaspoons dried Italian herb seasoning
Salt and pepper to taste
1 cup chopped parsley

Directions

In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Pasta and Beans

Ingredients

1 1/2 tablespoons extra virgin
olive oil
1 onion, chopped
2 tomatoes, chopped
1 (15 ounce) can cannellini beans
2 cups penne pasta
salt to taste

Directions

In a medium size saucepan heat the olive oil. Saute onion until tender. Stir in tomatoes and entire can of beans. Let simmer for 10 minutes.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.

Mix pasta with bean mixture and salt as desired.

Sophie's Shepherds Pie

Ingredients

4 large baking potatoes, peeled and cubed
1 tablespoon butter
1/4 cup milk
2 pounds ground lamb
1 tablespoon Worcestershire sauce
1 cube beef bouillon
12 button mushrooms, sliced
1 onion, finely chopped
1 (16 ounce) can baked beans
1 (12 ounce) can canned diced tomatoes
3 tablespoons brown gravy mix (optional)
1 (15 ounce) can carrots, drained (optional)

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the potatoes into a saucepan and fill with enough water to cover. Bring to a boil, then cook over medium heat until tender enough to pierce with a fork, about 10 minutes. Drain and mash with butter and milk to your desired texture.

Meanwhile, crumble the ground lamb into a large skillet. Cook and stir until no longer pink. Season with Worcestershire sauce and beef bouillon. Add the mushrooms and onion; continue to cook and stir until tender. Transfer the contents of the skillet to a large casserole dish.

Mix the baked beans, diced tomatoes, gravy mix and carrots in with the lamb. Dollop big blobs of mashed potatoes over the top and carefully spread evenly to cover the entire top. Rake over it with a fork to create a crispy texture on top when it browns.

Bake for 10 minutes in the preheated oven, until the top is browned and crisp.

Slow-Cooked Vegetables

Ingredients

4 celery ribs, cut into 1-inch pieces
4 small carrots, cut into 1 inch pieces
2 medium tomatoes, cut into chunks
2 medium onions, thinly sliced
2 cups fresh green beans, cut into 1 inch pieces
1 medium green pepper, cut into 1-inch pieces
1/4 cup butter or margarine, melted
3 tablespoons quick-cooking tapioca
1 tablespoon sugar
2 teaspoons salt
1/8 teaspoon pepper

Directions

Place the vegetables in a slow cooker. Combine butter, tapioca, sugar, salt if desired and pepper; pour over vegetables and stir well. Cover and cook on low for 7-8 hours or until vegetables are tender. Serve with a slotted spoon.

Shortcut Refried Beans

Ingredients

3/4 cup dried pinto beans
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
2 1/2 cups warm water
1/2 cup salsa

Directions

Grind pinto beans until fine using a food grinder. Place in a saucepan, and whisk in salt, cumin, chili powder, and warm water. Bring to a boil over medium heat, and cook until thick, about 15 minutes.

When the mixture has thickened, stir and cook for 4 more minutes. Remove from heat and stir in salsa. Serve as a dip, or use as filling for burritos.

Turkey Picadillo II

Ingredients

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 1/2 teaspoons olive oil
- 1 large yellow onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- 2 bay leaves
- 1/2 cup white wine
- 1 (8 ounce) can tomato sauce
- 1/3 cup chopped green olives
- 1/3 cup raisins
- 1/2 cup canned black beans
- 1 tablespoon olive brine
- 1 tablespoon capers
- 2 teaspoons cayenne pepper, or to taste
- 2 teaspoons ground cumin

Directions

Heat 1 tablespoon olive oil in a large skillet over medium-high heat and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink. Remove the turkey and drain and discard any excess grease.

Heat 1 1/2 teaspoons olive oil in the skillet over medium heat. Add the onions, bell pepper, garlic, and bay leaves; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the cooked turkey, wine, tomato sauce, olives, raisins, black beans, olive brine, capers, cayenne, and cumin. Simmer about 15 minutes.

Texas Cowboy Chili Beans

Ingredients

8 pounds beef chuck roast
2 (10 ounce) cans diced tomatoes with green chile peppers
1 large yellow onion, diced
2 tablespoons garlic powder
2 tablespoons ground cumin
2 (1.25 ounce) packages chili seasoning mix
3 cups dried pinto beans

Directions

In a large stock pot over high heat, brown roast on all sides. Reduce heat to medium low and add the diced tomatoes with green chile peppers, yellow onion, garlic powder, ground cumin and chili seasoning mix. Cover and simmer until meat comes apart easily, about 3 to 4 hours.

Meanwhile, rinse the pinto beans and soak them in a bowl of warm water.

Remove cooked roast from the pot and set aside. Rinse the pinto beans and pour them into the pot. Pour in enough water to cover the beans and bring to a boil. Cover and simmer until the beans are very tender, about 1 1/2 hours, adding extra water as needed.

Shred roast with fork and discard the fat. Add the shredded meat to the cooked beans and pour in enough water to cover. Cover and simmer for 30 minutes

Southwestern Barley Salad

Ingredients

3 cups cooked medium pearl barley
1 (15 ounce) can black beans, rinsed and drained
1 1/2 cups frozen corn, thawed
1 1/2 cups diced, seeded tomato
1 cup frozen peas, thawed
1/4 cup minced fresh cilantro or parsley
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup water
3 tablespoons lemon juice
1 tablespoon finely chopped onion
1 tablespoon canola oil
2 garlic cloves, minced
8 lettuce leaves
1 ripe avocado, peeled and sliced
2 medium tomatoes, cut into wedges

Directions

In a bowl, combine the first eight ingredients. In a jar with a tight-fitting lid, combine the water, lemon juice, onion, oil and garlic; shake well. Pour over barley mixture and toss to coat. Serve on lettuce-lined plates. Garnish with avocado and tomatoes.

Ingredients

- 1/2 cup flaked coconut
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon split Bengal gram (chana dal)
- 2 green chile peppers, chopped
- 2 cups plain yogurt
- 1 cup water
- 1 pinch salt, to taste
- 1/2 cup cut fresh green beans
- 1/2 cup cubed potatoes
- 1/2 cup sliced plantain
- 1/2 cup diced carrot
- 2 tablespoons cooking oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 2 dried red chile peppers, broken into pieces
- 1/4 teaspoon caraway seeds
- 1 sprig fresh curry leaves

Directions

Place the coconut, coriander seeds, cumin seeds, and chana dal in a container and cover with a few inches of cool water; allow the mixture to soak for 2 hours. Drain. Using a mortar and pestle, grind the mixture with the green chile peppers into a paste. Stir the yogurt into the mixture.

Bring the water and salt to a boil in a pot. Add the green beans, potatoes, plantain, and carrot to the water and return to a boil; cook until tender. Reduce heat to low and stir the yogurt mixture into the vegetables; simmer the vegetables in the yogurt mixture for about 5 minutes, but do not allow to boil.

Heat the oil in a small skillet. Fry the cumin seeds, mustard seeds, red chile peppers, and caraway seeds in the hot oil until they splutter. Add the curry leaves to the mixture and fry together another 30 seconds. Stir the mixture into the vegetable mixture and serve.

Spicy Chili Seasoning Mix

Ingredients

4 tablespoons chili powder
2 1/2 teaspoons ground coriander
2 1/2 teaspoons ground cumin
1 1/2 teaspoons garlic powder
1 teaspoon dried oregano
1/2 teaspoon cayenne pepper
ADDITIONAL INGREDIENTS:
1 pound boneless round steak,
cut into 1-inch cubes
2 teaspoons vegetable oil
1 pound lean ground beef
1 medium onion, chopped
1 (28 ounce) can diced tomatoes,
undrained
2 (15 ounce) cans chili beans,
divided

Directions

Combine the first six ingredients. Store in an airtight container in a cool dry place.

Beef 'N' Bean Starter

Ingredients

2 1/2 pounds beef stew meat, cut into 1 inch cubes
2 (14.5 ounce) cans diced tomatoes with oil, garlic and onions, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 8-9 hours or until beef is tender. Cool. Transfer to two freezer bags or containers, 4 cups in each. May be frozen for up to 3 months.

Green Beans With Orange Olive Oil

Ingredients

3/4 pound fresh green beans,
trimmed and halved
4 1/2 teaspoons extra-virgin olive
oil
1 tablespoon orange zest strips
kosher salt to taste
1 teaspoon grated orange zest

Directions

Place green beans in a steamer basket over 1 inch of boiling water and cover. Cook until the beans are tender but still firm, 2 to 4 minutes. Drain, and keep warm.

Meanwhile, stir together olive oil and 1 tablespoon orange zest strips in a large skillet over medium-low heat. Cook and stir until the olive oil has been infused with the flavor of the orange zest, about 2 minutes. Discard zest strips.

Toss drained green beans with flavored olive oil and kosher salt over medium heat until the beans are hot and coated with oil. Place onto a serving dish and sprinkle with remaining 1 teaspoon grated orange zest to garnish.

Dad's Escarole and Bean Soup

Ingredients

3 tablespoons olive oil
1 onion, diced
6 cups water
6 cubes chicken bouillon
3 (15 ounce) cans cannellini beans, drained and rinsed
1 (16 ounce) can diced tomatoes
salt and pepper to taste
1 pound torn escarole
6 cloves garlic, minced

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion and cook until the onion has softened and turned translucent, about 5 minutes. Add the water, chicken bouillon, cannellini beans, and diced tomatoes. Season to taste with salt and pepper. Bring to a boil over high heat; reduce heat to medium-low and simmer 30 minutes.

Stir in the torn escarole, and continue simmering until the escarole is tender, about 30 minutes. Add the garlic and cook 5 to 10 minutes more before serving.

Classic Chulent

Ingredients

1/2 pound cubed beef brisket
6 potatoes, diced
1/4 cup dry kidney beans
1/2 cup barley
1 onion, chopped
2 cloves garlic, minced
2 tablespoons honey
1 tablespoon ketchup
1 tablespoon barbeque sauce
1 tablespoon soy sauce
1 tablespoon onion soup mix
1 tablespoon salt
1/4 teaspoon ground black pepper
1/2 teaspoon paprika

Directions

Combine the beef brisket, potatoes, kidney beans, barley, onion, garlic, honey, ketchup, barbeque sauce, soy sauce, onion soup mix, salt, pepper, and paprika in a 6-quart slow cooker. Cook on High for 1 hour. Then, turn to Low and continue cooking for another 7 hours.

Chicken Chili

Ingredients

3 cups chopped onion
1 1/2 cups chopped green pepper
4 garlic cloves, minced
2 tablespoons cooking oil
1 1/2 pounds boneless, skinless chicken breast halves, cut into 1/2-inch cubes
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons ground coriander
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
2 (14.5 ounce) cans diced tomatoes, with liquid
2 (10.5 ounce) cans condensed chicken broth
2 cups water
1 (6 ounce) can tomato paste
1 bay leaf
2 (15 ounce) cans garbanzo beans, rinsed and drained

Directions

In a 5-qt. Dutch oven, cook onion, green pepper and garlic in oil over medium-high heat for 10 minutes or until onion is tender. Add chicken; cook and stir constantly for 4 minutes or until browned. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 40 minutes. Add beans; cook, uncovered, for 20 minutes, stirring occasionally. Remove bay leaf.

Chili Joe's for Kids

Ingredients

2 tablespoons olive oil
1/2 onion, chopped
1/2 green bell pepper, chopped
1 1/2 pounds ground beef
1 tablespoon chili powder
1 (12 ounce) bottle tomato-based chili sauce
1 1/2 cups water
1 (15 ounce) can kidney beans

Directions

In a large skillet over medium heat, cook onion and bell pepper in olive oil until soft. Stir in beef and cook until brown. Sprinkle chili powder over mixture and pour in chili sauce. Fill empty bottle with water and shake to remove remaining sauce. Pour remaining sauce and water into pan. Stir in beans and simmer 15 minutes before serving.

Vegan Fajitas

Ingredients

1/4 cup olive oil
1/4 cup red wine vinegar
1 teaspoon dried oregano
1 teaspoon chili powder
garlic salt to taste
salt and pepper to taste
1 teaspoon white sugar

2 small zucchini, julienned
2 medium small yellow squash,
julienned
1 large onion, sliced
1 green bell pepper, cut into thin
strips
1 red bell pepper, cut into thin
strips
2 tablespoons olive oil
1 (8.75 ounce) can whole kernel
corn, drained
1 (15 ounce) can black beans,
drained

Directions

In a large bowl combine olive oil, vinegar, oregano, chili powder, garlic salt, salt, pepper and sugar. To the marinade add the zucchini, yellow squash, onion, green pepper and red pepper. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.

Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.

Tater Tot Casserole IV

Ingredients

1 pound lean ground beef
1 pound fresh, ground pork
sausage
1 small onion, chopped
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (14.5 ounce) can French-style
green beans, drained
1 (32 ounce) package tater tots,
thawed
salt to taste

Directions

Saute onion in a large skillet until soft; add beef and sausage and cook until browned. Drain set aside.

Preheat oven to 350 degrees F (175 degrees C).

Spread soup and beans in the bottom of a 9x13 inch baking dish. Slowly add meat mixture, then top with tater tots and season with salt to taste.

Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes, or until casserole is cooked through.

Ground Beef Shepherd's Pie

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 pound lean ground beef
1 teaspoon dried basil
1 clove garlic, minced
1 cup green beans
1 cup tomatoes, diced
2 potatoes, cooked and mashed
1 egg, beaten
1/2 cup water
1/4 cup shredded Cheddar
cheese (optional)

Directions

Preheat oven to 350 degree F (175 degree C). Coat a 2 quart casserole dish with cooking spray.

Heat oil in a large skillet over medium heat. Cook onion in oil for 5 minutes, stirring frequently. Stir in the ground beef and basil, and cook and stir for 5 more minutes. Mix in the garlic, green beans, and tomatoes, and simmer for 5 minutes. Transfer beef mixture to prepared dish.

In a mixing bowl, mix together the mashed potatoes, egg, and water. Spread evenly over meat mixture.

Bake in a preheated oven for 15 to 20 minutes, or until potatoes start to brown on top. Sprinkle with cheese, and continue cooking for 5 minutes.

Green Beans with Anchovies

Ingredients

1 (9 ounce) package frozen cut green beans
1 clove garlic, peeled and crushed
1/4 cup water
1 teaspoon fresh lemon juice
3 anchovy fillets, oil reserved
freshly ground black pepper to taste

Directions

Place the green beans in a medium saucepan, and mix in the garlic, water, and lemon juice. Cover, and bring to a boil. Cook, stirring occasionally, 8 to 10 minutes, until tender but crisp. Drain, and transfer to a medium bowl.

In a small bowl, mash the anchovy fillets and about 1 tablespoon reserved oil. Toss into the bowl with the green beans. Season with pepper. Serve immediately.

Caribbean-Style Chicken Salad

Ingredients

1/4 cup lime juice
1 tablespoon red wine vinegar
1 clove garlic, minced
2 tablespoons honey
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup olive oil
1 pound skinless, boneless chicken breast halves
1 ripe mango, peeled, pitted and diced
1 (15.5 ounce) can black beans, drained and rinsed
1 red bell pepper, seeded and cut into thin strips
1/2 jicama, sliced into matchsticks
1/2 head green leaf lettuce, rinsed and torn

Directions

Whisk together lime juice, red wine vinegar, garlic, honey, salt, and pepper until blended. Slowly whisk in olive oil until incorporated. Mix half of this dressing with the chicken breasts, cover, and refrigerate for 1 hour. Refrigerate the remaining dressing for later use.

Heat an outdoor grill for medium-high heat.

Grill chicken breasts until no longer pink, about 6 minutes per side. Set aside and allow to cool while proceeding with recipe. Toss together mango, black beans, bell pepper, and jicama in a large bowl with reserved dressing. Slice chicken into bite-sized pieces and toss with salad.

To serve, line a serving bowl with the green leaf lettuce and mound the chicken salad into the middle.

Habanero Hellfire Chili

Ingredients

1/2 pound bacon
1 pound ground round
1 pound ground pork
1 green bell pepper, diced
1 yellow onion, diced
6 jalapeno peppers, seeded and chopped
6 habanero peppers, seeded and chopped
8 Anaheim peppers, seeded and diced
2 cloves garlic, minced
1 1/2 tablespoons ground cumin
1 tablespoon crushed red pepper flakes
3 tablespoons chili powder
2 tablespoons beef bouillon granules
1 (28 ounce) can crushed tomatoes
2 (16 ounce) cans whole peeled tomatoes, drained
2 (16 ounce) cans chili beans, drained
1 (12 fluid ounce) can beer
3 ounces tomato paste
1 ounce chile paste
2 cups water

Directions

Place bacon in a large soup pot. Cook over medium high heat until evenly brown. Drain excess grease, leaving enough to coat bottom of pot. Remove bacon, drain on paper towels and chop.

Brown beef and pork in pot over medium high heat. When meat is browned, stir in the bell pepper, onion, jalapeno peppers, habanero peppers, Anaheim peppers, garlic, cumin, red pepper flakes, chili powder, bouillon, crushed tomatoes, whole tomatoes, beer, tomato paste, chile paste and water.

Reduce heat to low and simmer for 45 to 60 minutes, stirring occasionally. Add beans and bacon and continue simmering for another 30 minutes.

Kas' Chili

Ingredients

2 pounds ground beef
2 green bell peppers, chopped
2 onions, chopped
2 (15.25 ounce) cans kidney beans, rinsed and drained
1 (15 ounce) can black beans
1 (8 ounce) can tomato sauce
2 (14.5 ounce) cans diced tomatoes
1 tablespoon minced garlic
2 1/2 tablespoons chili powder
1 1/2 teaspoons paprika
1 tablespoon dried oregano
1 teaspoon dried rosemary
1 teaspoon ground coriander
1 teaspoon garlic powder
1 1/2 teaspoons salt
2 tablespoons ground cumin
1/4 cup chopped fresh cilantro
2 bay leaves

Directions

Place a large skillet over medium-high heat. Cook the ground beef in the hot skillet until completely browned, 7 to 10 minutes; drain.

Combine the drained beef in a slow cooker with the bell peppers, onions, kidney beans, black beans, tomato sauce, and diced tomatoes. Cook on High for 30 minutes. Stir the garlic, chili powder, paprika, oregano, rosemary, coriander, garlic powder, salt, cumin, cilantro, and bay leaves into the beef mixture. Reduce heat to Low and cook another 6 1/2 hours.

Crunchy Green Beans

Ingredients

4 cups fresh or frozen green beans, cut into 2 inch pieces
1 1/2 cups diced celery
1 1/3 cups sliced fresh mushrooms
3 tablespoons vegetable oil
1 tablespoon cornstarch
1 cup cold water
1 tablespoon soy sauce
1 teaspoon beef bouillon granules
1/2 cup slivered almonds

Directions

Place the beans in a large saucepan and cover with water. Bring to a boil; cook, uncovered, for 8-10 minutes or until crisp-tender.

Meanwhile, in a skillet, saute celery and mushrooms in oil until tender. Combine cornstarch, cold water and soy sauce until smooth; stir into celery mixture. Stir in bouillon. bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Drain beans and add to the celery mixture. Stir in almonds.

Italian Riboletta Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 tablespoons minced garlic
2 stalks celery, chopped
1 carrot, chopped
1 bay leaf
1/4 cup chopped parsley
4 cups chicken broth
1 cup water
2 (14.5 ounce) cans stewed tomatoes
1 teaspoon dried thyme
3 cups shredded cabbage
1 potato, peeled and diced
2 1/2 cups cooked white beans
6 slices French or Italian-style bread
1/2 cup grated Parmesan cheese

Directions

In a large saucepan, heat the olive oil over medium heat. Cook the onions, garlic, celery and carrot until the onion is soft.

Stir in bay leaf, parsley, chicken stock, water, tomatoes, thyme, cabbage, potato, and cooked beans. Bring to a simmer and cook for about 40 minutes, or until beans are tender. Season with salt and pepper to taste.

Preheat oven to 350 degrees F(175 degrees C). In a 4 quart casserole dish, place 1/3 of the mixture over the bottom. Layer 3 of the stale pieces of bread over the top. Place another 1/3 of the soup mixture over the bread followed by remaining 3 slices of bread. Top with remaining 1/3 of soup.

Sprinkle with Parmesan cheese and bake for 30-40 minutes, or until soup is bubbling and cheese is light golden.

Black Bean And Corn Salad I

Ingredients

1/2 cup balsamic vinaigrette salad dressing
1/4 teaspoon seasoned pepper
1/4 teaspoon dried cilantro
1/8 teaspoon ground cayenne pepper
1/4 teaspoon ground cumin
2 (15 ounce) cans black beans, rinsed and drained
2 (15 ounce) cans whole kernel corn, drained
1/2 cup chopped onion
1/2 cup chopped green onions
1/2 cup red bell pepper, chopped

Directions

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside.

In a large bowl, stir together beans, corn, onion, green onions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

Jamaican Oxtail with Broad Beans

Ingredients

- 1 pound beef oxtail, cut into pieces
- 1 large onion, chopped
- 1 green onion, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger root
- 1 scotch bonnet chile pepper, chopped
- 2 tablespoons soy sauce
- 1 sprig fresh thyme, chopped
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1 1/2 cups water
- 1 cup canned fava beans, drained
- 1 teaspoon whole allspice berries
- 1 tablespoon cornstarch
- 2 tablespoons water

Directions

Toss the oxtail with the onion, green onion, garlic, ginger, chile pepper, soy sauce, thyme, salt, and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Brown the oxtail in the skillet until browned all over, about 10 minutes. Place into a pressure cooker, and pour in 1 1/2 cup water. Cook at pressure for 25 minutes, then remove from heat, and remove the lid according to manufacturer's directions.

Add the fava beans and allspice berries, and bring to a simmer over medium-high heat. Dissolve the cornstarch in 2 tablespoons water, and stir into the simmering oxtail. Cook and stir a few minutes until the sauce has thickened, and the beans are tender.

Chicken Chow Mein

Ingredients

1/4 cup butter
1/2 cup chopped mushrooms
2 cups chopped celery
2 onions, chopped
1/4 teaspoon garlic powder
2 1/2 cups chicken broth
1 (15 ounce) can baby corn
1/2 cup green beans
2 teaspoons soy sauce
2 tablespoons cornstarch
1/3 cup cold water
3 cups cooked, cubed chicken
meat

Directions

In a wok or skillet, melt butter or margarine over medium heat. Add mushrooms, celery, onions and garlic powder; cook until the onions have wilted. Add chicken broth and baby corn. Continue cooking until celery is cooked but still crisp. Stir in the green beans or bean sprouts and soy sauce.

Mix cornstarch and water together in a small bowl. Slowly stir into vegetables. Sauce should start to thicken a little. Mix in chicken, and heat through.

Slow-Cooked Habanero Chili

Ingredients

3 tablespoons olive oil
1 pound lean ground turkey
1 cup red bell pepper, chopped
3 cloves garlic, minced
1 (16 ounce) can kidney beans, rinsed and drained
1 (16 ounce) can black beans, rinsed and drained
1 cup rinsed and drained canned black-eyed peas
1 (15 ounce) can low sodium tomato sauce
1 dried habanero pepper, chopped
1 cup frozen corn kernels
1 tablespoon packed brown sugar
1 teaspoon Worcestershire sauce
1 tablespoon dried basil
1 teaspoon dried sage
salt to taste

Directions

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the ground turkey and cook until no longer pink and evenly browned, about 10 minutes. Using a slotted spoon, place the cooked meat into a slow cooker, and drain any oil from the skillet.

Using the same skillet, heat the remaining 2 tablespoons of olive oil over medium-high heat. Stir in the red pepper and garlic; cook until tender, about 3 minutes. Stir into the slow cooker with the turkey.

Stir the kidney beans, black beans, black-eyed peas, tomato sauce, and habanero pepper into the slow cooker with the turkey and onion mixture. Set on High and cook for 3 hours, or on Low for 7 hours.

One hour before the time is up, stir in the corn, brown sugar, Worcestershire sauce, basil, and sage. Continue cooking the chili for the remaining hour. Season to taste with salt.

Meatiest Vegetarian Chili from your Slow Cooker

Ingredients

1/2 cup olive oil
4 onions, chopped
2 green bell peppers, seeded and chopped
2 red bell peppers, seeded and chopped
4 cloves garlic, minced
1 (14 ounce) package firm tofu, drained and cubed
4 (15.5 ounce) cans black beans, drained
2 (15 ounce) cans crushed tomatoes
2 teaspoons salt
1/2 teaspoon ground black pepper
2 teaspoons ground cumin
6 tablespoons chili powder
2 tablespoons dried oregano
2 tablespoons distilled white vinegar
1 tablespoon liquid hot pepper sauce, such as Tabasco, etc.

Directions

Heat the olive oil in a large skillet over medium-high heat. Add the onions; cook and stir until they start to become soft. Add the green peppers, red peppers, garlic and tofu; cook and stir until vegetables are lightly browned and tender, the whole process should take about 10 minutes.

Pour the black beans into the slow cooker and set to Low. Stir in the vegetables and tomatoes. Season with salt, pepper, cumin, chili powder, oregano, vinegar and hot pepper sauce. Stir gently and cover. Cook on LOW for 6 to 8 hours.

Confetti Bean Salad

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (10 ounce) package frozen corn,
thawed
1/2 cup minced fresh cilantro or
parsley
1/2 cup chopped sweet red
pepper
1/2 cup chopped green pepper
1/4 cup chopped onion
1 small jalapeno pepper, seeded
and finely chopped* (optional)
2 garlic cloves, minced
1/2 cup balsamic vinegar or red
wine vinegar
1/4 cup olive oil or canola oil
1 teaspoon chili powder
1/2 teaspoon sugar

Directions

In a large bowl, combine the first 10 ingredients. In a jar with a tight-fitting lid, combine the vinegar, oil, chili powder and sugar;. shake well. Pour over bean mixture; toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Beefy Cabbage Stew

Ingredients

1 pound extra-lean ground beef
1 (15 ounce) can pinto beans
1 (15 ounce) can kidney beans
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (14.5 ounce) can Italian-style
diced tomatoes
1 (15 ounce) can whole kernel
corn, drained
1 (11.5 ounce) can tomato juice
1 1/2 cups water
1 (16 ounce) package coleslaw
mix
1 teaspoon Greek-style seasoning

Directions

In a large pot over medium heat, cook beef until brown; drain.

Return meat to pot with pinto beans, kidney beans, diced tomatoes with green chiles, Italian-style diced tomatoes, tomato juice, water, coleslaw mix and Greek seasoning. Simmer over low heat 1 hour.

Grandma's Slow Cooker Vegetarian Chili

Ingredients

1 (19 ounce) can black bean soup
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans,
rinsed and drained
1 (16 ounce) can vegetarian baked
beans
1 (14.5 ounce) can chopped
tomatoes in puree
1 (15 ounce) can whole kernel
corn, drained
1 onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
2 cloves garlic, chopped
1 tablespoon chili powder, or to
taste
1 tablespoon dried parsley
1 tablespoon dried oregano
1 tablespoon dried basil

Directions

In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper and celery. Season with garlic, chili powder, parsley, oregano and basil. Cook for at least two hours on High.

Black Bean, Corn, and Tomato Salad with Feta

Ingredients

1 (14 ounce) can black beans, drained and rinsed
2 fresh tomatoes, chopped
1 large green bell pepper, chopped
1 cup fresh sweet white corn, cut from the cob
1 bunch green onions, sliced
1 jicama, peeled and minced
1 fresh jalapeno pepper, minced
1 (8 ounce) package crumbled feta cheese
B
1 clove garlic
1 pinch sea salt
1/4 cup fresh lime juice
1 teaspoon Dijon mustard
1/4 teaspoon fresh-ground black pepper
1 cup olive oil

Directions

Place the beans, tomato, bell pepper, corn, onion, jicama, jalapeno pepper, and feta cheese in a large salad bowl.

Mash the garlic and salt together with a mortar and pestle. Whisk together the mashed garlic, lime juice, mustard, and pepper in a small bowl. Add the oil in a slow, steady stream while whisking. Continue whisking until smooth. Drizzle the dressing over the salad and toss to coat. Chill overnight.

Picnic Baked Beans

Ingredients

3 cups dry navy beans
4 quarts cold water, divided
1 medium onion, chopped
1 cup ketchup
1 cup packed brown sugar
2 tablespoons molasses
1 tablespoon salt
2 teaspoons dry mustard
1/4 pound bacon - cooked and crumbled

Directions

Rinse beans; place in a Dutch oven with 2 qts. water. Bring to a boil; reduce heat and simmer for 3 minutes. Remove from heat and let stand for 1 hour. Drain and rinse. Return beans to Dutch oven with remaining water; bring to a boil. Reduce heat; simmer for 1 hour or until beans are tender. Drain, reserving cooking liquid. In the Dutch oven or 3-qt. baking dish, combine beans, 1 cup cooking liquid, onion, ketchup, brown sugar, molasses, salt, mustard and bacon; mix well. Cover and bake at 300 degrees F for 2 to 2-1/2 hours or until beans are as thick as desired. Stir occasionally and add more of the reserved cooking liquid if needed.

Green Beans with Herb Dressing

Ingredients

6 green onions, chopped
1 clove garlic, minced
1/3 cup olive oil
3 tablespoons lemon juice
1 teaspoon salt
1 teaspoon white sugar
1 teaspoon dry mustard
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon dried marjoram
1/4 teaspoon ground black pepper
2 pounds fresh green beans,
trimmed and snapped

Directions

In a medium bowl, mix green onions, garlic, olive oil, lemon juice, salt, white sugar, mustard, basil, oregano, marjoram and pepper.

Place green beans in a steaming basket. Steam in a medium saucepan over boiling water 5 minutes, or to desired tenderness.

Place green beans in a medium serving dish. Pour dressing mixture over the beans.

Sesame Green Bean Salad

Ingredients

1 pound fresh green beans,
trimmed
1 tablespoon reduced-sodium soy
sauce
2 teaspoons canola oil
1 teaspoon sugar
1 teaspoon cider vinegar
1 teaspoon sesame oil
1/4 teaspoon salt
2 teaspoons sesame seeds,
toasted

Directions

Place the beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and rinse in cold water; pat dry. Place in a serving bowl.

In a small bowl, whisk the soy sauce, canola oil, sugar, vinegar, sesame oil and salt. Pour over beans and toss to coat. Sprinkle with sesame seeds; toss again. Serve at room temperature.

Best-Ever Texas Caviar

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
2 (15 ounce) cans pinto beans, rinsed and drained
2 (15 ounce) cans white corn, rinsed and drained
1 (4 ounce) can chopped green chiles, undrained
1 jalapeno chile pepper, seeded and finely chopped (optional)
1 red bell pepper - cored, seeded and finely chopped
1 green bell pepper - cored, seeded and finely chopped
1 small red onion, finely chopped
1 bunch cilantro leaves, finely chopped
1/2 cup rice vinegar
1/2 cup olive oil
1/3 cup white sugar
1/2 teaspoon garlic powder

Directions

Mix the black beans, pinto beans, white corn, green chiles, jalapeno pepper, red and green bell peppers, red onion, and cilantro together in a large bowl.

To make the dressing, stir the rice vinegar, olive oil, sugar, and garlic powder together in a pan. Bring to a boil, then remove from heat, and cool. Pour dressing over bean mixture, and toss to mix evenly.

Pasta and Bean Casserole

Ingredients

1 (16 ounce) package seashell pasta
2 tablespoons olive oil
1 medium onion, peeled and diced
3 cloves garlic, minced
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 jalapeno pepper, minced (optional)
1 (14.5 ounce) can diced tomatoes with juice
1 (15 ounce) can garbanzo beans
1 teaspoon basil
1 teaspoon dried oregano
1 teaspoon ground paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
salt to taste
black pepper to taste
1/2 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Oil a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain.

Heat olive oil in a skillet over medium heat. Cook onion in oil until soft, then add garlic and red and green peppers. Stir in jalapeno, if desired. Continue cooking for 2 more minutes. Stir in tomatoes and garbanzo beans. Season with basil, oregano, paprika, cumin, coriander, and salt and pepper. Simmer with 5 minutes. Remove from heat, and stir in pasta. Transfer to prepared baking dish, and top with cheese.

Bake in preheated oven for 30 to 40 minutes, or until cheese is melted and bubbly.

Bean and Sausage Rigatoni

Ingredients

8 ounces uncooked rigatoni or penne pasta
1 (15 ounce) can great Northern beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes
1 (10 ounce) package frozen chopped spinach, thawed and drained
1/2 pound reduced-fat smoked turkey kielbasa, halved and sliced
5 tablespoons tomato paste
1/4 cup chicken broth
1 1/2 teaspoons Italian seasoning
1/4 cup shredded Parmesan cheese

Directions

Cook pasta according to package directions; drain. In a bowl, combine the pasta, beans, tomatoes,,, tomato paste, broth and seasoning. Transfer to a 2-qt. baking dish coated with nonstick cooking spray. Sprinkle with Parmesan cheese. Bake, uncovered, at 375 degrees F for 15-20 minutes or until heated through.

Vegetarian Spaghetti

Ingredients

- 1 (16 ounce) package spaghetti
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 3 tablespoons vegetable oil
- 1 (26 ounce) jar meatless spaghetti sauce
- 1 (16 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with garlic and onion, undrained
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1/4 cup grated Parmesan cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet, saute the onion, celery and garlic powder in oil until tender. Add the spaghetti sauce, beans, tomatoes, sugar, salt, oregano and bay leaf.

Bring to a boil; cover and simmer for 10 minutes. Discard bay leaf. Drain spaghetti; top with sauce and Parmesan cheese.

Peppy Pork N Beans

Ingredients

20 slices pepperoni, quartered
1 small onion, chopped
2 (16 ounce) cans pork and beans
1/2 cup barbecue sauce
1 teaspoon prepared mustard

Directions

In a saucepan, cook the pepperoni and onion until the onion is tender. Stir in the remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes, stirring occasionally.

Yuck-a-Muck

Ingredients

1 pound ground beef
1 onion, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1 (16 ounce) can diced tomatoes
1 (15 ounce) can ranch-style beans
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can sliced potatoes, drained
2 tablespoons Worcestershire sauce

Directions

Brown hamburger in a large frying pan. Stir in chopped onions, green peppers and garlic. Saute until soft. Stir in tomatoes, beans, corn and potatoes.

Season with Worcestershire sauce and serve.

This is just the basic recipe, and then with additions of seasonings you can have almost any style (Italian, Mexican, etc) meal you want! Our favorite is Cowboy style, with just a little Worcestershire sauce.

Chili Cheese Fries

Ingredients

1 (32 ounce) package frozen seasoned french fries
2 tablespoons cornstarch
2 tablespoons water
2 cups low-fat milk
1 tablespoon margarine
8 slices American cheese, cut into pieces
1 (15 ounce) can chili without beans (such as Hormel®)

Directions

Prepare french fries as directed on the package.

Stir cornstarch and water in a small cup until cornstarch dissolves; set aside. Bring milk and margarine to a boil in a saucepan, stirring constantly. Reduce the heat and whisk the cornstarch mixture into the milk mixture, bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth. Add the cheese to the milk mixture and stir until the cheese has melted and is well combined.

Prepare chili as directed on the can. Pour the cooked chili and the cheese sauce over the top of the cooked french fries.

Easy Vegetarian Red Beans Lasagna

Ingredients

1 tablespoon olive oil
1 small onion, chopped
1 clove garlic, minced
1 (15 ounce) can red beans, drained
1 (14.5 ounce) can diced tomatoes, drained
1/2 red bell pepper, chopped
1 teaspoon dried basil
1 teaspoon dried oregano
salt and pepper to taste
3 tablespoons butter
3 tablespoons all-purpose flour
1 1/2 cups cold milk
1/2 cup grated Parmesan cheese
4 no-boil lasagna noodles
4 ounces shredded Gruyere cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a skillet over medium heat, and cook the onion until tender. Mix in garlic, and cook until heated through. Mix in red beans, tomatoes, and red bell pepper. Season with basil, oregano, salt, and pepper. Continue cooking 10 minutes, stirring occasionally.

Melt the butter in a saucepan over medium heat, and gradually mix in flour until smooth. Slowly stir in the milk. Mix in Parmesan cheese, and continue to cook and stir until slightly thickened.

Spread 1/2 the red bean mixture in a 9x9 inch casserole dish, and top with 2 lasagna noodles. Layer with remaining bean mixture and remaining noodles. Cover with the sauce, and top with Gruyere cheese.

Bake 20 minutes in the preheated oven, or until lightly browned.

My Canadian Friend's Bean Soup

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
1 medium onion, chopped
1 pound turkey Italian sausages,
casings removed
3 (15.5 ounce) cans great
Northern beans, rinsed and
drained
2 (14.5 ounce) cans diced
tomatoes with basil, garlic and
oregano
1 (14 ounce) can chicken broth
3/4 teaspoon dried rosemary
ground black pepper to taste

Directions

Heat the oil in a pot over medium heat. Add garlic and onion; cook and stir for about 5 minutes. Add the sausage, breaking into small pieces. Cook and stir for another 5 minutes, or until browned.

Stir in the beans, tomatoes with their juice and chicken broth. Season with rosemary and black pepper. Bring to a simmer, and cook for at least 10 minutes. Serve right away, or let it simmer for a while, stirring occasionally, until you are ready to eat.

Bean Salad Medley

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.25 ounce) can whole kernel
corn, drained
1 (15 ounce) can lima beans,
rinsed and drained
1 (14.5 ounce) can cut green
beans, drained
1 (14.5 ounce) can wax beans,
drained
2 (4 ounce) jars whole
mushrooms, drained
1 medium green pepper, julienned
1 medium onion, chopped
3/4 cup vegetable oil
3/4 cup white vinegar
3/4 cup sugar
1 teaspoon pepper
3/4 teaspoon salt

Directions

In a large bowl, combine the first eight ingredients. In a small bowl, combine remaining ingredients; mix well.

Pour over vegetables and toss to coat. Cover and refrigerate until serving. Serve with a slotted spoon.

Mexican Meatloaf

Ingredients

2 pounds lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (16 ounce) can refried beans
4 (8 inch) flour tortillas
3/4 cup fresh salsa
1/2 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix thoroughly the ground beef and taco seasoning; set aside. In a medium saucepan, heat the refried beans over medium low heat until they are completely heated through.

Place the ground beef mixture on a large piece of foil. Press the mixture into an approximately 1 inch thick square shape. Spread the refried beans evenly over the top of the flattened beef. Layer the flour tortillas on top of the refried beans, trimming the edges to fit the square. Layer tortillas with salsa and Cheddar cheese, staying 1/2 to 1 inch away from edges of the square.

Gently roll the layered beef into a Swiss roll shape, pressing and compacting the loaf as you go. Pinch and seal the edges. Wrap in the foil and seal.

Bake in preheated oven 40 to 45 minutes, or until no longer pink in the center. Cut loaf in half to test for doneness, if necessary.

Grilled Vegetables in Balsamic Tomato Sauce with

Ingredients

- 1 tablespoon olive oil
- 1 red bell pepper
- 1 zucchini
- 1 small eggplant
- 1 large sweet onion
- 3/4 cup frozen broad beans
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons balsamic vinegar
- 1 cup couscous
- 1 cup vegetable stock

Directions

Remove the seeds from the pepper, and chop into strips about 1 to 2 inches long. Cut the eggplant crossways into rounds about 1/3 to 1/2 inch thick, and cut each one into 6 to 8 even chunks. Peel the onion, and chop into 8 portions. Trim the zucchini, and cut into thick slices.

Heat grill pan over a high heat with a generous splash of olive oil. When it is very hot, add all the vegetables to the pan. Press down occasionally to get grill lines across them. Turn occasionally to prevent burning. Cook for about 15 minutes, or until the vegetables are evenly browned and cooked through.

Stir broad beans into the vegetables. Add chopped tomatoes, and vinegar. Simmer for a few minutes while the couscous is prepared.

Place couscous into a medium bowl. Add boiling vegetable stock, and stir with a fork. Keep lifting the couscous occasionally to prevent it sticking. It only takes 2 to 3 minutes to become soft. Place couscous in a large bowl or serving platter, and serve the vegetables on top.

Ham and Bean Soup

Ingredients

1 (20 ounce) package 15 bean soup mix
5 quarts water, divided
1 pound cooked, cubed ham
2 fully cooked bratwurst, sliced
1 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup sliced carrots
2 garlic cloves, minced
2 tablespoons Worcestershire sauce
1 teaspoon dried basil
3/4 teaspoon salt
3/4 teaspoon pepper
1/2 teaspoon dried marjoram
1/2 teaspoon hot pepper sauce
2 (14.5 ounce) cans diced tomatoes, undrained
1 (4 ounce) can chopped green chilies

Directions

Rinse dry beans and place in a Dutch oven with 3 qts. of water. Bring to a boil; boil for 3-5 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans. Return to pan; add remaining water and the next 13 ingredients. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 to 3 hours or until beans are almost tender. Add tomatoes and chilies; bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Jacob's Coat Casserole

Ingredients

1 pound ground beef
1 onion, chopped
1 (15 ounce) can green beans, drained
1 (15 ounce) can carrots, drained
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can peas
1/2 pound processed cheese food, sliced
4 cups prepared instant mashed potatoes

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium high heat, saute the beef and onion for 5 to 10 minutes, or until meat is browned. Drain excess fat and place this mixture in the bottom of a lightly greased 9x13 inch baking dish.

Layer the green beans, carrots, corn and peas over the beef mixture. Place the cheese over the vegetables.

Prepare the potatoes according to package directions, but add some extra milk or water to make it a little runny. Cover the entire casserole with the potatoes.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until potatoes get slightly crusty and the sides of the dish are bubbly.

Black Bean Pasta

Ingredients

8 ounces uncooked spiral pasta
1 cup finely chopped green pepper
1 medium onion, chopped
2 garlic cloves, minced
1 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon crushed red pepper flakes
2 cups tomato sauce
1 (15 ounce) can black beans, rinsed and drained
1/2 cup shredded reduced-fat Cheddar cheese

Directions

Cook pasta according to package directions; drain. Meanwhile, in a large saucepan coated with nonstick cooking spray, combine the green pepper, onion, garlic, oregano, cumin and red pepper flakes. Cook over medium heat for 5 minutes or until tender. Add tomato sauce and black beans; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until heated through. Stir in pasta. Sprinkle with cheese.

Taco Dip II

Ingredients

1 pound ground beef
1 (16 ounce) can refried beans
1/2 cup hot taco sauce
1 tablespoon chili powder
1 teaspoon ground cumin
1 cup sour cream
1/4 cup chopped onion
1/4 cup chopped tomatoes
1/4 cup black olives, sliced
1/4 cup jalapeno pepper rings
1 1/2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, brown ground beef and drain. Add refried beans, spicy taco sauce, chili powder and cumin. Spread this mixture into a 9x13-inch baking dish. Spread sour cream over meat mixture. Layer onions, tomatoes, olives, and hot pepper cheese over the sour cream. Top with the cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

Vietnamese Beef Noodle Soup

Ingredients

4 ounces dried rice noodles
6 cups cold water
3 (10.5 ounce) cans condensed beef broth
1 teaspoon chopped fresh ginger root
1/2 teaspoon kosher salt
1 Thai chile, chopped
1/2 pound boneless top round steak, sliced very thin
1/4 pound fresh basil
4 tablespoons snipped fresh cilantro
1/4 pound mung bean sprouts
4 green onions, thinly sliced
4 wedges lime
hot pepper sauce (optional)
oyster sauce (optional)

Directions

Soak noodles in cold water for 30 minutes. Drain. Bring water to a boil in large pot. Add noodles, and boil 3 to 5 minutes - don't overcook. Drain, and rinse with cold water. Set aside.

Meanwhile, combine beef broth, ginger, salt, and Thai pepper in a saucepan. Bring to a boil, and simmer for 15 minutes.

Place equal portions of noodles into 4 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Garnish with lime wedges, basil leaves, cilantro, mung beans, and green onions, and serve with hot pepper sauce and oyster sauce.

Collard-Kielbasa Soup

Ingredients

1 quart water
2 (16 ounce) packages kielbasa
sausage, sliced into 1/2 inch
pieces
4 medium potatoes, peeled and
diced
2 pounds frozen, chopped collard
greens, thawed
3 (14.5 ounce) cans great
Northern beans
1/4 cup diced bacon
1 clove garlic, minced
1 small onion, diced
1 green bell pepper, diced
salt and pepper to taste

Directions

Place water and kielbasa into a soup pot, cover, and bring to a boil over high heat. Reduce heat to low, and simmer for 30 minutes. Stir in diced potatoes, and simmer 15 to 20 minutes more. Add greens and beans, simmer for 20 minutes longer.

While the greens and beans are cooking, place a saute pan over medium heat. Stir in the bacon, and cook to melt out some of the fat. Stir in the garlic, onions, and bell pepper; cook until the bacon is almost crisp. Drain off as much grease as you can, and add the mixture to the simmering soup, and cook an additional 15 to 20 minutes. Season to taste with salt and pepper.

Not Your Ordinary Chili

Ingredients

1 tablespoon chocolate syrup
1 (28 ounce) can crushed tomatoes
2 cups condensed French onion soup
1 (15 ounce) can kidney beans
2 (14 ounce) cans beef broth
2 teaspoons chili powder
2 tablespoons molasses
1/2 cup raisins
1 pound ground beef
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 (5.5 ounce) can tomato-vegetable juice cocktail
6 fluid ounces cola-flavored carbonated beverage

Directions

Combine chocolate syrup, tomatoes, French onion soup, kidney beans, beef broth, chili powder, molasses and raisins in a large stock pot and simmer.

Meanwhile brown the ground beef, in a medium saute pan, over medium-high heat. Once browned, drain grease and add salt and pepper.

Add browned beef, tomato juice and cola flavored carbonated beverage to soup mixture and simmer for an hour.

Jumpin' Chickpeas

Ingredients

1/2 tablespoon olive oil
1 (16 ounce) can garbanzo beans
(chickpeas), rinsed and drained
2 teaspoons lemon-pepper
seasoning
1 teaspoon Creole seasoning
black pepper to taste

Directions

Heat oil in a large skillet over medium-high heat. Pour beans into hot skillet. Stir in lemon-pepper, Creole seasoning, and a few grinds of black pepper. Cover, and cook, stirring often, until beans are golden brown and begin to 'jump' around the pan, about 5 minutes.

Ingredients

4 skinless, boneless chicken breasts
12 (6 inch) corn tortillas
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
1 onion, chopped
4 ounces chopped green chile peppers
1 (15 ounce) can chili with beans
8 ounces shredded Cheddar cheese
1/2 cup chicken broth

Directions

Place chicken in greased 9 x 13 inch baking dish. Cut tortillas into small strips, and lay them over the chicken.

Mix together the soups, broth, onion, green chilies, and chili with beans. Pour mixture over chicken and tortilla strips. Top with shredded cheese. Cover.

Bake at 350 degrees F (175 degrees C) for 15 minutes. Uncover, and bake 30 minutes more.

Bear's Bodacious Bean Bonanza

Ingredients

1 (16 ounce) package dry 16 bean soup mix
1 (3.25 ounce) package any flavor beef jerky, diced
1 pound thick sliced bacon
1 tablespoon butter
2 (10 ounce) packages frozen Fordhook lima beans, thawed
2 (15 ounce) cans garbanzo beans, drained
2 (15 ounce) cans kidney beans, rinsed and drained
1 (15 ounce) can green beans, drained
1 (15 ounce) can wax beans, drained
1 (15 ounce) can cream-style corn
1 pound cubed fully cooked ham
1 large onion, chopped
1 large red onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 1/2 cups diced carrots
1 1/2 cups diced celery
1/2 cup honey
1/4 cup molasses
1/4 cup brown sugar

Directions

Place the dry 16 bean mix into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Bring the soaked beans to a boil in a large pot with enough water to cover. Add the diced jerky and simmer for about 2 hours.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crispy, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Chop the cooled bacon into 1/2-inch pieces.

Melt the butter in a skillet over medium heat, cook and stir the thawed lima beans in the butter until the beans are evenly browned, about 10 minutes.

Stir the bacon, lima beans, garbanzo beans, kidney beans, green beans, wax beans, cream-style corn, ham, onions, bell peppers, carrots, celery, honey, molasses, and brown sugar into the pot with the cooked beans and jerky. Cook another 30 minutes or until the beans are tender.

Chili-Cumin Bean Salad

Ingredients

4 cups chopped tomatoes
1 (15 ounce) can yellow hominy,
drained
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can pinto beans,
rinsed and drained
1 1/2 cups chopped red onion
1 cup minced fresh cilantro or
parsley
1/4 cup lime juice
3 tablespoons olive or canola oil
2 1/2 teaspoons chili powder
2 1/2 teaspoons ground cumin
1 teaspoon pepper
1/2 teaspoon salt

Directions

In a large bowl, combine the tomatoes, hominy, beans, onion and cilantro. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat. Refrigerate for at least 2 hours before serving.

Heather's Cilantro, Black Bean, and Corn Salsa

Ingredients

1 (15 ounce) can yellow corn, drained
1 (15 ounce) can white corn, drained
2 (15 ounce) cans black beans, drained and rinsed
1 (14.5 ounce) can Italian-style diced tomatoes, drained
1 bunch finely chopped cilantro
5 green onions, finely sliced
1 small red onion, finely chopped
1 red bell pepper, seeded and chopped
1 tablespoon minced garlic
1/4 cup lime juice
1 avocado - peeled, pitted, and diced
2 tablespoons olive oil, or to taste

Directions

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in a large bowl. Gently mix in the lime juice and avocado. Drizzle with olive oil to serve.

Chicken Stew With Coconut Milk

Ingredients

1 pound skinless, boneless chicken breast, cut into bite-sized chunks
1 medium yellow onion, chopped or sliced
1 cup peeled potatoes, cut in 1-inch chunks
1 cup halved baby carrots
1 (9 ounce) package frozen baby lima beans
1/4 (12 ounce) can diced tomatoes
1 cup canned coconut milk
1 cup fat-free, reduced-sodium chicken broth
1 tablespoon cumin
1 tablespoon curry powder
Salt and pepper to taste
1/4 teaspoon hot sauce (such as Tabasco), or to taste
Parsley or cilantro for garnish

Directions

Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.

Moroccan Tagine

Ingredients

- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cut into chunks
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 small butternut squash, peeled and chopped
- 1 (15.5 ounce) can garbanzo beans, drained and rinsed
- 1 carrot, peeled and chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 (14 ounce) can vegetable broth
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 dash cayenne pepper

Directions

Heat the olive oil in a large skillet over medium heat, and cook the chicken, onion, and garlic about 15 minutes, until browned.

Mix the squash, garbanzo beans, carrot, tomatoes with juice, broth, sugar, and lemon juice into the skillet. Season with salt, coriander, and cayenne pepper. Bring the mixture to a boil, and continue cooking 30 minutes, until vegetables are tender.

Southern Style Beef Stew

Ingredients

1 tablespoon butter
1 1/2 pounds beef stew meat, cut into 1/2 inch pieces
1 (10 ounce) can diced tomatoes and green chiles
3 (14.5 ounce) cans stewed, diced tomatoes
1 (10 ounce) package frozen cut okra
1 (10 ounce) package frozen baby lima beans
1 (10 ounce) package frozen corn kernels
4 medium potatoes, peeled and diced

Directions

Melt butter in a Dutch oven over medium-high heat. Add beef, and quickly brown on all sides. Pour in the diced tomatoes with green chilies, and stewed tomatoes. Add the okra, lima beans and corn. Bring to a boil, and reduce heat to medium.

Simmer for about 1 hour. Add potatoes, and continue to simmer for another 30 minutes, or until meat is very tender.

Chorizo and Beans

Ingredients

1 (14 ounce) package chorizo sausage, crumbled
1 large green bell pepper, seeded and chopped
1 onion, chopped
2 (28 ounce) cans baked beans with pork
1 pound Cheddar cheese, shredded
1 (16 ounce) container sour cream
10 (12 inch) flour tortillas, warmed

Directions

Heat a large skillet over medium heat. Add the chorizo, bell pepper and onion; cook and stir until chorizo is browned and vegetables are tender. Drain excess grease. Pour in the baked beans, and simmer over low heat for 30 minutes.

Serve in tortillas with shredded cheese and sour cream.

Green Bean Blue Cheese Salad

Ingredients

1 pound fresh green beans, cut
into 2 inch pieces
1/4 cup blue cheese, crumbled
1/4 red onion, thinly sliced
1/2 cup olive oil
4 tablespoons balsamic vinegar
1/2 cup pecan pieces, toasted
salt and pepper to taste

Directions

Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Allow to cool.

In a medium bowl, combine beans, onion, blue cheese, and pecans. Stir in olive oil and balsamic vinegar. Season with salt and pepper. Chill for at least an hour before serving.

Leftover Roast Chicken Soup

Ingredients

1 leftover roast chicken frame - bones, giblets, etc
1 teaspoon whole black peppercorns
2 bay leaf
2 large carrots, chopped
1 large onion, diced
1 cup chopped fresh green beans
4 large potatoes, diced
salt and pepper to taste

Directions

In a large stock pot place chicken frame, bones, giblets etc. Add enough water to cover chicken frame and gently simmer for 90 minutes, covered.

Remove all bones and chicken frame, but leave any chicken pieces in the soup. Add peppercorns, bay leaves, carrots, onions, green beans and potatoes. Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.

Season to taste with salt and pepper and serve.

Easy Red Pepper Hummus

Ingredients

1 (16 ounce) can garbanzo beans, drained and rinsed
1 tablespoon olive oil
1 medium red bell pepper, cut into 1/2 inch pieces
1 tablespoon tahini
1 fresh lime, juiced
1 1/2 tablespoons water
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder

Directions

In a food processor or blender, mix the garbanzo beans, olive oil, red bell pepper, tahini, lime juice, water, salt, black pepper, and garlic powder. Blend until smooth.

Tuscan Pasta and Bean Soup

Ingredients

2 tablespoons olive oil
1 small onion, chopped
1 (28 ounce) can CONTADINAB®
Recipe Ready Diced Tomatoes
with Roasted Garlic
2 (14.5 ounce) cans chicken broth
1 (15 ounce) can kidney or pinto
beans, undrained
2 teaspoons dried basil, crushed
2 tablespoons chopped fresh
parsley*
1/4 teaspoon pepper
1/2 cup dried small pasta shells or
macaroni

Directions

Heat oil in large saucepan over medium-high heat. Add onion; cook 2 to 3 minutes or until tender. Stir in tomatoes, broth, beans, 1/3 cup water, basil, parsley and pepper. Bring to boil.

Add pasta; reduce heat to low. Cook, stirring occasionally, 12 to 15 minutes or until pasta is tender.

Apple-Bacon Green Beans

Ingredients

6 bacon strips, diced
1 small onion, diced
1 (16 ounce) package frozen cut green beans
1 large tart apple, chopped
3 tablespoons brown sugar
3 tablespoons cider vinegar
2 tablespoons dried parsley flakes
salt and pepper to taste

Directions

In a large skillet, cook bacon and onion over medium heat until bacon is crisp. Stir in the remaining ingredients. Reduce heat; cover and simmer until the apple and beans are tender.

Ten Minute Chipotle Spiced Beef and Bean Chili

Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 2 chipotle peppers in adobo sauce
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 2 (15 ounce) cans kidney beans, drained and rinsed
- 2 teaspoons kosher salt
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1 teaspoon chili powder
- 3 teaspoons hot pepper sauce
- 1/4 cup shredded Cheddar cheese

Directions

In a large saute pan, brown ground beef with onion, chipotle peppers and 3 tablespoons of the adobo sauce; drain well.

In a large stock pot, combine beef mixture, stewed tomatoes, kidney beans, Kosher salt, ground cumin, garlic powder and chili powder. At this point, adjust to taste with hot pepper sauce. Heat through and serve garnished with Cheddar cheese.

Sausage Red Beans 'n' Rice

Ingredients

1/4 cup chopped green pepper
2 tablespoons onion, chopped
1 garlic clove, minced
1 1/2 teaspoons butter or
margarine
1/4 pound fully cooked smoked
sausage, cut into 1/2-inch slices
1 (14.5 ounce) can diced
tomatoes, undrained
1 cup canned ranch-style or chili
beans
1/8 teaspoon dried oregano
1/8 teaspoon pepper
Hot cooked rice

Directions

In a skillet, saute green pepper, onion and garlic in butter until crisp-tender. Add sausage; cook and stir until browned. Add the tomatoes, beans, oregano and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until thickened. Serve over rice.

Cantina Pinto Beans

Ingredients

2 cups dry pinto beans
2 (14.5 ounce) cans reduced sodium chicken broth
2 celery ribs, diced
1/4 cup diced onion
1/4 cup diced green pepper
1 teaspoon ground cumin
1/2 teaspoon rubbed sage
1/4 teaspoon crushed red pepper flakes
2 bay leaves
1 garlic clove, minced
2 (14.5 ounce) cans Mexican diced tomatoes
1/2 teaspoon salt
minced fresh cilantro or parsley

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid. Return beans to the pan.

Stir in broth, celery, onion, green pepper, cumin, sage, pepper flakes, bay leaves and garlic. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour or until beans are very tender. Discard bay leaves. Stir in tomatoes and salt. Simmer, uncovered, for 30 minutes or until heated through. Sprinkle with cilantro.

Hawaij Vegetable Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 butternut squash - peeled, seeded, and cubed
1 potato, peeled and cubed
1 large tomato, diced
2 stalks celery, sliced
2 carrots, peeled and sliced
1 (15 ounce) can garbanzo beans
2 tablespoons hawaij
1 tablespoon vegetable bouillon powder
5 cups water
salt and pepper to taste

Directions

Heat the olive oil in a large stock pot over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the squash and potatoes to the onions and cook for 5 minutes, stirring constantly. Stir in the tomato, celery, carrots, and garbanzo beans with their liquid; cook for 5 minutes.

Pour in the water and bring the soup to a boil, stirring occasionally. Stir in the hawaij and vegetable bouillon powder. Reduce heat and simmer until the vegetables are tender about 15 minutes. Season to taste.

Russian Chili

Ingredients

2 pounds ground beef
1 tablespoon olive oil
2 onions, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
1 (12 fluid ounce) can or bottle flat beer
1 cup water
2 tablespoons chili powder
salt and pepper to taste
1/2 teaspoon dried parsley
1 teaspoon ground cumin
1 (6 ounce) can tomato paste
1 (15 ounce) can kidney beans
1 cup sour cream

Directions

In a large skillet over medium heat, cook beef until brown. Drain and let cool. Rinse with water. Drain.

In a large pot over medium heat, cook onion, bell pepper and celery in oil until just tender. Stir in ground beef, beer, water, chili powder, salt, pepper, parsley and cumin. Reduce heat, cover and simmer 30 minutes.

Stir in tomato paste and cook 10 minutes more.

Stir in kidney beans and heat through. Remove from heat and stir in sour cream.

Jim Kaczmarek's Chili

Ingredients

3 pounds beef chuck
2 1/2 cups chopped onions
5 cloves garlic, minced
2 (14.5 ounce) cans stewed tomatoes
1 (15 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer
5 tablespoons chili powder
1 tablespoon dried oregano
1 tablespoon paprika
2 tablespoons ground cumin
1 tablespoon brown sugar
4 tablespoons beef bouillon granules
2 bay leaves
1 tablespoon salt
1 teaspoon ground black pepper
2 (15 ounce) cans pinto beans, drained

Directions

Place meat in freezer until slightly frozen. Cut into 1/4 to 1/2 inch cubes.

In a large skillet over medium heat, brown meat until it turns gray. Stir in onions and garlic. Cook until onions are tender, about 5 to 10 minutes.

Cut up canned tomatoes, reserving juice; combine in a 6 quart cooking pot with tomato sauce, beer, chili powder, oregano, paprika, cumin, brown sugar, beef base, bay leaves, salt, and pepper. Bring to a slow boil over high heat. Add meat mixture, and reduce heat to low. Simmer, uncovered, for 2 to 3 hours.

Mix in pinto beans. Simmer for 1/2 hour longer. Taste, and adjust seasonings if desired.

Chicken and Corn Chili

Ingredients

4 skinless, boneless chicken breast halves
1 (16 ounce) jar salsa
2 teaspoons garlic powder
1 teaspoon ground cumin
1 teaspoon chili powder
salt to taste
ground black pepper to taste
1 (11 ounce) can Mexican-style corn
1 (15 ounce) can pinto beans

Directions

Place chicken and salsa in the slow cooker the night before you want to eat this chili. Season with garlic powder, cumin, chili powder, salt, and pepper. Cook 6 to 8 hours on Low setting.

About 3 to 4 hours before you want to eat, shred the chicken with 2 forks. Return the meat to the pot, and continue cooking.

Stir the corn and the pinto beans into the slow cooker. Simmer until ready to serve.

Minty Green Bean Salad

Ingredients

1/4 cup water
1 teaspoon white sugar
1 pound fresh green beans
4 cloves garlic, thinly sliced
2 slices onion, chopped
1 sprig fresh mint leaves

3 tablespoons olive oil
1 tablespoon cider vinegar
1/2 tablespoon minced garlic
1/4 teaspoon dried basil
1/4 teaspoon prepared mustard
salt and pepper to taste

Directions

In a medium saucepan, bring the water and sugar to a boil, and cook the green beans 10 minutes, or until tender but crisp; drain.

Transfer green beans to a medium bowl, and mix with garlic, onion, and mint.

In a small container with a lid, mix olive oil, cider vinegar, garlic, basil, mustard, salt, and pepper. Shake until well blended. Toss into the green bean mixture.

Easy Rum-Flavored Black Beans and Rice

Ingredients

2 cups uncooked white rice
4 cups water

1/4 cup olive oil
1/2 cup chopped carrot
1/2 cup chopped celery
4 cloves garlic, minced
2 large onion, chopped
1 (15 ounce) can black beans,
rinsed and drained
1 teaspoon salt
1/2 teaspoon ground black
pepper
1/4 cup chopped fresh parsley
1/4 cup dark rum
1 teaspoon chopped fresh parsley
for garnish

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the carrots, celery, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the black beans, salt, pepper, 1/4 cup of parsley, and dark rum. Continue cooking until heated through. Serve over a bed of rice and garnish with 1 teaspoon of parsley.

Southwestern Bean Soup

Ingredients

4 bacon strips
3/4 cup chopped onion
3/4 cup chopped celery
1/8 teaspoon garlic powder
1 (16 ounce) can refried beans
1/4 cup picante sauce or salsa
1 (14.5 ounce) can chicken broth
1 tablespoon chopped fresh
parsley
Hot pepper sauce
Shredded Cheddar cheese
Tortilla chips

Directions

In a medium saucepan, cook bacon until crisp; remove to paper towel to drain. Crumble and set aside. In the drippings, saute the onion and celery; sprinkle with the garlic powder. Cover and simmer for 10 minutes or until vegetables are tender. Add beans, picante sauce, broth, parsley and bacon; bring to a boil. Reduce heat and simmer, uncovered, for 5-10 minutes. Season to taste with hot pepper sauce if desired. Ladle into bowls and top with cheese. Serve with tortilla chips.

Chinese Green Bean Stir-Fry

Ingredients

1 cup vegetable oil
13 pounds fresh green beans,
trimmed
5 tablespoons minced garlic
5 tablespoons minced fresh ginger
root
2 tablespoons kosher salt
1 tablespoon coarsely ground
black pepper
2 (8 ounce) bottles black bean
sauce

Directions

In a large wok, heat oil over medium-high heat. Stir in green beans; cook, stirring frequently, for 1 to 2 minutes. Stir in garlic and ginger; cook, stirring frequently, for 3 to 4 minutes. Season with salt and pepper, and then stir in black bean sauce. Continue cooking until green beans are tender.

Cowboy Casserole

Ingredients

1/2 pound bacon
1 pound ground beef
1 small onion, chopped
2 (15 ounce) cans baked beans
with pork
1/3 cup barbeque sauce
1 (7.5 ounce) package refrigerated
biscuit dough

Directions

Cook bacon in a large skillet or Dutch oven over medium heat until evenly browned. Drain, and cut into bite size pieces. Set aside. Add hamburger and onion to the skillet, and cook until no longer pink, and the onion is tender. Drain.

Stir bacon, baked beans and barbeque sauce into the ground beef, and bring to a boil. Reduce heat to medium low, and place biscuits in a single layer over the top of the mixture. Cover, and simmer for about 10 minutes, or until the biscuits are done. Place two biscuits on each plate, and spoon beans over.

Santa Fe Soup

Ingredients

1 pound ground beef
1 pound processed cheese food
(eg. Velveeta), cubed
1 onion, chopped
1 (14.5 ounce) can peeled and
diced tomatoes
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (15.25 ounce) can whole kernel
corn
2 (15 ounce) cans ranch-style
beans

Directions

Brown ground beef and drain off fat.

In a large stock pot combine browned beef, diced onion, tomatoes with liquid, stewed tomatoes with chilies, corn with liquid, Ranch-style beans with liquid, and cubed processed cheese. Simmer on low heat until the cheese is melted and the onion is tender. Serve hot..

Rosemary Chicken Stew

Ingredients

2 pounds boneless skinless chicken breasts, cut into bite-size pieces
1 (10 ounce) package fresh mushrooms, sliced
3 medium onions, sliced
1 (16 ounce) can diced tomatoes with juice
1 pound carrots, sliced
4 celery ribs, sliced
1 pound dried great Northern beans, soaked overnight
6 cloves garlic, chopped
1 1/2 teaspoons dried rosemary
water
salt and pepper to taste
cornstarch

Directions

Into a large stock pot over medium heat, place chicken, mushrooms, and onions. Mix in tomatoes, carrots, and celery. Then stir in beans, garlic, rosemary, and enough water to not quite cover. Bring to a low simmer, and cook until chicken is soft, about 2 to 3 hours. Season with salt and pepper to taste. To thicken, stir in cornstarch, if necessary.

Cheesy Beef and Bean Bake

Ingredients

1 pound ground beef
salt and pepper to taste
1 (6 ounce) can tomato sauce
1 onion, chopped
1 tablespoon Worcestershire sauce
1 (15 ounce) can vegetarian baked beans
6 cups prepared instant mashed potatoes
6 ounces shredded Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over medium high heat, combine the ground beef and salt and pepper to taste. Saute for 10 minutes, or until well browned. Add the tomato sauce, onion and Worcestershire sauce. Reduce heat to low and simmer for 10 minutes.

Prepare potatoes according to package directions. Place beef mixture into a casserole dish. Layer the beans over the beef and smooth prepared potatoes over the beans.

Sprinkle the cheese over the potatoes and bake uncovered at 375 degrees F (190 degrees C) for 30 to 40 minutes.

Grandma's Easy Turkey Taco Salad

Ingredients

1 pound ground turkey
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can black beans, rinsed and drained
1 head iceberg lettuce, shredded
2 tomatoes, diced
1 (10 ounce) bag tortilla chips, coarsely crumbled
1 (8 fluid ounce) bottle thousand island dressing

Directions

Heat a large skillet over medium-high heat, and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink. Mix in taco seasoning mix as directed on package. Remove from heat.

Combine the turkey, black beans, lettuce, tomatoes, and tortilla chips in a large bowl. Toss with salad dressing. Serve immediately, or refrigerate for an hour before serving.

Crisp Pickled Green Beans

Ingredients

2 1/2 pounds fresh green beans
2 1/2 cups distilled white vinegar
2 cups water
1/4 cup salt
1 clove garlic, peeled
1 bunch fresh dill weed
3/4 teaspoon red pepper flakes
(optional)

Directions

Sterilize 6 (1/2 pint) jars with rings and lids and keep hot. Trim green beans to 1/4 inch shorter than your jars.

In a large saucepan, stir together the vinegar, water and salt. Add garlic and bring to a rolling boil over high heat. In each jar, place 1 sprig of dill and 1/8 teaspoon of red pepper flakes. Pack green beans into the jars so they are standing on their ends.

Ladle the boiling brine into the jars, filling to within 1/4 inch of the tops. Discard garlic. Seal jars with lids and rings. Place in a hot water bath so they are covered by 1 inch of water. Simmer but do not boil for 10 minutes to process. Cool to room temperature. Test jars for a good seal by pressing on the center of the lid. It should not move. Refrigerate any jars that do not seal properly. Let pickles ferment for 2 to 3 weeks before eating.

Three Bean Salad I

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.25 ounce) can red kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans, drained
1 red onion, chopped
1 green bell pepper, chopped
3/4 cup red wine vinegar
3/4 cup white sugar
3/4 cup vegetable oil
3/4 teaspoon ground dry mustard
1/2 teaspoon dried tarragon
1 1/2 teaspoons dried cilantro

Directions

In a large bowl, layer the beans, onion and green pepper. Set aside.

In a small saucepan, mix the vinegar, sugar, oil, mustard, tarragon and cilantro. Cook and stir over medium heat until sugar dissolves. Remove from heat and pour over bean mixture. Stir until all ingredients are coated. This is best if it is left to marinate for a few hours in the refrigerator, and stirred occasionally.

Tofu Masala

Ingredients

1 tablespoon canola oil
1 (14 ounce) package firm tofu, cubed
1 tablespoon canola oil
1 onion, chopped
1 clove garlic, minced (optional)
1 green bell pepper, chopped
1 (15 ounce) can garbanzo beans, drained
1 tomato, chopped
2 tablespoons garam masala
salt and pepper to taste
2 cups water

Directions

Heat 1 tablespoon of canola oil in a large skillet over medium-high heat. Add the cubed tofu, and cook until lightly browned on all sides, about 10 minutes; remove from the skillet and set aside. Reduce the heat to medium, and pour in the remaining canola oil. Stir in the onion, garlic, and green pepper. Cook and stir until the onion has softened and turned translucent, about 5 minutes.

Return the tofu to the skillet along with the garbanzo beans and tomato. Season with garam masala, salt, and pepper, and pour in the water. Bring to a simmer, and cook for 10 to 15 minutes until thickened to your desired consistency. Remove from the stove, and allow to rest for 5 minutes before serving.

Southwestern Spaghetti Squash

Ingredients

1 spaghetti squash, halved and seeded
1 tablespoon olive oil
1 (15 ounce) can black beans, rinsed and drained
2 tomatoes, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1 tablespoon olive oil
1 tablespoon red wine vinegar
1/4 cup chopped fresh cilantro
salt and pepper to taste

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place squash halves in a shallow baking pan with about 1 inch of water.

Bake squash in the preheated oven until soft, about 1 hour.

Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine. Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

Johnny Marzetti II

Ingredients

1 pound lean ground beef
1 pound ground pork
1/4 cup butter
1 onion, chopped
1 cup chopped green bell pepper
1 cup chopped celery
1 (28 ounce) can stewed tomatoes, with liquid
1 (15 ounce) can kidney beans
2 teaspoons salt
1 (16 ounce) package macaroni
1/2 cup grated Parmesan cheese

Directions

Cook pasta in a large pot of boiling water until done. Drain.

In a large skillet, saute onion, celery, and green pepper in butter or margarine until softened. Add ground beef and pork, and cook until meat is done. Drain well.

Combine with stewed tomatoes, beans, salt, and pasta. Spread into two 9 x 13 inch baking pans. Top each pan with 1 cup cheese.

Bake at 350 degrees F for 30 to 35 minutes.

Southwestern Bake

Ingredients

- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 teaspoons chili powder
- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (8.75 ounce) cans whole kernel corn, drained
- 1 (16 ounce) container sour cream
- 2 cups fresh salsa
- 5 cups crushed plain tortilla chips
- 3 cups shredded Cheddar cheese
- 1 large fresh tomato, finely chopped
- 3 green onions, chopped (optional)

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium skillet over medium heat, brown the ground beef with the garlic and onion; drain.

In a large mixing bowl, combine the meat mixture, chili powder, black beans, corn, sour cream and salsa. Stir until well blended.

Into a 9x13 inch baking dish, spoon enough of the beef mixture to cover the bottom. Arrange half of the crushed tortilla chips on top of the meat mixture and layer with 1 cup of Cheddar cheese. Spoon another layer of the meat mixture on top of the cheese layer, cover with remaining chips and layer with 1 cup of cheese. Spread final layer of meat mixture on top and sprinkle the remaining 1 cup of cheese on top. Top with diced tomato and green onions.

Bake in the preheated oven for 40 minutes. Let cool for 10 minutes before serving.

Queso-Style Bean Dip

Ingredients

1 (10.75 ounce) can Campbell's®
Condensed Cheddar Cheese
Soup
1 cup Pace® Thick & Chunky
Salsa
2 tablespoons chopped fresh
cilantro leaves or parsley
3 medium green onions, thinly
sliced
1 (15 ounce) can black beans,
rinsed and drained
Assorted Pepperidge Farm
crackers

Directions

Mix the soup, salsa, cilantro, green onions and beans in a 1 1/2-quart casserole. Bake at 350 degrees F for 20 minutes or until hot.

Serve with the crackers for dipping.

Gary's Turkey Burritos

Ingredients

1 pound ground turkey
2 (7 ounce) cans hot tomato sauce
1 (15.25 ounce) can whole kernel corn, drained
1/2 small onion, diced
1 (16 ounce) can fat-free refried beans
1 (16 ounce) container fat free sour cream
3/4 cup shredded reduced-fat Cheddar cheese
6 (10 inch) flour tortillas

Directions

In a large skillet over medium high heat, brown ground turkey. Stir in tomato sauce, corn and onion. Reduce heat to medium and let simmer, stirring occasionally, until liquids reduce (about 20 minutes).

In a separate medium skillet, heat beans over medium-low heat. Prepare sour cream and cheese for sprinkling into burritos. One by one, heat tortillas over stove burner for 1 to 2 minutes, flipping a few times. Top with beans, then meat mixture, then sour cream and cheese. Fold over and serve while still warm.

Ingredients

2 tablespoons butter
1 large onion, sliced
3 stalks celery, cut into bite-size pieces
1 cup frozen cut green beans
1/2 head cabbage, diced
1 pound ground sirloin
1 (4.5 ounce) package chicken noodle soup mix
2 cups water
2 tablespoons soy sauce

Directions

Melt butter in a large heavy skillet over medium heat. Saute onion until soft and translucent, but don't brown. Stir in celery, frozen beans, and cabbage. Add ground sirloin, and cook until the meat is evenly browned. Add soup mix, enough water to barely cover and soy sauce. Reduce heat, and simmer for 15 minutes.

Cheesy Enchilada Stack

Ingredients

1 pound ground beef
1 (17.5 ounce) jar Pace® Enchilada Sauce
Vegetable cooking spray
6 (10 inch) flour tortillas
2 cups shredded Cheddar cheese
1 (16 ounce) can Pace® Refried Beans
2 (4 ounce) cans green chiles, drained
Chopped green onion

Directions

Cook ground beef in skillet until browned. Pour off fat. Add 1/2 cup enchilada sauce. Spray baking sheet with cooking spray.

Place 1 tortilla on baking sheet. Top with 1/3 of beef mixture and 1/4 cup cheese. Top with 1 tortilla, 1/2 of refried beans, 1/2 cup enchilada sauce, 1 can chiles and 1/4 cup cheese. Repeat layers. Top with 1 tortilla, remaining beef mixture and 1/4 cup cheese. Top with remaining tortilla. Cover with foil.

Bake at 400 degrees F for 40 minutes or until hot. Uncover. Top with remaining enchilada sauce, cheese and onions. Bake 5 minutes. Cut into wedges.

Ham and Lima Bean Soup

Ingredients

1/2 pound dried baby lima beans
2 cups chopped onions
2 garlic cloves, minced
2 (14.5 ounce) cans reduced sodium chicken broth
1 1/2 cups cubed fully cooked lean ham
1 cup sliced fresh carrots
1/2 cup water
1 jalapeno pepper, seeded and chopped
2 tablespoons minced fresh parsley
1/2 teaspoon pepper

Directions

Place lima beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discard liquid.

In a Dutch oven coated with nonstick cooking spray, cook onions and garlic until tender. Stir in the broth, ham, carrots, water, jalapeno, parsley, pepper and lima beans. Bring to a boil. Reduce heat; cover and simmer for 50 minutes or until beans are tender.

Hamburger, Potato, and Kidney Bean Casserole

Ingredients

1 1/2 pounds ground beef
1 onion, finely chopped
2 1/2 pounds potatoes, peeled and diced
1 (15 ounce) can kidney beans, undrained
salt and pepper to taste
1 (10.75 ounce) can condensed tomato soup
4 slices bacon

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a skillet over medium heat, cook the ground beef and onion until the beef is evenly brown and the onion is tender. Remove from heat.

Layer 1/2 the potatoes in the bottom of the prepared baking dish, and cover with 1/2 the beef and onion mixture. Spread 1/2 the kidney beans and 1/2 their liquid over the beef and onion, and season with salt and pepper. Repeat the layers, and cover with the tomato soup. Top with the bacon.

Cover and bake 1 hour in the preheated oven. Remove cover and continue baking 1 hour, or until the bacon is crisp and the potatoes are tender.

Hummus IV

Ingredients

2 (15.5 ounce) cans garbanzo beans, drained
4 tablespoons lemon juice
6 cloves garlic, peeled and crushed
3 tablespoons tahini
1/4 teaspoon crushed red pepper

Directions

Place garbanzo beans in a food processor and blend into a spreadable paste. Mix in lemon juice, garlic, tahini and crushed red pepper. Blend until smooth, using more lemon juice if consistency is too thick.

Pasta with Greens N Beans

Ingredients

8 ounces uncooked spiral pasta
1/2 pound bulk Italian sausage
1 small onion, chopped
2 garlic cloves, minced
1 bunch escarole or spinach,
trimmed and coarsely chopped
1 (15 ounce) can white kidney or
cannellini beans, rinsed and
drained
1 cup chicken broth
1/3 cup grated Parmesan or
Romano cheese

Directions

Cook pasta according to package directions.

Meanwhile, in a large skillet, cook sausage, onion and garlic until sausage is no longer pink and onion is tender; drain. Stir in escarole, beans and broth. Cover and simmer for 6-8 minutes or until escarole is wilted and tender. Drain pasta; add to vegetable mixture. Sprinkle with cheese.

Chow Chow II

Ingredients

8 cups fresh green beans
1 large head cauliflower,
separated into florets
3 cups fresh lima beans, shelled
3 cups fresh corn kernels
4 cups chopped onions
5 green bell peppers, chopped
8 cups green tomatoes, chopped
3 quarts cider vinegar
4 cups white sugar
1/2 cup salt
2 tablespoons celery seed
2 tablespoons mustard seed
2 tablespoons ground mustard
1 tablespoon ground turmeric

Directions

Bring a large pot of water to a boil. Add green beans, cauliflower, lima beans, and corn. Cook for 5 to 8 minutes or just until tender; drain. Return vegetables to pot, and mix in onions, bell peppers, and green tomatoes.

Heat vinegar in a saucepan until boiling. Season with salt, celery seed, mustard seed, ground mustard, and ground turmeric. Pour over vegetables in pot, and bring to a boil. Simmer 20 to 25 minutes, stirring occasionally.

Pour into 12 sterilized pint jars, and seal.

Ranch Beans

Ingredients

- 1 pound dried pinto beans
- 1 quart water
- 1 (6 ounce) can tomato paste
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 tablespoon chili powder
- 2 teaspoons crushed red pepper flakes
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon dried marjoram

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain, discarding liquid. Return beans to pan; add 1 qt. water. Bring to boil. Reduce heat; cover and simmer for 1-1/4 to 1-1/2 hours or until beans are tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer 1-1/2 hours longer.

Vegetarian Kofta Kabobs

Ingredients

1 cup bulgur
2 cups vegetable broth or stock
1 (18.75 ounce) can adzuki beans
2 tablespoons olive oil
1 onion, finely chopped
3 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
2 tablespoons chopped fresh cilantro
2 teaspoons hot pepper sauce
1 egg, beaten
1 cup stale whole wheat bread cubes
1 cup skim milk
salt and freshly ground black pepper to taste
1 tablespoon olive oil
8 (12-inch) skewers

Directions

Combine the bulgur wheat and vegetable stock in a saucepan. Bring to a boil, then simmer for about 10 minutes, or until liquid has been absorbed. Set aside to cool.

Meanwhile, in a large bowl, combine the adzuki beans, 2 tablespoons of olive oil, onion, garlic, cumin, coriander, cilantro, hot sauce, and the egg. Mash with a potato masher or sturdy whisk until fairly smooth. Soak the bread in milk, then squeeze out the excess; add to the bean mixture along with the bulgur. Mix using your hands until everything is well blended. Cover, and refrigerate for 1 hour, or until firm.

Preheat the oven to 425 degrees F (220 degrees C).

Wet your hands, and form the kofta into 32 oval shapes. Press onto skewers four at a time. Brush with remaining olive oil. Place on a baking sheet or broiling pan.

Bake for 10 to 15 minutes in the preheated oven. Turn over, brush again with oil, and continue baking for 5 to 10 minutes, until crispy.

Rated G Mexican Coffee

Ingredients

6 cups water
1/4 cup brown sugar
1 (3 inch) cinnamon stick
1 whole clove
1/2 cup ground coffee beans
1/2 teaspoon vanilla
1/4 cup chocolate syrup
1 cup whipped cream

Directions

Bring the water, sugar, cinnamon, and clove to a boil in a large saucepan over high heat. Stir until the sugar has dissolved, then remove from the heat, stir in the coffee grounds, cover, and steep for 5 minutes. Stir in the vanilla and chocolate syrup, then strain through several layers of cheesecloth to remove the coffee grounds and spices. Serve with a dollop of whipped cream.

Garbanzo Bean Soup II

Ingredients

1 1/2 cups chicken broth, divided
1 (15.5 ounce) can garbanzo beans
2 tablespoons tahini
1 teaspoon Dijon mustard
1 teaspoon minced garlic
1/2 red bell pepper, diced

Directions

In a blender or food processor, blend 1/2 the chicken broth, garbanzo beans, tahini, mustard, garlic, and red bell pepper until smooth.

Transfer the blended mixture to a saucepan over medium heat. Mix in the remaining chicken broth, and cook until heated through.

Best Bean Salad

Ingredients

1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can wax beans, drained
1 (15.5 ounce) can garbanzo beans, drained
1 (14.5 ounce) can kidney beans, drained
1 (14.5 ounce) can black beans, drained
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup salad oil
1/2 cup vinegar
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup white sugar

Directions

Combine the green beans, wax beans, garbanzo beans, kidney beans, green pepper, onion, and celery in a large bowl; toss to mix.

Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved; pour over the bean mixture. Refrigerate 8 hours or overnight before serving.

Slammin' Beanwiches

Ingredients

8 slices bread
1 (15 ounce) can baked beans
with pork
1 (12 ounce) container fully
cooked luncheon meat (e.g.
Spam[®])
8 slices American cheese
3 tablespoons ketchup
3 tablespoons prepared yellow
mustard

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.

Place the bread onto a baking sheet. Spread the baked beans with pork onto each slice of bread, then cut the luncheon meat into 8 slices, and place a slice on each piece of bread. Cover with a slice of cheese, then add a dollop of ketchup and mustard to each. Broil in preheated oven until the edges of the bread have toasted and the cheese is melted and golden.

Barbecued Lima Beans

Ingredients

1 pound dried lima beans
6 cups water
1 1/2 cups chopped onions
1 teaspoon salt
1 cup ketchup
3/4 cup packed brown sugar
1/3 cup pancake syrup
1/4 teaspoon hot pepper sauce
4 bacon strips, cooked and crumbled

Directions

Place beans in a large saucepan; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding water. Return beans to the saucepan. Add 6 cups water, onions and salt; mix well. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 1-3/4 hours or until beans are tender.

Drain and discard liquid. Stir in the ketchup, brown sugar, syrup, hot pepper sauce and bacon. Transfer to an ungreased 2-qt. baking dish or bean pot. Cover and bake at 350 degrees F for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

Spicy Mexican Style Zucchini Casserole

Ingredients

- 2 tablespoons olive oil
- 3 pounds zucchini, cubed
- 1 cup chopped onion
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon cayenne pepper, or to taste
- 1 cup cooked long-grain rice
- 1 cup cooked pinto beans
- 2 1/2 cups salsa
- 1 1/2 cups shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium-high heat. Add zucchini and onions; cook and stir until tender, about 10 minutes. Season with garlic salt, paprika, oregano and cayenne pepper, and continue cooking and stirring until fragrant. Mix in the rice, beans and salsa and cook just until heated through. Mix in 1 cup of Cheddar cheese until well blended. Transfer to a 9x13 inch baking dish and top with remaining Cheddar cheese. Cover the dish with a lid or aluminum foil.

Bake for 20 minutes in the preheated oven, or until cheese is melted and bubbly.

Sweet-Sour Bean Salad

Ingredients

1 (15 ounce) can white kidney or
cannellini beans, rinsed and
drained
1/4 cup chopped green pepper
2 green onions, thinly sliced
3 tablespoons vegetable oil
2 tablespoons vinegar
1 teaspoon sugar
1/4 teaspoon salt
Dash pepper

Directions

In a bowl, combine beans, green peppers and onions. In a small bowl, combine oil, vinegar, sugar, salt and pepper. Pour over bean mixture and toss to coat. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Zucchini Mediterranean Style

Ingredients

2 cups water
1 cup long grain white rice
3 tablespoons olive oil
1 large onion, chopped
1 large red bell pepper, chopped
3 cloves garlic, crushed
1 (14.5 ounce) can whole peeled tomatoes, chopped
3 cups finely chopped zucchini
1/2 teaspoon dried oregano
salt and pepper to taste
1 (15 ounce) can cannellini beans, drained

Directions

Bring water to a boil in a medium saucepan, and stir in the rice. Reduce heat, cover, and simmer for 20 minutes.

Heat oil in a separate medium saucepan over medium heat. Stir in onion, red bell pepper, and garlic, and cook until tender. Mix in tomatoes and zucchini, and season with oregano, salt, and pepper. Reduce heat, cover, and simmer 20 minutes, stirring occasionally.

Stir cannellini beans into the tomato and zucchini mixture, and continue cooking about 10 minutes. Serve over the cooked rice.

Venison Italian Soup

Ingredients

1 pound ground venison
1 onion, chopped
1 (14.5 ounce) can stewed tomatoes
2 (8 ounce) cans tomato sauce
3 cups water
1 tablespoon minced garlic
2 teaspoons dried basil
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper
1 (15 ounce) can pinto beans
1 (15 ounce) can green beans
1 carrot, chopped
1 zucchini, chopped
1/2 (16 ounce) package fusilli (spiral) pasta

Directions

Brown venison, onion, and garlic over medium heat until meat is no longer pink. Add tomatoes, tomato sauce, water, and spices. Bring to a boil, and then simmer for about 30 minutes.

Stir in beans, carrots, and zucchini. Simmer soup for 90 minutes.

Add pasta, and cook until tender. Top individual servings with grated cheese, and serve.

Boyd's Pinto Beans

Ingredients

1 pound dry pinto beans
1/3 pound smoked pork neck bones
4 cups water
2 tablespoons shortening

Directions

Place the pinto beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Bring the neck bones to a boil with 4 cups of water in a large saucepan. Reduce heat to medium-high; simmer 20 to 30 minutes.

Pour the drained beans into the simmering water with the neck bones; add additional water to just cover the beans. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer 1 hour. Make sure that the water level continues to cover the beans as they cook; use more water as needed. After 1 hour, stir in the shortening; continue simmering until the beans are tender, about 30 minutes more.

Fava Bean Salad

Ingredients

1 (19 ounce) can fava beans,
drained
2 medium fresh tomatoes,
chopped
1 small onion, diced
1 cucumber, diced
2 cloves garlic, minced
1/4 cup chopped fresh parsley
1 lemon, juiced
3 tablespoons olive oil
1 teaspoon ground cumin
salt and black pepper to taste

Directions

Combine fava beans, tomatoes, onion, and cucumber in a salad bowl. Toss with garlic, parsley, lemon juice, and olive oil. Season with cumin, and salt and pepper to taste.

Creamy Green Beans Parmesan

Ingredients

1 pound fresh green beans,
trimmed and snapped
1 tablespoon butter
1/4 cup heavy cream
2 tablespoons grated Parmesan
cheese
ground nutmeg
salt, to taste
ground black pepper, to taste
2 tablespoons grated Parmesan
cheese

Directions

Bring a large pot of lightly-salted water to a boil; drop in the green beans and return to a boil. Cook uncovered until the beans are bright green and barely tender, about 6 minutes. Drain and set aside.

Melt the butter in a large skillet over medium-low heat; whisk the cream, 2 tablespoons of Parmesan cheese, and nutmeg into the melted butter. Bring the mixture to a simmer. Gently stir the beans into the mixture to coat; season with salt and pepper. Return to a simmer, transfer to a serving dish, and sprinkle with 2 tablespoons of Parmesan cheese to serve.

Southwest Chicken Salad I

Ingredients

1/4 cup lime juice
1/4 cup olive oil
1/4 teaspoon salt
1 clove garlic, minced
3 tablespoons chopped cilantro
1/2 teaspoon chili powder
1/2 teaspoon ground cumin

4 cups shredded romaine lettuce
4 cooked skinless, boneless
chicken breast halves, cut into
strips
1 (15 ounce) can black beans,
drained and rinsed
1/2 small red onion, sliced into
rings
1 large tomato, chopped
1/2 cup grated Parmesan cheese

6 ounces tortilla chips

Directions

In a covered jar, mix the lime juice, olive oil, salt, garlic, cilantro, chili powder, and cumin. Cover, and shake until well blended.

Place the lettuce in a large bowl. Toss with the chicken, black beans, onion, and tomato. Just before serving, toss with the dressing mixture and Parmesan cheese. Serve with tortilla chips, either crushed over the top of the salad, or on the side.

Red Beans and Pork Chops

Ingredients

1 pound dried red beans
1 onion, chopped
2 tablespoons minced garlic
1 (14.5 ounce) can diced tomatoes with green chile peppers
1 bay leaf
1 teaspoon dry crab boil
1/4 teaspoon celery salt
1/4 teaspoon crushed red pepper flakes
1 smoked ham hock
salt and pepper to taste
4 (4 ounce) boneless pork chops

Directions

Place the red beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Alternately, you could bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Place the soaked beans into a large pot, and cover with 1/2 inch of water. Stir in the onion, garlic, diced tomatoes, bay leaf, crab boil, celery salt, and red pepper flakes. Nestle the smoked ham hock deep into the beans. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beans are mostly tender, about 1 hour.

Uncover the beans, remove the ham hock, and stir well. Place the pork chops into the pot and cover with beans. Increase the heat to medium, and simmer until the pork chops are no longer pink in the center, the beans are completely tender, and the mixture has thickened a bit, about 20 minutes. While the pork chops are cooking, remove the meat from the ham hock and shred into bite sized pieces. Stir the ham hock meat into the beans and season with salt and pepper before serving.

Chamberlayne Chicken and Kale Stew

Ingredients

3 1/2 cups chicken broth
1/2 cup vegetable broth
3/4 cup water
1 1/2 cups shredded cooked chicken
2 (15 ounce) cans cannellini beans, drained and rinsed
5 small red potatoes, cubed
2 tablespoons ground black pepper
salt to taste
1 teaspoon oregano
1 teaspoon garlic powder
2 cups shredded kale

Directions

Combine the chicken broth, vegetable broth, water, chicken, cannellini beans, potatoes, pepper, salt, oregano, and garlic powder in a large pot; bring to a boil; reduce heat to medium-high and cook until the potatoes are fork-tender, about 15 minutes. Add the kale and cook another 5 minutes; serve.

Tarragon Green Beans

Ingredients

4 cups fresh or frozen cut green beans
1/2 cup water
1/2 teaspoon salt
1 large onion, chopped
1 celery rib, chopped
1/2 cup finely chopped green pepper
2 tablespoons margarine
3/4 teaspoon dried tarragon
1/2 teaspoon salt-free lemon-pepper seasoning
pepper to taste

Directions

In a large saucepan, combine the beans, water and salt; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until tender.

Meanwhile, in a small saucepan, saute the onion, celery and green pepper in margarine until tender. Stir in the tarragon, lemon-pepper and pepper.

Drain beans; add vegetable mixture and toss to coat.

Tuna Italiano

Ingredients

3 tablespoons olive oil
1 clove garlic, sliced
1 white onion, diced
1 cup water
2 (6 ounce) cans tuna in olive oil
1 (6 ounce) can pitted black olives, drained and chopped
1 (15 ounce) can garbanzo beans, drained and rinsed
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper
1 pound penne pasta
1/4 cup grated Romano cheese

Directions

In a large saucepan, heat olive oil over medium heat. Sauté garlic in oil until golden. Stir in onion and water and cook until onion is soft. Stir in the tuna with its oil, olives, beans, garlic salt and pepper. Cover, reduce heat to medium-low, and simmer while pasta is cooking.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss pasta with tuna mixture, top with Romano and serve.

Lamb L'Arabique

Ingredients

2 tablespoons olive oil, divided
2 pounds lamb shanks
1 large onion, quartered
4 cloves garlic, chopped
6 cups roma (plum) tomatoes, chopped
1 (15 ounce) can chickpeas (garbanzo beans), drained
1 cup cooked lentils
1 tablespoon ground cumin
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon crushed red pepper flakes
1 teaspoon finely chopped green chile peppers
1 dash hot pepper sauce

Directions

Heat 1 tablespoon oil in a large skillet over medium-high heat. Saute lamb shanks until lightly browned, then remove them from skillet and place in a deep casserole dish. Saute onion and garlic in skillet until tender, then stir in tomatoes, chickpeas and lentils. Season mixture with cumin, cinnamon, nutmeg, red pepper flakes, chile peppers and hot pepper sauce. Mix well and allow flavors to blend over medium heat, for about 3 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Remove browned shanks from casserole for a moment; transfer vegetable mixture from skillet to casserole dish, then replace shanks on top of vegetable mixture.

Cover dish and bake at 375 degrees F (190 degrees C) for 2 hours, or until lamb is cooked through and receding from the bone.

Soybean Milk

Ingredients

1 3/4 cups dried soybeans
2 quarts water
1 pandan leaf (optional)
1 slice fresh ginger root (optional)
1 teaspoon vanilla extract (optional)
1/2 cup white sugar

Directions

Soak beans overnight in water. Drain, rinse, and discard water. Combine soaked beans with 2 quarts fresh water. In a food processor or blender, process beans with water until smooth.

Strain into a pot through a double layer of cheesecloth, or a fine sieve. Add pandan leaf or ginger, and sugar to taste. Boil soy milk for 15 minutes. Stir frequently to prevent skin from forming. Remove pandan leaf or ginger, then flavor with vanilla. Stir in sugar to taste. Cool to room temperature, then refrigerate.

Green Bean Artichoke Casserole

Ingredients

3 (15.5 ounce) cans French cut green beans, drained
2 (14 ounce) cans artichoke hearts, drained
2 cups Italian seasoned bread crumbs
8 ounces grated Parmesan cheese
8 ounces shredded mozzarella cheese
2 tablespoons garlic powder
salt and pepper to taste
1/2 cup olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Pour the green beans, artichoke hearts, bread crumbs, Parmesan cheese, and mozzarella cheese into a 9x13 inch baking dish. Season with garlic powder, salt and pepper. Stir to blend everything thoroughly. Drizzle olive oil over the top, then cover the dish with aluminum foil.

Bake for 30 minutes in the preheated oven, then remove the aluminum foil, and bake for another 15 minutes to brown the top slightly.

Birds' Nests

Ingredients

3 cups crispy rice cereal
1 cup flaked coconut
1/3 cup corn syrup
1/2 cup brown sugar
3/4 cup peanut butter
1 teaspoon vanilla extract
40 jellybeans

Directions

In a medium bowl, stir together the crispy rice cereal and coconut. In a large saucepan, combine corn syrup, brown sugar, peanut butter, and vanilla. Cook over medium heat stirring frequently until the mixture comes to a boil. Remove from heat, and stir in the coconut and cereal mixture until it is well coated. Set the mixture aside until cool enough to handle.

Form the mixture into balls, then make an indentation in the center so that they look like little bird nests. Place two or three jelly beans into each nest.

Sola's New Year's Soup

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen bell pepper strips
- black pepper to taste
- 1 cup sweet white corn
- 1 (16 ounce) jar medium-hot salsa
- 1 teaspoon chili powder
- 2 (15 ounce) cans no-salt-added black beans, drained
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (10.5 ounce) can chicken stock
- 1 cube chicken bouillon
- 3 cups water
- 1/2 cup uncooked long grain rice

Directions

Heat the olive oil in a deep pot over medium-high heat. Stir in the onion, garlic, and bell peppers; cook until onions are transparent and peppers are soft, about 10 minutes. Season to taste with black pepper. Stir in the corn, salsa, chili powder, black beans, black-eyed peas, chicken stock, chicken bouillon cube, water, and rice. Bring to a boil, then reduce heat to medium and simmer at least 30 minutes until the rice is tender.

Lena's Pasta Fazul

Ingredients

4 tablespoons olive oil
4 cloves garlic, minced
1 onion, chopped
2 carrots, chopped
1/4 cup chopped parsley
2 teaspoons dried basil
1 teaspoon dried oregano
1/2 teaspoon crushed red pepper flakes
3 cups whole peeled tomatoes, sliced
2 cups drained canned cannellini beans
1 pound uncooked pasta
2 tablespoons olive oil
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Heat 2 tablespoons olive oil until hot in a large skillet over medium heat. Add garlic, onion, carrot, parsley, basil, oregano and red pepper. Saute until onions become tender.

Stir in the tomatoes plus 1/2 cup of their can juices. Season to taste with salt and pepper. Reduce heat to medium-low. Cover and stir frequently for 10 minutes or until the carrots are tender. Stir in the cannellini beans, cover and simmer for 20 minutes.

Cook pasta in 4 quarts of boiling salted water until al dente. Drain and toss pasta with 2 tablespoons olive oil and Parmesan cheese. Add pasta to cannellini bean mixture and toss to combine. Serve immediately.

White Bean Soup

Ingredients

1 tablespoon olive oil
2 cloves garlic, crushed
1 yellow onion, chopped
1 large carrot, chopped
1 (10 ounce) can golden corn,
drained
salt and pepper to taste
5 cups chicken broth
1 (15.5 ounce) can white beans
1 cup diced fresh tomatoes
1 teaspoon dried thyme
1 teaspoon dried summer savory
1 teaspoon dried parsley

Directions

Heat oil in a large stock pot over medium-high heat. Saute garlic and onion until tender, approximately 5 minutes. Stir in carrot and corn, season with salt and pepper, and cook another 2 to 3 minutes. Pour in chicken broth, beans, tomatoes, thyme, savory, and parsley, and bring to a low boil. Reduce to a simmer, cover, and cook approximately one hour.

Separate soup into 2 equal portions, and allow to cool to room temperature. Once cooled, puree half of the batch in a blender or food processor until smooth. Return both batches to the stockpot, and heat until warmed through. Adjust seasoning with salt and pepper as needed. Serve hot.

Sweet Green Bean Bundles

Ingredients

3 (14.5 ounce) cans whole green beans, drained
1 pound bacon, cut in half
1/2 cup butter, melted
1 cup brown sugar
1 teaspoon garlic salt

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Wrap 7 green beans with bacon and place in prepared dish. Repeat, using all the green beans and bacon.

Combine butter with brown sugar. Pour over green bean bundles and sprinkle with garlic salt.

Cover with foil and bake for 45 minutes.

Buffalo Taco Dip

Ingredients

cooking spray
1 tablespoon olive oil
1 large onion, chopped
1 pound ground buffalo meat
2 (1 ounce) packets taco seasoning mix
1 (14.25 ounce) can refried beans
2 cups guacamole
2 cups sour cream
1 (6 ounce) can sliced black olives
1 bunch green onions, chopped
3 jalapeno peppers, chopped
2 cups shredded sharp Cheddar cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with nonstick cooking spray.

Heat olive oil in a large skillet over medium heat. Cook the onion in the oil until translucent, about 5 minutes. Stir in the ground buffalo. Cook, breaking up meat with a spoon as it browns, about 10 minutes. Sprinkle the contents of 1 taco seasoning packet over meat and onion; mix well.

Combine the remaining packet of taco seasoning mix and the refried beans in a small bowl. Spread seasoned beans in the prepared baking dish. Layer the buffalo and onion mixture, guacamole, and sour cream over the beans. Top with the black olives, green onions, jalapenos, and the shredded Cheddar cheese.

Bake in the preheated oven until the cheese is melted, and the ingredients are hot, about 30 minutes.

Vegan Baked Beans

Ingredients

1 (16 ounce) package dry navy beans
6 cups water
2 tablespoons olive oil
2 cups chopped sweet onions
1 clove garlic, minced
4 (8 ounce) cans tomato sauce
1/4 cup firmly packed brown sugar
1/4 cup molasses
2 tablespoons cider vinegar
3 bay leaves
1 teaspoon dry mustard
1/4 teaspoon ground black pepper
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon

Directions

Place beans and water in a large pot, and bring to a boil. Reduce heat to medium, and continue cooking 1 hour, stirring occasionally, until beans are tender. Drain, and transfer to a large casserole dish.

Preheat oven to 300 degrees F (150 degrees C).

Heat the olive oil in a skillet over medium heat. Stir in the onions, and cook until tender. Mix in garlic, and cook until golden brown. Mix onions and garlic into casserole dish with the beans. Stir in the tomato sauce. Mix in brown sugar, molasses, vinegar, bay leaves, mustard, pepper, nutmeg, and cinnamon.

Cover and bake 3 1/2 hours in the preheated oven, stirring frequently and adding water if necessary. Remove cover, and continue baking 30 minutes.

Slow Cooker Vegetable Chili

Ingredients

1 (28 ounce) can whole peeled tomatoes with juice
1 (15 ounce) can garbanzo beans, drained
2 zucchini, thinly sliced
1 onion, chopped
2 carrots, sliced
2 stalks celery, sliced
1 red bell pepper, chopped
1/3 cup chili powder
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
1 tablespoon dried oregano
2 teaspoons ground cumin
1 teaspoon salt

Directions

In a slow cooker, combine the tomatoes, chickpeas, zucchini, onion, carrots, celery, red bell pepper, green bell pepper, chili powder, green chile peppers, garlic, oregano, cumin and salt.

Cover and cook on low for 6 to 8 hours OR on high for 3 to 4 hours.

Texas Black Bean Soup

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes
1 (14.5 ounce) can diced
tomatoes, or diced tomatoes with
green chilies
1 (14.5 ounce) can chicken broth
1 (11 ounce) can Mexicorn,
drained
2 (4 ounce) cans chopped green
chilies
4 green onions, thinly sliced
2 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon dried minced garlic

Directions

In a slow cooker, combine all ingredients. Cover and cook on high for 4-5 hours or until heated through.

Apricot-Glazed Green Beans

Ingredients

1 pound fresh green beans, cut
into 3 inch pieces
1/3 cup apricot preserves
1 tablespoon butter or margarine
1/4 teaspoon salt

Directions

Place beans in a steamer basket in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 7-8 minutes or until crisp-tender.

In a microwave-safe bowl, combine the preserves, butter and salt. Heat, uncovered, on high for 30 seconds or until butter is melted. Transfer beans to a serving bowl; add apricot mixture and toss to coat.

Spicy Italian Sausage and Black Bean Soup

Ingredients

1 teaspoon vegetable oil
1 pound hot Italian sausage

5 cloves garlic, minced
1 large onion, diced
2 carrots, diced
1 russet potato, cubed
5 stalks celery, diced
1 (6 ounce) can tomato paste
1 cup red wine
1 (32 fluid ounce) container beef broth
1 (15 ounce) can black beans, rinsed and drained
1 (28 ounce) can diced tomatoes

1 cup uncooked rotini pasta
1 cup baby spinach leaves
1 1/2 teaspoons dried oregano
1 bunch fresh basil, chopped
salt and black pepper to taste

Directions

Heat the vegetable oil in a large pot over medium heat. Cook the Italian sausages in the hot oil, turning occasionally, until browned on the outside and no longer pink in the center, 10 to 15 minutes. Set aside to cool; remove all but 1 tablespoon of grease from the pot.

Stir the garlic, onion, carrot, potato, and celery into the hot fat. Cook until the vegetables are tender and the onion has turned translucent, about 7 minutes. Stir in the tomato paste until no lumps remain; pour in the red wine. Bring to a boil over high heat and cook until the liquid has reduced by half, stirring frequently to dissolve the brown bits from the bottom of the pan. Add the beef broth, black beans, and diced tomatoes. Reduce heat to medium-low, cover, and simmer 1 hour.

Cut the cooled sausage into 1/2-inch thick slices. Stir the sausage into the soup along with the rotini pasta, spinach, and dried oregano. Simmer until the pasta is tender, 7 to 10 minutes. Stir in the chopped basil and season to taste with salt and pepper before serving.

Southern Style Thanksgiving Green Beans

Ingredients

2 quarts water
4 pounds fresh green beans,
trimmed and snapped into 1 1/2
inch pieces
1 ham hock
1 onion, chopped
2 cloves garlic, finely chopped
1/4 cup distilled white vinegar
1 tablespoon salt
1/2 tablespoon black pepper

Directions

Place the water in a large pot, and mix in the green beans, ham hock, onion, garlic, and vinegar. Season with salt and pepper. Bring to a boil, and cook 10 minutes.

Reduce heat to low, and simmer 4 hours. Remove the ham hock, and slice the meat into small pieces. Return meat to the beans, and serve.

Corny Mexican Salad

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 (11 ounce) can Mexicorn,
drained
1 medium tomato, chopped
1 medium ripe avocado, peeled
and cubed
1/2 cup chopped onion
1/2 cup vegetable oil
1/4 cup red wine vinegar
1/2 teaspoon salt
1/2 teaspoon hot pepper sauce
Tortilla chips

Directions

In a bowl, combine the beans, corn, tomato, avocado and onion. In a small bowl, whisk the oil, vinegar, salt and hot pepper sauce; pour over bean mixture and toss to coat. Serve with tortilla chips if desired.

Tex Mex Stir Fry

Ingredients

- 1 teaspoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tablespoons all-purpose flour, or as needed
- 1 (1 ounce) packet taco seasoning mix
- 1 pound skinless, boneless chicken breast halves - cut into bite size pieces
- 2 teaspoons olive oil
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 cup prepared salsa
- 1 cup shredded Cheddar cheese

Directions

Heat 1 teaspoon of olive oil in a skillet over medium-high heat until the oil is very hot, and cook and stir the green and red bell pepper until they are starting to become tender, about 5 minutes. Set the peppers aside.

Mix flour and taco seasoning in a bowl, and stir in chicken pieces, a few at a time, to thoroughly coat with the flour mixture. Heat 2 teaspoons of olive oil in a large skillet over medium-high heat, and cook and stir the chicken until no longer pink and the coating is browned, about 5 minutes. Stir in the bell peppers, black beans, and salsa, and let the mixture simmer for about 5 minutes to blend the flavors.

To serve, sprinkle each portion with Cheddar cheese.

Make Ahead Lunch Wraps

Ingredients

2 cups uncooked brown rice
4 cups water
4 (15 ounce) cans black beans
2 (15.5 ounce) cans pinto beans
1 (10 ounce) can whole kernel corn
1 (10 ounce) can diced tomatoes and green chiles
16 (10 inch) flour tortillas
1 pound shredded pepperjack cheese

Directions

Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender. Remove from heat, and cool.

Place black beans and pinto beans into a colander or strainer, and rinse. Add corn and diced tomatoes with green chilies, and toss to mix. Transfer to a large bowl, and mix in rice and cheese.

Divide the mixture evenly among the tortillas, and roll up. Wrap individually in plastic wrap, place into a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.

DB's Seven Pepper Chili

Ingredients

2 pounds beef tip
1 (18 ounce) bottle barbeque sauce
1 large onion, chopped
1 large green bell pepper, diced
2 tablespoons diced habanero pepper
2 pepperoncini, diced
1 tablespoon diced serrano pepper
1 tablespoon diced fresh cayenne pepper
1 tablespoon diced pequin chile pepper
2 tablespoons diced jalapeno chile pepper
1 teaspoon crushed red pepper flakes
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon dried oregano
3 tablespoons chili powder
2 pounds ground beef
1 (14.5 ounce) can crushed tomatoes
1 (15 ounce) can pinto beans, drained

Directions

Preheat an outdoor grill for high heat and lightly oil grate. Brush beef tip with barbeque sauce and grill 5 to 8 minutes on a side, or to desired doneness, brushing frequently with sauce. Set aside.

In a large pot over medium heat, cook onion and bell, habanero, pepperoncini, serrano, cayenne, pequin and jalapeno peppers until onion is translucent. Stir in cumin, paprika, oregano and chili powder and cook until fragrant. Stir in ground beef and cook until brown. Drain.

Stir in tomato sauce, any remaining barbeque sauce and beans. Cut grilled tip steak into bite sized pieces and stir into chili as well. Continue to cook until thickened and flavors have blended and mixture is thoroughly heated. Thin with water if desired.

High-Protein Torte

Ingredients

1 (19 ounce) can chickpeas
(garbanzo beans), rinsed
4 eggs
1 (15 ounce) can pumpkin
1 cup Splenda (or sugar)
2 tablespoons maple sugar
1/2 teaspoon baking powder
2 teaspoons pumpkin pie spice
6 ounces whipped cream cheese
2 cups powdered sugar
1 (11 ounce) can mandarin
oranges, drained
1/4 cup walnut halves

Directions

Preheat oven to 350 degrees. In a blender or food processor, combine chickpeas and eggs until smooth. Add pumpkin, Splenda, syrup, baking powder and spice; process again until smooth.

Spray a round cake pan with oil. Fill with batter. Bake until a knife inserted in the middle comes out clean, about 60 minutes. Cool. (Be sure the cake is completely cool before removing it from the pan, because it is very soft.)

Combine cream cheese and powdered sugar. Spread over top and sides of cake. Decorate with mandarin oranges and walnuts.

Corned Beef Hash British Style

Ingredients

4 large baking potatoes, peeled and cubed
1 (16 ounce) can baked beans
1 (12 ounce) can corned beef, broken into pieces
1 dash Worcestershire sauce
1/2 cup shredded sharp Cheddar cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the potatoes in a large pot with just enough water to cover. Bring to a boil and simmer until tender, about 10 minutes. Drain and mash, flavoring with milk, butter, salt or however you like to make them.

Pour the baked beans into the bottom of a 1 1/2 quart casserole dish. Slice the corned beef and arrange on top of the beans in an even layer. Season with a few dashes of Worcestershire sauce. Top with mashed potatoes.

Bake uncovered for 25 minutes in the preheated oven. The mashed potatoes should start to crisp up but not yet brown. Top with the cheese and return to the oven. Bake for another 20 minutes, or until cheese is browned.

Three-Bean Salsa

Ingredients

1 (16 ounce) can kidney beans,
rinsed and drained
1 (15.25 ounce) can whole kernel
corn, drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
2 cups chopped fresh tomatoes
2 jalapeno peppers, seeded and
chopped
1/4 cup chopped green onions
1/4 cup lime juice
2 tablespoons minced fresh
cilantro
2 teaspoons ground cumin
1 teaspoon salt
1/4 teaspoon pepper
Tortilla chips

Directions

In a large bowl, combine the first 12 ingredients; toss to coat. Chill for at least 30 minutes before serving. Serve with tortilla chips. Refrigerate leftovers.

Summer Bean Salad I

Ingredients

1 (15 ounce) can light red kidney beans, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 small green bell pepper, chopped
1 small yellow bell pepper, chopped
1 1/2 cups chopped fresh tomatoes
2 green onions, finely chopped
1 cup chunky salsa
1/2 cup red wine vinegar
2 tablespoons chopped cilantro

Directions

In a bowl, gently toss together the kidney beans, black beans, green bell pepper, yellow bell pepper, tomatoes, and green onions. In a separate bowl, mix the salsa, vinegar, and cilantro. Pour dressing over the bean mixture, and gently stir to coat. Chill at least 1 hour in the refrigerator before serving.

Erin's Indonesian Chicken

Ingredients

1 cup uncooked long grain white rice
2 cups water
1 pound fresh green beans, trimmed and snapped
2 teaspoons olive oil
1 pound skinless, boneless chicken breast halves - cut into chunks
3/4 cup low-sodium chicken broth
1/3 cup smooth peanut butter
2 teaspoons honey
1 tablespoon low sodium soy sauce
1 teaspoon red chile paste
2 tablespoons lemon juice
3 green onions, thinly sliced
2 tablespoons chopped peanuts (optional)

Directions

Bring the rice and water to boil in a pot. Reduce heat to low, cover, and simmer 20 minutes.

Place green beans in a pot fitted with a steamer basket over boiling water, and steam 10 minutes, or until tender but crisp.

Heat the oil in a skillet, and cook the chicken 5 minutes on each side, or until juices run clear.

Mix the chicken broth, peanut butter, honey, soy sauce, chile paste, lemon juice in a saucepan over medium heat. Cook and stir 5 minutes, until slightly thickened. Mix in the green beans. Serve over rice. Garnish with green onions and peanuts.

Buffalo Chicken Chili

Ingredients

1 tablespoon extra-virgin olive oil
2 tablespoons butter
2 pounds ground chicken breast
1 large carrot, peeled and finely chopped
1 large onion, chopped
3 stalks celery, finely chopped
5 cloves garlic, chopped
5 tablespoons chili powder
2 tablespoons ground cumin
1 tablespoon ground paprika
salt and pepper to taste
1/2 cup hot buffalo wing sauce
(such as Frank's® REDHOT Buffalo Wing Sauce), or to taste
2 (15 ounce) cans tomato sauce
1 (15 ounce) can crushed tomatoes
1 (15 ounce) can white kidney or cannellini beans, drained
1 (19 ounce) can red kidney beans, drained

Directions

Heat olive oil and butter in a large pot over medium-high heat. Place chicken in the pot. Cook and stir 7 to 10 minutes, until chicken is no longer pink. Stir in the carrot, onion, celery, garlic, chili powder, cumin, paprika, and salt and pepper, and cook and stir until the onion is translucent and the vegetables are beginning to soften, 3 to 4 more minutes.

Stir in the hot sauce, tomato sauce, crushed tomatoes, and white and red kidney beans. Bring to a boil, and simmer over medium-low heat about 1 hour, until the vegetables are tender and the flavors have blended.

Amy's Spicy Beans and Rice

Ingredients

1 1/2 cups water
1/2 cup uncooked brown rice
2 (15 ounce) cans black beans, undrained
2 fresh jalapeno peppers, seeded and chopped
1 teaspoon ground cumin, or to taste
1 tablespoon chili powder, or to taste
black pepper to taste
1/2 cup shredded sharp Cheddar cheese
2 fresh green onions, chopped
1/2 (2 ounce) can sliced black olives, drained

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a saucepan bring the water to a boil. Add rice and stir. Reduce heat, cover and simmer for 40 minutes.

Meanwhile, pour beans into a 2 quart casserole. Sprinkle with jalapenos, cumin, chili powder and black pepper.

Bake in preheated oven for 30 minutes. Sprinkle with cheese, green onions and olives. Bake for 5 to 10 minutes more.

Serve beans over cooked rice.

Party Beans

Ingredients

1 pound sliced bacon
1 1/2 pounds ground round
1 (15 ounce) can baked beans
with pork
1 (15.5 ounce) can white beans,
drained
1 (15.5 ounce) can butter beans,
drained
1 cup packed dark brown sugar
1 cup barbeque sauce
1 (1 ounce) envelope dry onion
soup mix

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, cook bacon until crisp. Drain, crumble, and set aside. In the same skillet, cook and crumble the ground round until evenly browned. Drain.

In a large deep casserole dish or Dutch oven, combine the bacon, beef, baked beans, white beans, and butter beans. Stir in the brown sugar, barbeque sauce, and onion soup mix until well blended.

Bake, uncovered, for 1 hour in the preheated oven.

Ham Hocks with Lima Beans

Ingredients

- 4 ounces dried lima beans
- 2 1/2 pounds ham hocks
- 1 (2 inch) piece fresh ginger root, sliced
- 1 large tomato, diced
- 1 onion, chopped
- 2 fresh green chile peppers
- 1 tablespoon tamarind soup base
- 3 cups water
- salt to taste
- 1 bunch fresh spinach

Directions

Place the lima beans into a large container and cover with several inches of warm water; let stand 1 hour. Drain.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Add the ham hocks and return to a boil; cook at a boil for 1 minute. Drain and rinse.

Combine the lima beans and ham hocks in a stockpot; add the ginger, tomato, onion, green chile peppers, tamarind powder, and 3 cups water. Season with salt to taste. Bring the mixture to a boil; reduce heat to medium-low and simmer the soup until the pork is tender and the lima beans are soft and bursting from their skins, about 20 minutes. Add the spinach to the soup and cook until the spinach has just wilted.

Bean and Bacon Soup

Ingredients

1 (15 ounce) can ranch-style beans
1 (8 ounce) can tomato sauce
2 cups chicken broth
1/4 cup chopped onion
6 thick slices bacon, cooked and cubed

Directions

In a large saucepan over medium high heat, combine the beans, tomato sauce, chicken stock and onions. Bring to a low boil, reduce heat to low and simmer for 10 to 15 minutes.

Using a potato masher, carefully mash some of the beans in the soup to make it a little thicker, if desired. Add the bacon and serve.

Joy's Taco Salad

Ingredients

1 pound lean ground beef
1 tablespoon chili powder
2 cups low-fat salad dressing
1 cup ketchup
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce - rinsed, dried, and chopped
1 head romaine lettuce- rinsed, dried and chopped
3 large tomatoes, diced
1 green bell pepper, diced
1 yellow bell pepper, diced
1 bunch green onions, chopped
1 (4 ounce) can green chile peppers, finely chopped
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
12 ounces shredded Cheddar cheese
2 (14.5 ounce) packages corn tortilla chips

Directions

Brown the beef, drain, season with chili powder and set aside to cool.

Prepare the dressing by whisking the Miracle Whip, ketchup and taco seasoning mix together in a small bowl.

In a large bowl, combine iceberg lettuce, romaine lettuce, tomatoes, green pepper, red or yellow pepper, green onions, jalapeno peppers, kidney beans, garbanzo beans, half of the cheese, half of the crushed chips, dressing and cooled ground beef. Mix well, cover and refrigerate.

Just before serving, top the salad with the other half of the cheese and crushed chips. Serve with whole chips on the side.

Vegetarian Haggis

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 small carrot, finely chopped
- 5 fresh mushrooms, finely chopped
- 1 cup vegetable broth
- 1/3 cup dry red lentils
- 2 tablespoons canned kidney beans - drained, rinsed, and mashed
- 3 tablespoons ground peanuts
- 2 tablespoons ground hazelnuts
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 1/2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 pinch ground cayenne pepper
- 1 1/2 teaspoons mixed spice
- 1 egg, beaten
- 1 1/3 cups steel cut oats

Directions

Heat the vegetable oil in a saucepan over medium heat, and saute the onion 5 minutes, until tender. Mix in carrot and mushrooms, and continue cooking 5 minutes. Stir in broth, lentils, kidney beans, peanuts, hazelnuts, soy sauce, and lemon juice. Season with thyme, rosemary, cayenne pepper, and mixed spice. Bring to a boil, reduce heat to low, and simmer 10 minutes. Stir in oats, cover, and simmer 20 minutes.

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 5x9 inch baking pan.

Stir the egg into the saucepan. Transfer the mixture to the prepared baking pan. Bake 30 minutes, until firm.

Super Easy Chicken Chili

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 1/2 (14 ounce) cans chicken broth
2 (15.5 ounce) cans great Northern beans
1 (4 ounce) can chopped green chile peppers
1 roasted chicken, bones and skin removed, meat torn into bite-size pieces
3 tablespoons ground cumin
2 tablespoons chili powder
2 tablespoons cayenne pepper
1 (8 ounce) container sour cream
1 (8 ounce) package shredded Monterey Jack cheese

Directions

Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until softened and translucent, about 3 minutes. Pour in chicken broth, great Northern beans, chopped chiles, and torn chicken. Season with cumin, chili powder, and cayenne pepper. Increase heat to medium-high to bring to a boil, then reduce heat to medium-low, and simmer for 10 minutes.

Stir in sour cream and simmer for 5 minutes. To serve, ladle into bowls and sprinkle with Monterey Jack cheese.

Puerto Rican Shepherd Pie (Pastelon)

Ingredients

1 onion, cut into chunks
1 green bell pepper, cut into chunks
1 bunch fresh parsley
1 bunch fresh cilantro
1 bunch recajo, or culantro
3 cloves garlic
1 tablespoon water, or as needed

1 pound ground beef
1 (1.41 ounce) package sazón seasoning
ground black pepper to taste
1 pinch adobo seasoning, or to taste
olive oil
8 ripe plantains, peeled and cut on the bias
4 eggs, beaten
2 (15 ounce) cans green beans, drained
4 eggs, beaten

Directions

To make sofrito: Place the onion, bell pepper, parsley, cilantro, recajo, garlic, and water into a blender. Cover, and puree until smooth. Pour mixture into a bowl; cover and refrigerate until ready to use.

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Stir in 2 tablespoons of sofrito into the beef, then season with sazón, pepper, and adobo. Drain and discard any excess grease; set aside.

Preheat an oven to 350 degrees F (175 degrees C).

Heat a skillet over medium heat. Arrange the plantains in the skillet and pan fry until golden and softened, 3 to 5 minutes. Remove from heat. Layer half of the plantains in a deep baking dish, making sure to cover the entire bottom of the dish. Pour 4 beaten eggs over the plantains, then spread the beef on top. Layer the green beans over the beef, then arrange the remaining plantains on top. Pour 4 more beaten eggs evenly over the plantains. Sprinkle the top with adobo seasoning.

Bake in the preheated oven until the eggs are firm, 30 to 45 minutes.

Baked Meaty Beans

Ingredients

1 pound thick cut bacon
1 pound lean ground beef
1/2 pound sage pork sausage
1 clove garlic, crushed
1 large onion, cut into 1/2-inch pieces
1 cup dark brown sugar
1 cup real maple syrup
1 cup ketchup
1/4 cup prepared yellow mustard
1/2 cup chipotle sauce
1 (16 ounce) can baked beans
1 (16 ounce) can kidney beans
1 (16 ounce) can black beans
1 (16 ounce) can pinto beans
1 (16 ounce) can great Northern beans
1 (16 ounce) can cannellini beans
1 tablespoon chili powder
salt to taste

Directions

Place bacon in a Dutch oven over medium-high heat and cook until evenly brown. Drain, crumble and set aside.

Place beef, sausage and garlic in Dutch oven and cook over medium-high heat until well done. Drain grease. Mix in onion and cook until tender. Stir in brown sugar, syrup, ketchup, mustard and chipotle sauce. Reduce heat to medium-low. Bring to a boil and cook 20 minutes, stirring often.

Mix bacon, baked beans, kidney beans, black beans, pinto beans, great Northern beans and cannellini beans into Dutch oven. Continue cooking 20 minutes.

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil. Season beans with chili powder and salt.

Place Dutch oven on prepared baking sheet on lowest rack of preheated oven. Bake 30 minutes. Let stand 10 minutes before serving.

Southwestern Rice

Ingredients

1 medium green pepper, diced
1 medium onion, chopped
2 garlic cloves, minced
1 tablespoon olive or canola oil
1 (14.5 ounce) can reduced-sodium chicken broth
1 cup uncooked long grain rice
1/2 teaspoon ground cumin
1/8 teaspoon ground turmeric
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) can diced tomatoes and green chilies, undrained
1 (10 ounce) package frozen corn, thawed

Directions

In a large nonstick skillet, saute the green pepper, onion and garlic in oil for 3 minutes. Stir in the broth, rice, cumin and turmeric; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender. Add beans, tomatoes and corn; heat through.

Be Prepared Five-Bean Soup Mix

Ingredients

1 1/2 cups dried pinto beans
1 1/2 cups white kidney beans
1 cup dry kidney beans
1 cup dry lima beans
1 cup dry garbanzo beans
1/2 cup dried minced onion
1 tablespoon paprika
2 teaspoons salt
1 teaspoon mustard powder
1/2 teaspoon granulated garlic
1 tablespoon chicken bouillon powder
3 cubes beef bouillon
1 tablespoon dried parsley
1/4 cup bacon bits
1/4 cup mixed vegetable flakes
4 quarts water
1/4 cup vegetable oil (optional)
4 (14.5 ounce) cans whole peeled tomatoes

Directions

To make bean mix: Measure pinto, navy, kidney, lima, and garbanzo beans, and combine in a large airtight container or bag.

To make seasoning mix: Combine onion, paprika, salt, mustard powder, garlic, chicken bouillon powder, beef broth, parsley, bacon bits, and vegetable flakes in plastic bag and shake to mix. Place bag in bean container. Store at room temperature.

To make one batch (6 bowls) soup, start 2 1/2 hours before. Rinse 1 1/2 cups bean mix in sieve under running water. Place beans in a three-quart saucepan. Add 5 cups water, 1 tablespoon oil, and 1/4 cup seasoning mix. (You can add 1 can tomatoes and juice at this time, or you can add the juice and reserve the tomatoes to add near the end of the simmering time.) Bring to a boil, reduce heat and cover. Simmer for 2 to 2 1/2 hours until beans are tender.

Marjoram Green Beans

Ingredients

1 1/2 pounds fresh green beans,
cut into 1 inch pieces
3/4 cup water
3 tablespoons butter or margarine
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon dried marjoram

Directions

Place the beans and water in a large saucepan; bring to a boil. Reduce heat; cover and cook for 8-10 minutes or until crisp-tender. Drain. Add the butter, salt, pepper and marjoram; stir until butter is melted.

Red Beans and Rice

Ingredients

2 cups dried red beans
1/2 teaspoon dried minced garlic
1 tablespoon dried minced onion
2 teaspoons salt
1 bay leaf
1 teaspoon white sugar
1/4 teaspoon ground cayenne pepper
1 teaspoon celery seed
1 teaspoon ground cumin
1/4 teaspoon crushed red pepper flakes
1 ham hock
1 pound smoked sausage, sliced

Directions

Pick over the dried beans, and soak them in water overnight.

The next day, drain off the soaking water, and place the beans in a large pot or slow cooker. Cover with water, and stir in the dried garlic and onion, salt, bay leaf, sugar, cayenne pepper, celery seed, cumin, and crushed red pepper flakes. Push the ham hock down into the beans. Bring to a boil, reduce the heat, and simmer over low heat for 3 to 4 hours.

Stir in the smoked sausage, simmer for 20 more minutes, and serve.

Classic Minestrone

Ingredients

3 tablespoons olive oil
1 leek, sliced
2 carrots, chopped
1 zucchini, thinly sliced
4 ounces green beans, cut into 1 inch pieces
2 stalks celery, thinly sliced
1 1/2 quarts vegetable stock
1 pound chopped tomatoes
1 tablespoon chopped fresh thyme
1 (15 ounce) can cannellini beans, with liquid
1/4 cup elbow macaroni
salt and ground black pepper to taste

Directions

Heat olive oil in a large saucepan, over medium heat. Add leek, carrots, zucchini, green beans and celery. Cover, and reduce heat to low. Cook for 15 minutes, shaking the pan occasionally.

Stir in the stock, tomatoes and thyme. Bring to a boil, then replace the lid, and reduce heat to low; simmer gently for 30 minutes.

Stir in the cannellini beans with liquid and pasta. Simmer for an additional 10 minutes, or until pasta is al dente. Season with salt and pepper to taste before serving.

Cabbage, Potato and Baked Bean Soup

Ingredients

2 teaspoons vegetable oil
2 1/2 cups peeled and cubed potatoes
1 cup thinly sliced celery
1 onion, chopped
6 cups shredded cabbage
4 cups chicken broth
1 bay leaf
1/2 teaspoon ground black pepper
1 (15 ounce) can pork and beans in tomato sauce

Directions

Heat oil in medium size saucepan. Add potatoes, celery, and onion, saute for 5 minutes.

Stir in cabbage, cover and cook over medium heat, until cabbage is tender.

Add broth, bay leaf, pepper and pork and beans. Heat until soup is hot and then remove bay leaf and serve.

Diann's Chili Vegetable Soup

Ingredients

2 pounds ground beef
6 stalks celery, chopped
2 onion, chopped
1 green bell pepper, chopped
1 small head cabbage, chopped
3 (15 ounce) cans kidney beans
46 ounces tomato-vegetable juice cocktail
1 (46 fluid ounce) can tomato juice
2 (15 ounce) cans whole kernel corn, drained
4 (14.5 ounce) cans diced tomatoes
3 tablespoons chili powder
1/4 tablespoon garlic powder
salt and pepper to taste

Directions

In a large soup pot, saute ground beef until brown. Drain excess fat.

Add celery, onions, green bell peppers, cabbage, kidney beans, vegetable juice, tomato juice, corn, diced tomatoes and chili powder. Bring to a boil, then reduce heat to low. Cover pot and let simmer about one hour, or until celery is tender. Add garlic powder and salt and pepper to taste.

The Casserole

Ingredients

8 large potatoes, peeled and chopped
1 pound lean ground beef
1/2 cup chopped onion
1 (15 ounce) can carrots, drained
1 (15 ounce) can green beans, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed tomato soup
3/4 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish; set aside

Bring a large saucepan of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash.

Place lean ground beef and onion in a large skillet. Cook and stir over medium high heat until beef is evenly browned and onion is tender. Drain fat and stir in carrots, green beans, cream of mushroom soup and tomato soup.

Pour mixture into the prepared baking dish and top with mashed potatoes. Sprinkle with Cheddar cheese and bake in preheated oven for 30 minutes, or until potatoes are lightly browned.

Winter White Soup

Ingredients

1 tablespoon butter
1 tablespoon olive oil
3 cloves garlic, chopped
2 shallots, chopped
1 (1 inch) piece fresh ginger, minced
3 green onions, chopped
1/3 small head cauliflower, chopped
1 small parsnip, chopped
10 small button mushrooms, chopped
1 pear - peeled, cored and diced
1/2 cup cannellini beans
1/2 teaspoon Dijon mustard
1 teaspoon chopped fresh dill
3/4 cup Chardonnay wine
6 sprigs fresh thyme
1 (14.5 ounce) can fat-free chicken broth
1/3 cup heavy cream
salt and pepper to taste
1/4 cup fat-free chicken broth (optional)

Directions

Heat the butter and olive oil in a large saucepan over low heat. Stir in the garlic, shallots, and ginger, and cook until fragrant but not brown, about 5 minutes. Stir in the green onions, cauliflower, parsnip, and mushrooms, and cook and stir an additional 5 minutes. Add the pear, beans, mustard, and dill, and stir just until heated, about 1 minute.

Stir in the wine and thyme, and turn up the heat to high. Boil, stirring constantly, until the wine is reduced by half and is syrupy, about 5 minutes. Pour in the chicken broth. Return the mixture to a boil, then reduce heat to low and simmer, partly covered, until vegetables are tender, about 20 minutes. Allow the soup to cool slightly.

Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Stir in cream, and, if needed, thin with additional chicken broth; serve hot. You may wish to serve this soup the next day. It will improve in taste with time.

Kashmiri-Style Kidney Beans with Turnips

Ingredients

2 turnips, peeled and cubed
1 cup water
1/2 teaspoon salt
1 (14.5 ounce) can kidney beans, drained
3 tablespoons vegetable oil
1/2 teaspoon whole cumin seeds
1/2 teaspoon whole fennel seeds
1 cup finely chopped red onion
1/2 teaspoon minced fresh ginger root
1/2 teaspoon minced garlic
1 cup chopped tomatoes
1/2 teaspoon salt
1 teaspoon paprika
1/2 teaspoon turmeric powder
1/2 teaspoon ground ginger
2 tablespoons water
1/2 teaspoon Kashmiri garam masala

Directions

Place turnips into a saucepan with the water and 1/2 teaspoon salt. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the turnip is soft, about 5 minutes. Once tender, stir in the kidney beans, and cook 5 minutes more.

Meanwhile, heat the vegetable oil in a skillet over medium-high heat. Stir in the cumin and fennel, and cook until the spices toast and become fragrant, about 1 minute. Stir in the onion, and cook until it turns golden brown, about 5 minutes. Stir in the minced ginger and garlic, cook and stir for 30 seconds, then add the tomatoes and salt, and continue cooking until the mixture turns pasty. Finally, stir in the paprika, turmeric, ground ginger, and 2 tablespoons water; cook 2 minutes more.

Add the tomato mixture to the turnips, and simmer 10 minutes. Season with garam masala before serving.

Italian Hummus

Ingredients

1 cup non-fat cottage cheese
1 (15.5 ounce) can cannellini
beans, drained
1 bunch fresh basil, chopped
1 pint grape tomatoes, coarsely
chopped
1 clove garlic, minced
salt and pepper to taste

Directions

In a blender or food processor, blend the cottage cheese, beans, basil, tomatoes, garlic, salt, and pepper until smooth.

Sweet and Spicy Green Beans

Ingredients

3/4 pound fresh green beans,
trimmed
2 tablespoons soy sauce
1 clove garlic, minced
1 teaspoon garlic chili sauce
1 teaspoon honey
2 teaspoons canola oil

Directions

Arrange a steamer basket in a pot over boiling water, and steam the green beans 3 to 4 minutes.

In a bowl, mix the soy sauce, garlic, garlic chili sauce, and honey.

Heat the canola oil in a skillet over medium heat. Add the green beans, and fry for 3 to 5 minutes. Pour in the soy sauce mixture. Continue cooking and stirring 2 minutes, or until the liquid is nearly evaporated. Serve immediately.

Spicy Black and Red Bean Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 1/2 cups chopped onion
- 1 1/4 cups sliced carrots
- 2 cloves garlic, minced
- 3 cups chicken broth
- 2 teaspoons white sugar
- 1 (16 ounce) package frozen shoepeg corn
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 (4 ounce) can diced green chiles

Directions

Heat the oil in a large Dutch oven over medium-high heat until hot. Add onion, carrot, and garlic; saute 5 minutes. Stir in broth, sugar, corn, beans, tomatoes, and chilies; bring to a boil. Cover, reduce heat, and simmer 2 hours.

This soup can also be prepared in a crock pot. Combine everything in the pot, and cook on HIGH for the first hour. Turn the temperature down to LOW, and cook 7 more hours.

Sausage, Kale, and White Bean Soup

Ingredients

1 cup dry navy beans
1 large bunch kale, rinsed,
stemmed and chopped
1 tablespoon olive oil
1 pound spicy linguica sausage,
sliced
1 cup chopped shallots
4 cups chicken broth
salt and pepper to taste
1/2 teaspoon hot sauce, or to
taste

Directions

Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse before using.

Cook the soaked beans in a pressure cooker in 4 cups of water for 25 minutes. Use the natural release method to release pressure. Do not drain.

Bring a separate pot of salted water to a boil. Add the kale and simmer until kale is bright green and tender, about 2 minutes. Drain in a strainer, and cool under cold running water. Set aside.

Heat olive oil over medium heat in the soup pot. Brown the linguica slices on each side, about 5 minutes. Remove from the pot with a slotted spoon and set aside. Add shallots to pot and cook until soft, about 3 minutes. Pour in a splash of chicken broth and scrape up any browned bits of sausage.

Return the sausage to the pot along with the beans and their cooking liquid. Stir in the chicken broth. Bring soup to a boil, reduce heat to low, and simmer uncovered for 15 minutes. Add the kale and cook about 4 minutes longer. Season with salt, pepper, and hot sauce to taste.

Savory Vegetable Beef Soup

Ingredients

4 large potatoes, peeled and cubed
2 cups water
3 large carrots, sliced
1 large onion, chopped
salt and pepper to taste
4 cups fresh or frozen cut green beans
4 cups tomato juice
1 1/2 pounds ground beef, cooked and drained
2 cups fresh or frozen corn
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
2 bay leaves

Directions

In a large saucepan, combine the potatoes, water, carrots, onion, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until tender. Add the remaining ingredients. Cover and simmer 30 minutes longer or until heated through, stirring occasionally. Discard bay leaves before serving.

Quick Texas Stew

Ingredients

1 pound ground beef
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (16 ounce) can ranch style chili
beans
1 (15.25 ounce) can whole kernel
corn
1 (19 ounce) can minestrone soup
salt and pepper to taste

Directions

In Dutch oven, over medium heat brown and drain 1 pound ground beef.

Mix in diced tomatoes, ranch style chili beans, corn with liquid, minestrone soup. Season with salt and pepper to taste.

Cover and simmer 30 minutes.

Sixteen Bean Sour Cream Soup

Ingredients

1 (16 ounce) package 15 bean
soup mix
1 onion, chopped
1 pound chopped ham
1 cup fat free sour cream
1 (14.75 ounce) can creamed corn
1 teaspoon low-sodium salt

Directions

Clean beans, rinse and place in a large stock pot. Add 6 cups of hot water, onion and ham. Bring to a boil , then lower heat and simmer for 1 hour. .

Stir in sour cream and simmer for 30 minutes. Add creamed corn and simmer for 15 minutes. Add salt. Serve hot.

Buckwheat and Summer Squash Salad

Ingredients

2 cups uncooked buckwheat
4 cups water
1/2 teaspoon salt

1 large summer squash, thinly sliced
1 cup cooked garbanzo beans
1/2 cup chopped toasted walnuts
1/4 cup grated Parmesan cheese
1 lemon, juiced
1 tablespoon chopped fresh parsley
2 tablespoons olive oil
salt and black pepper to taste

Directions

Bring the buckwheat, water, and salt to a boil in a saucepan. Cook at a boil for 7 minutes; drain and pour into a mixing bowl. Refrigerate until cooled to room temperature.

Place the summer squash, garbanzo beans, walnuts, and Parmesan cheese into the bowl with the buckwheat. Season with lemon juice, parsley, olive oil, salt, and pepper. Gently stir until evenly combined; serve at room temperature.

Three Bean Slow Burn Chili

Ingredients

6 cloves garlic, crushed
1 onion, chopped
4 habanero peppers, seeded and minced
2 (15 ounce) cans chili beans in spicy sauce
1 (15 ounce) can dark red kidney beans
1 (15 ounce) can black beans
4 (10 ounce) cans diced tomatoes with green chile peppers
1 (16 ounce) jar hot salsa
1/8 cup chili powder
1/8 cup coarsely ground black pepper
1/8 cup red pepper flakes
1/8 cup ground cumin
1 (1.25 ounce) package taco seasoning mix
2 pounds ground beef

Directions

In a large pot over medium heat, combine garlic, onion, habanero peppers, chili beans, kidney beans, black beans, diced tomatoes with green chiles, salsa, chili powder, black pepper, red pepper flakes, cumin and taco seasoning. Bring to a boil, then reduce heat, cover and simmer.

While soup is heating, cook beef in a large skillet over medium heat until brown. Drain excess fat, then stir beef into soup pot. Simmer, covered, until flavors are well blended, about 1 hour.

Eyeball Sub

Ingredients

1/2 cup drained canned cannellini beans or other white beans
1 large egg, lightly beaten
1 tablespoon ketchup
1 tablespoon apple butter
1 tablespoon soy sauce
1 1/2 pounds ground turkey
8 pitted colossal green olives, cut in 3 round slices
2 (15 ounce) cans tomato sauce with Italian herbs
2 small black olives, cut in 1/4-inch dice
12 small club rolls (about 5-inches long), split
1 1/2 cups shredded mozzarella cheese
Equipment:
Baking sheet
Mixing bowl
Saucepan

Directions

Preheat oven to 400 degrees F.

Mash the beans with a fork, potato masher or food processor until completely smooth. Mix with egg, ketchup, apple butter and soy sauce. Mix the ground turkey using your hands until ingredients are evenly distributed. Wet your hands with cold water, form 24, 1-1/2-inch meatballs, and put them on 2 sheet pans leaving plenty of space in between.

Push a green olive ring deeply into the center of each meatball, with the circular side facing up. Mold the meat around the olive into a football shape so that each meatball looks like an eye. Bake for 10 minutes until the meat is cooked through.

While the eyeballs are cooking heat the tomato sauce in a saucepan until simmering, and keep warm.

Remove eyeballs from the oven. Dab away any juice from the top with a paper towel and insert a piece of black olive into the hole in the center of each green olive, giving each eye a dark pupil.

To serve: Spoon 1/4 cup sauce in each roll, top with 2 tablespoons cheese and insert 2 eyeballs side-by-side staring out from each roll.

Green Beans with Almonds

Ingredients

2 pounds fresh green beans,
washed and trimmed
2 slices bacon
1/4 cup sliced almonds

Directions

Remove both ends of beans, break in half, and wash thoroughly.

Place in a large pot and add water 3 to 4 inches from the top. Add bacon and cook until tender.

Remove bacon from cooking water and discard. Remove beans and place in a large bowl, add almonds and toss. Serve Hot.

Chili con Carne II

Ingredients

5 tablespoons vegetable oil
2 large onions, chopped
1 chile pepper, chopped
5 cloves garlic, chopped
2 pounds lean ground beef
3 (14.5 ounce) cans whole peeled tomatoes with liquid, chopped
1 1/2 teaspoons salt
1 teaspoon freshly ground black pepper
1 1/2 tablespoons ground cumin
1/2 tablespoon chili powder
2 tablespoons paprika
2 tablespoons dried oregano
2 cinnamon sticks
6 whole cloves
2 (15.25 ounce) cans red kidney beans, rinsed and drained

Directions

In a medium sized stock pot, heat the oil over medium heat. Saute onion, chile pepper and garlic until soft. Add ground beef: cook and stir until meat is browned.

Pour in tomatoes with liquid, salt, pepper, cumin, chili powder, paprika, oregano, cinnamon sticks, and cloves. Cover and simmer for 45 minutes.

Stir in kidney beans, and cook another 15 minutes. Remove cinnamon sticks before serving.

Southwestern Lentil Salad

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
3 cups cooked lentils
1 1/2 cups fresh or frozen corn
1 cup chopped red onion
1 cup chopped green pepper
1/4 cup minced fresh cilantro or
parsley
1 cup vegetable oil
1/2 cup cider vinegar
1 tablespoon Dijon mustard
1 1/2 teaspoons ground cumin
1 clove garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In a jar with tight-fitting lid, combine the remaining ingredients and shake well. Pour over vegetables and toss. Cover and refrigerate for at least 2 hours.

Lemon-Parsley Green Beans

Ingredients

- 1 pinch white sugar
- 1 pound fresh green beans, trimmed
- 2 tablespoons butter
- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon lemon zest
- 1/4 cup chopped fresh parsley
- salt and pepper to taste
- 1 lemon, cut into wedges

Directions

Bring a large pot of salted water to a boil over high heat: add sugar, and beans. Cook until beans are bright green and tender, 3 to 5 minutes. Drain, and place in a large bowl of ice water to stop cooking.

Combine the butter and olive oil in a large skillet over medium-high heat; cook until butter melts. Stir in the garlic; cook until pale beige and fragrant. Stir in the beans; cook until wilted, and garlic is dark brown, about 4 minutes. Toss beans with parsley and lemon zest, and cook 1 to 2 minutes more. Season to taste with salt and pepper. Transfer beans to a serving dish, and garnish with lemon wedges.

Golden Chicken and Autumn Vegetables

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves
1 cup Swanson® Chicken Stock
2 tablespoons minced garlic
1/2 teaspoon dried rosemary leaves, crushed
1/2 teaspoon dried thyme leaves, crushed
1/4 teaspoon ground black pepper
2 large large sweet potatoes, cut into 1/2-inch pieces
2 cups fresh or frozen whole green beans

Directions

Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken from the skillet.

Stir the stock, garlic, rosemary, thyme, black pepper, potatoes and green beans in the skillet and heat to a boil. Cook for 5 minutes.

Reduce the heat to low. Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through and the potatoes are tender. Season as desired.

Fantastic Black Bean Chili

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 3 (15 ounce) cans black beans, undrained
- 1 (14.5 ounce) can crushed tomatoes
- 1 1/2 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves
- 1 tablespoon red wine vinegar

Directions

Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.

Tomato-Rich Fish Stew

Ingredients

3 1/2 ounces sun-dried tomatoes
2 tablespoons olive oil
1 large yellow onion, chopped
1 green bell pepper, chopped
2 (8 ounce) bottles clam juice
2 (14 ounce) cans diced tomatoes (no salt added)
1 cup dry red wine (or substitute broth or tomato juice)
4 garlic cloves, crushed
4 tablespoons fresh herbs (such as thyme, rosemary or basil)
2 bay leaves
1/2 cup kalamata olives, sliced
1 (15 ounce) can navy beans, drained and rinsed
1 pound firm fish (grouper, tilapia or tuna), cut in 2- to 3-inch chunks
2 teaspoons fennel seeds, lightly crushed
1 pinch Salt and pepper, to taste
1/2 cup grated Parmesan cheese

Directions

In a pan, simmer sun-dried tomatoes in 1 1/2 cups water until very soft; discard water.

In a large pot, saute onion and green pepper in oil until softened.

In a food processor or blender, combine sun-dried tomatoes and 1 bottle clam juice until smooth; add to pot. Stir in remaining clam juice, diced tomatoes, wine, garlic, herbs, bay leaves and olives. Simmer 20 minutes.

Add beans, fish, fennel seeds, salt and pepper. Simmer until fish is done, about 10 minutes. Remove bay leaves. Ladle into bowls; sprinkle with cheese.

Jazzy Green Bean Casserole

Ingredients

2 (14.5 ounce) cans green beans, drained
1 (15.25 ounce) can white corn, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup dried onion flakes
2 cups shredded Cheddar cheese
salt to taste
ground black pepper to taste
garlic powder to taste
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine green beans, corn, mushroom soup, onion flakes, cheese, salt, pepper and garlic powder. Transfer to a 2 quart casserole dish.

Bake in preheated oven for 30 minutes, or until bubbly. Sprinkle fried onions on top and bake for a few minutes more, until onions brown.

Shoepeg Corn Casserole

Ingredients

1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup chopped green bell pepper
1/2 cup shredded mild Cheddar cheese
1 (11 ounce) can white corn, drained
1 (14.5 ounce) can French cut green beans, drained
1 (10.75 ounce) can condensed cream of celery soup
1 (8 ounce) container sour cream
1/4 (16 ounce) package buttery round crackers, crushed
1/2 cup butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine onion, celery, green pepper, cheese, corn, green beans, soup and sour cream. Spoon into a 2-quart casserole dish.

Combine crushed crackers with melted butter and sprinkle on top of vegetables.

Bake in preheated oven for 45 minutes.

Sue's Taco Salad

Ingredients

1 pound lean ground beef
1 (1 ounce) package taco seasoning mix
1/2 (14.5 ounce) package nacho-flavor tortilla chips
2 cups shredded Cheddar cheese
1/2 (15 ounce) can kidney beans, drained
1/2 cup ranch-style salad dressing
chopped tomato
chopped lettuce
chopped green onion

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat, stirring to crumble until well done; drain. Stir in taco seasoning mix. Set aside to cool.

Place chips into a large bowl, and crush into bite-size pieces. Combine with seasoned meat, cheese, beans, tomatoes, lettuce, and green onions. Pour dressing over all, and toss to coat.

Cowboy Bake Beans

Ingredients

1 1/2 pounds ground beef
1 large onion, chopped
1 (16 ounce) can kidney beans,
with liquid
1 (15.5 ounce) can great northern
beans, rinsed and drained
1 (15 ounce) can lima beans,
rinsed and drained
1 (15 ounce) can chili beans,
undrained
1 (14.5 ounce) can wax beans,
drained
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 cup packed brown sugar
2 celery ribs, sliced
2 teaspoons ground mustard

Directions

In an ovenproof Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Add the remaining ingredients; bring to a boil. Bake, uncovered, at 350 degrees F for 1-1/2 hours or until heated through, stirring occasionally.

Roasted Red Bell Pepper Soup

Ingredients

3 red bell peppers
1 onion, chopped
1 tablespoon minced garlic
1 tablespoon olive oil
2 (15 ounce) cans cannellini
beans, drained and rinsed
2 (14.5 ounce) cans chicken broth
salt and pepper to taste

Directions

Preheat oven to broil.

Place the bell peppers on a baking sheet and broil on the top rack of the oven, using tongs to turn them as each side blackens. Place the blackened peppers in a paper bag, close tightly and allow them to cool for 20 to 30 minutes. Then peel the skin off the peppers and discard the stem and all the seeds. Chop the peppers and set aside.

In a large pot over medium heat, saute the onion and garlic in the oil for 5 minutes, or until onion is translucent. Now add the chopped, roasted red bell peppers and saute for 2 to 3 more minutes.

Next, add the chicken broth and the beans, stirring well. Using a blender, puree the soup in small batches and return to the pot over low heat for 5 minutes.

Spinach and Bean Casserole

Ingredients

1 cup dry black-eyed peas
1/4 cup olive oil
1 onion, chopped
3 cups fresh spinach
1 (28 ounce) can peeled and diced tomatoes
2 teaspoons salt
1 teaspoon fennel seed, ground

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook black-eye peas in a pressure cooker for 12 minutes.

Heat oil in a large saucepan over medium high heat. Saute onion with spinach, tomatoes, salt and fennel for 15 minutes.

Combine beans with spinach mixture in a 2 quart casserole dish.

Bake in preheated oven for 15 minutes.

DASH Diet Mexican Bake

Ingredients

1 1/2 cups cooked rice, preferably brown
1 pound skinless, boneless chicken breast, cut in bite-sized pieces
2 (14.5 ounce) cans no-salt-added tomatoes, diced or crushed
1 (15 ounce) can no-salt-added black beans, drained and rinsed
1 cup frozen yellow corn kernels
1 cup chopped red bell pepper
1 cup chopped poblano pepper
1 tablespoon chili powder
1 tablespoon cumin
4 garlic cloves, crushed
1 cup shredded reduced-fat Monterey Jack cheese
1/4 cup jalapeno pepper slices (optional)

Directions

Preheat oven to 400 degrees. Spread rice in a shallow 3-quart casserole. Top with chicken. In a bowl, combine tomatoes, beans, corn, peppers, seasonings and garlic; pour over chicken. Top with cheese and optional jalapeno. Bake 45 minutes.

Amelia's Slow Cooker Brunswick Stew

Ingredients

1 tablespoon vegetable oil
1 pound country style pork ribs
1 onion, chopped
1 roasted chicken, deboned and shredded
1 (28 ounce) can diced tomatoes
3/4 cup ketchup
1/2 (10 fluid ounce) bottle steak sauce
1/2 cup cider vinegar
2 tablespoons Worcestershire sauce
1 tablespoon hot sauce
1 lemon, juiced
2 cubes chicken bouillon
1/2 tablespoon ground black pepper
1 (15 ounce) can whole kernel corn, undrained
1 cup frozen lima beans, thawed

Directions

Heat the vegetable oil in a skillet over medium heat, and brown the ribs on all sides. Transfer to a slow cooker. Place onion in the skillet, cook until tender, and transfer to the slow cooker.

Place the chicken in the slow cooker, and mix in tomatoes, ketchup, steak sauce, cider vinegar, Worcestershire sauce, hot sauce, lemon, chicken bouillon, and pepper.

Cover, and cook 6 hours on High. Remove ribs, discard bones, and shred. Return meat to slow cooker. Mix in corn and lima beans, cover, and continue cooking 2 hours on High.

Brown Rice Black Bean Burrito

Ingredients

1 tablespoon vegetable oil
1 medium onion, chopped
2 cloves garlic, minced
1 1/2 teaspoons chili powder
1/2 teaspoon cumin
3 cups cooked Texmati® Brown Rice
1 (15 ounce) can black beans, drained and rinsed
1 (11 ounce) can corn, drained
6 (8 inch) flour tortillas
3/4 cup shredded reduced-fat Cheddar cheese
2 green onions, thinly sliced
1/4 cup plain low-fat yogurt
1/4 cup prepared salsa

Directions

Heat oil in large skillet over medium-high heat until hot. Add onion, garlic, chili powder and cumin. Saute 3 to 5 minutes until onion is tender. Add rice, beans and corn. Cook, stirring 2 to 3 minutes until the mixture is thoroughly heated. Remove from the heat.

Spoon 1/2 cup of the rice mixture down the center of each tortilla. Top each with 2 Tbsp. cheese, 1 Tbsp. green onion and 1 Tbsp. yogurt. Roll the tortilla up and top with 1 Tbsp. salsa.

Catherine's Spicy Chicken Soup

Ingredients

2 quarts water
8 skinless, boneless chicken breast halves
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
2 tablespoons dried parsley
1 tablespoon onion powder
5 cubes chicken bouillon
3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, chopped
1 (16 ounce) jar chunky salsa
2 (14.5 ounce) cans peeled and diced tomatoes
1 (14.5 ounce) can whole peeled tomatoes
1 (10.75 ounce) can condensed tomato soup
3 tablespoons chili powder
1 (15 ounce) can whole kernel corn, drained
2 (16 ounce) cans chili beans, undrained
1 (8 ounce) container sour cream

Directions

In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.

In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.

Super Bowl Salsa Dip

Ingredients

1 (2 pound) loaf processed cheese, cubed
1 cup milk
1 (12 ounce) package ground pork sausage
1 white onion, chopped
1 (24 ounce) jar medium salsa
1/2 (15 ounce) can black beans, drained and rinsed
1 bunch green onions, chopped
1 (12 ounce) package tortilla chips

Directions

In a slow cooker set to high heat, place the processed cheese and milk. Cover and, stirring occasionally, cook until the cheese has melted and is well blended with the milk.

Place ground pork sausage in a medium skillet. Cook over medium high heat until evenly brown. Mix in white onion. Cook and stir until onion is translucent. Remove from heat and drain.

Stir sausage mixture into the cheese mixture. Reduce heat to low. Mix in salsa and black beans. Continue cooking, stirring occasionally, approximately 1 hour.

Garnish with green onions and serve with tortilla chips.

Hearty Tortellini Soup

Ingredients

3 uncooked Italian sausage links
1 quart water
2 (14.5 ounce) cans Italian stewed tomatoes
1 (10.5 ounce) can condensed French onion soup, undiluted
2 cups broccoli coleslaw mix
2 cups frozen cut green beans
2 cups frozen cheese tortellini
grated Parmesan cheese

Directions

Cut sausage into 3/4-in. pieces; brown in a Dutch oven or soup kettle. Drain. Add water, tomatoes, soup, coleslaw mix and beans; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender. Uncover; add tortellini. Cook for 3-5 minutes or until pasta is tender. Garnish with Parmesan cheese if desired.

Portuguese Kale Soup

Ingredients

1/2 pound dried white pea beans
1/2 pound chorizo sausage, thinly sliced
1 pound beef soup bones
1 quart water
1 medium head cabbage, chopped
2 bunches kale - rinsed, dried and chopped
5 potatoes, peeled and cubed
1 quart hot water or as needed
salt and pepper to taste

Directions

Soak beans in twice their volume of water 8 hours or overnight.

In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour.

Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and pepper.

Taco Soup I

Ingredients

1/2 pound lean ground beef
1/4 cup chopped onion
1 1/2 cups water
1 (16 ounce) can chopped stewed tomatoes, with juice
1 (15 ounce) can kidney beans with liquid
1 (8 ounce) can tomato sauce
2 tablespoons taco seasoning mix
1 avocado - peeled, pitted and diced
1 cup shredded Cheddar cheese (optional)
1 (12 ounce) package corn tortilla chips (optional)
1 (8 ounce) container sour cream (optional)

Directions

In a large saucepan over medium heat, cook ground beef and onion until meat is evenly brown; drain excess fat. Mix in water, tomatoes, kidney beans, tomato sauce, and taco seasoning mix. Cover, and simmer for 15 minutes. Remove from heat, and stir in the avocado.

Ladle hot soup into serving bowls. Pass cheese, tortilla chips, and sour cream to top each serving.

Grandma's Vegetable Soup

Ingredients

1 pound ground beef
1 (46 ounce) can tomato juice
1 onion, chopped
2 carrots, chopped
2 potatoes, diced
1 (14 ounce) can whole kernel corn
1 (14.5 ounce) can green beans
1 pinch ground ginger
salt and ground black pepper to taste

Directions

Crumble the ground beef into a large saucepan over medium heat. Cook and stir until no longer pink. Drain off grease and pour in the tomato juice. Add the onion, carrot, and potato. Pour in the entire contents of the cans of corn and green beans. Season with ginger, salt, and pepper. Reduce heat to low and let simmer 1 hour.

Barbecue Bean Salad

Ingredients

1 pound dried pinto beans
1/4 cup cider vinegar
1/4 cup vegetable oil
1/4 cup ketchup
1/4 cup packed brown sugar
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
2 teaspoons chili powder
3/4 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce
1 (15.25 ounce) can whole kernel corn, drained
1 medium sweet red pepper, chopped
1 medium green pepper, chopped
1 medium onion, chopped
2 cups tortilla chips, coarsely crushed, divided

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid. Add water to cover beans by 2 in. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until tender. Rinse, drain and set aside. For dressing, in a saucepan, combine the vinegar, oil, ketchup, brown sugar, mustard, Worcestershire sauce, chili powder, cumin, salt, pepper and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Cool slightly. In a large salad bowl, combine the beans, corn, peppers and onion. Just before serving, stir in dressing and half of the chips. Sprinkle with remaining chips.

Broccoli Bean Pasta

Ingredients

10 cups water
6 ounces uncooked small pasta shells
3 cups broccoli florets
3 garlic cloves, minced
2 tablespoons olive or canola oil
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2/3 cup white wine or vegetable broth
1/8 teaspoon crushed red pepper flakes
2 teaspoons cornstarch
1/2 teaspoon salt
1/2 cup fat-free evaporated milk
1/2 cup shredded Parmesan cheese, divided

Directions

In a large saucepan, bring water to a boil. Add pasta; cook for 7 minutes. Add broccoli; cook 4-5 minutes longer or until pasta and broccoli are tender. Meanwhile, in a large nonstick skillet, saute garlic in oil for 1 minute. Add the beans, wine or broth and pepper flakes. Bring to a boil. Reduce heat; simmer, uncovered, for 7-8 minutes or until slightly reduced.

Drain pasta and broccoli; keep warm. Combine cornstarch, salt and milk until smooth; stir into bean mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in 1/4 cup Parmesan cheese. Add pasta mixture; toss to coat. Sprinkle with remaining cheese.

Coconut Curry Black Bean Burgers - Thai Style!

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 tablespoon finely chopped red onion
1 clove garlic, minced
1/2 teaspoon salt
1 teaspoon Thai chile sauce
1 teaspoon yellow curry paste
2 tablespoons coconut milk
1 teaspoon brown sugar
1 pinch cayenne pepper
1 egg
1 cup Italian bread crumbs
1 (1 pound) package crumbled tofu
1 (12 ounce) package vegetarian burger crumbles

1 cup chunky peanut butter
1 teaspoon Thai chile sauce
1 teaspoon brown sugar
1/2 teaspoon salt
1/2 teaspoon ground turmeric
1 dash soy sauce (optional)
1 tablespoon canola oil

6 whole wheat hamburger buns
1/2 cup shredded carrots
1/2 cup shredded cucumber
1 tablespoon chopped green onion
2 tablespoons fresh mint leaves
2 tablespoons fresh cilantro leaves

Directions

Blend the black beans, red onion, garlic, 1/2 teaspoon salt, 1 teaspoon chile sauce, curry paste, coconut milk, 1 teaspoon brown sugar, cayenne pepper, and egg in a food processor until smooth. Scrape the mixture into a large bowl. Fold the bread crumbs and burger crumbles into the mixture. Form the mixture into 6 patties and place on waxed paper. Put in freezer for up to 30 minutes for patties to set.

Prepare a grill pan or skillet with cooking spray and place over medium heat. Cook the patties until browned, 4 to 5 minutes per side.

Meanwhile, combine the peanut butter, 1 teaspoon chile sauce, 1 teaspoon brown sugar, 1/2 teaspoon salt, turmeric, soy sauce, and canola oil in a saucepan over medium-low heat. Cook and stir until the peanut butter is melted. Reduce heat to low and simmer until hot, 3 to 5 minutes.

Arrange patties on bottoms of hamburger buns. Drizzle sauce over each patty; top with carrot, cucumber, green onion, mint, and cilantro. Top with remaining bun halves and serve immediately.

Super Bean Pie

Ingredients

2 1/2 cups all-purpose flour
(spooned and leveled), plus more
for rolling and cutting out dough
2 tablespoons white sugar
1 teaspoon salt
1 cup vegetable shortening,
chilled
1 1/2 cups butter
6 tablespoons ice water

1/2 cup dried great Northern
beans, soaked overnight
1/2 cup dry garbanzo beans,
soaked overnight
1/2 cup dry navy beans, soaked
overnight
1/2 cup dry black beans, soaked
overnight
1/2 cup dried black-eyed peas,
soaked overnight
1/2 cup dry mixed lentils, soaked
overnight
1/2 cup dried pinto beans, soaked
overnight
1/2 cup dry kidney beans, soaked
overnight
1/4 cup olive oil
1/2 cup prepared hummus
1 teaspoon ground nutmeg
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon cream of tartar
1 tablespoon vanilla extract

Directions

Whisk together the flour, sugar, and salt in a mixing bowl. Cut in the chilled shortening and butter with a knife or pastry blender until the mixture resembles coarse crumbs. (This can also be done in a food processor: pulse the cold shortening and butter until it's the size of small peas. Turn mixture into a bowl and proceed.) Add the ice water a tablespoon at a time, tossing with a fork, until the flour mixture is moistened. Do not add more water than you need: when you squeeze a handful of the moistened pastry mixture, it should form a ball. Divide the dough in half and shape into balls. Wrap in plastic and refrigerate for at least 1 hour or up to three days. Roll one ball out to fit a 9 inch pie plate. Place bottom crust in pie plate and chill for at least 20 minutes before baking. Roll out top crust and set aside.

Preheat an oven to 350 degrees F (175 degrees C).

Drain the great Northern beans, garbanzo beans, navy beans, black beans, black-eyed peas, lentils, pinto beans, and kidney beans and place in a food processor. Blend beans while slowly drizzling the olive oil into the mixture. Blend in the hummus. Pour the batter into a large mixing bowl and stir in the nutmeg, ginger, cinnamon, allspice, cream of tartar, and vanilla extract. Pour the batter into the pie crust and smooth with a spatula. Place the second pie crust on top. Seal the edges using a fork.

Bake in the preheated oven until a knife inserted into the center comes out clean, about 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Tuscan Bean Salad

Ingredients

- 1 cup dried navy beans
- 4 cups cold water
- 1/2 cup diced red onion
- 1/2 cup thinly sliced celery
- 1/4 cup chopped fresh parsley
- 3 tablespoons chicken broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/4 teaspoon ground oregano
- 1/4 teaspoon ground thyme

Directions

Place beans in Dutch oven or kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid. Return beans to the pan. Add cold water. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until beans are tender.

Drain beans; place in a bowl. Add the onion, celery and parsley. In a jar with a tight fitting lid, combine the remaining ingredients; shake well. Pour over bean mixture and stir to coat. Cover and refrigerate for at least 2 hours.

Caramelized Green Beans with Walnuts

Ingredients

3 tablespoons butter
1 pound green beans, trimmed
and cut into 2 inch pieces
1 cup water
1/2 cup packed brown sugar
1/4 cup white sugar
1/2 cup chopped walnuts
1/4 teaspoon salt

Directions

Melt the butter in a large skillet over medium heat. Add green beans; cook and stir for about 5 minutes. Mix in the walnuts, and pour in water. Cover and cook for about 10 minutes, or until very little water is left in the pan.

Add the salt, white sugar, and brown sugar; stir until beans and walnuts are evenly coated. Cover, and cook over medium heat for 5 more minutes. Remove from the heat and allow to cool slightly before serving.

Chickpea Salad II

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cucumber, peeled and finely chopped
1 cup grape tomatoes, halved
1/4 cup finely chopped sweet onion
1 tablespoon minced garlic
1/2 teaspoon dried parsley flakes
1/4 teaspoon dried basil
1 tablespoon grated Parmesan cheese
1 tablespoon olive oil
3 tablespoons balsamic vinegar
1/4 teaspoon salt

Directions

In a large bowl, toss together chickpeas, cucumber, tomatoes, onion, garlic, parsley flakes, dried basil, and Parmesan cheese. Drizzle with olive oil and balsamic vinegar, and season to taste with salt. Toss until well combined, and adjust seasoning as needed. Cover and refrigerate at least 45 minutes before serving. Serve chilled.

Basic Ham and Bean Soup

Ingredients

1 pound dry great Northern beans
8 cups water
1/2 teaspoon salt
1 ham hock
1 cup chopped carrots
1/2 stalk celery, chopped
1 cup chopped onion
1 teaspoon minced garlic
1 teaspoon mustard powder
2 bay leaves
2 cups chopped ham
1/2 teaspoon ground white pepper

Directions

Rinse the beans, sorting out any broken or discolored ones. In a large pot over high heat, bring the water to a boil. Add the salt and the beans and remove from heat. Let beans sit in the hot water for at least 60 minutes.

After the 60 minutes of soaking, return the pot to high heat and place the ham bone, carrots, celery, onion, garlic, mustard and bay leaves in the pot. Stir well, bring to a boil, reduce heat to low and simmer for 60 more minutes.

Remove ham bone and discard. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.

Kielbasa and Kidney Beans

Ingredients

1 pound fully cooked kielbasa or Polish sausage, cut into 1/2-inch pieces
1 small onion, chopped
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1/4 cup packed brown sugar
2 tablespoons steak sauce
1 tablespoon cider vinegar
1 teaspoon Worcestershire sauce
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained

Directions

In a skillet, cook sausage for 2-3 minutes. Stir in onion and peppers. Cook and stir until sausage is lightly browned and vegetables are tender; drain. Combine brown sugar, steak sauce, vinegar and Worcestershire sauce; stir into skillet. Add beans. Cook and stir until heated through.

Sausage Minestrone

Ingredients

1 pound Bob Evans® Italian Sausage Roll
1/2 cup chopped onions
1 (16 ounce) can small white beans
1 (14.5 ounce) can beef broth
1 (14.5 ounce) can diced tomatoes
1/2 cup small uncooked pasta (i.e. elbow or rotini)
1 small zucchini, diced

Directions

In large saucepan, crumble and cook sausage and onions over medium heat until sausage is browned. Drain if desired. Add remaining ingredients to saucepan. Bring to a boil. Reduce heat to low and simmer 15-20 minutes or until pasta is cooked and zucchini is tender. Refrigerate leftovers.

Santa Fe Rice Salad

Ingredients

2/3 cup uncooked white rice
1 1/3 cups water
3/4 cup black beans, drained and rinsed
1 large tomato, seeded and diced
3/4 cup shredded Cheddar cheese
1/3 cup sliced green onions
1/3 cup vegetable oil
1/4 cup vinegar
1 tablespoon diced jalapeno peppers
1/2 teaspoon white sugar
salt to taste
1 avocado - peeled, pitted and diced

Directions

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat and chill.

In a large bowl, mix together the rice, beans, tomato, cheese and green onion.

In a small bowl, whisk together the oil, vinegar, peppers, sugar and salt. Pour over the rice mixture and toss to coat. Cover and refrigerate salad for 30 minutes. Top with avocado just before serving.

Turkey Bean Soup

Ingredients

1 pound ground turkey
1 cup chopped onion
1 cup chopped celery
1 tablespoon olive oil
1 (49.5 fluid ounce) can chicken broth
2 cups frozen corn
1 (15 ounce) can cannellini or white kidney beans, rinsed and drained
1 cup frozen lima beans
1 (4 ounce) can chopped green chilies
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
Shredded Cheddar cheese

Directions

In a Dutch oven, cook the turkey, onion and celery in oil over medium heat until meat is no longer pink. Add the broth, corn, beans, chilies, oregano, cumin, chili powder and salt. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through. Serve with cheese if desired.

Green Beans Amandine

Ingredients

1 pound fresh or frozen green beans, cut into 2 inch pieces
1/2 cup water
1/4 cup slivered almonds
2 tablespoons butter or margarine
1 teaspoon lemon juice
1/4 teaspoon seasoned salt

Directions

In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 10-15 minutes or until the beans are crisp-tender; drain and set aside. In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and seasoned salt if desired. Add beans and heat through.

Vegan Refried Beans

Ingredients

1 tablespoon olive oil
1 onion, diced
1 (15 ounce) can pinto beans,
drained
3 tablespoons tomato paste
chili powder to taste
1 cup vegetable broth

Directions

Heat oil in a medium skillet over medium heat. Saute onions until tender. Stir in beans, tomato paste, chili powder and vegetable broth. Cook 5 minutes, or until stock has reduced. Mash with a potato masher.

South of the Border Wraps

Ingredients

1/2 cup black beans, rinsed and drained
2 tablespoons salsa
1 tablespoon chopped green onions
1 tablespoon minced fresh cilantro or parsley
4 (6 inch) flour tortillas
1 medium tomato, chopped
1 cup shredded Monterey Jack cheese
2 tablespoons butter or margarine

Directions

In a bowl, mash beans slightly. Add salsa, onions and cilantro. Spread over tortillas. Sprinkle with tomato and cheese. Roll up tightly. Melt butter in a large skillet. Add tortillas, seam side down; cook until golden on all sides, adding additional butter if necessary. Serve immediately.

Pasta Fagioli Soup II

Ingredients

1 (29 ounce) can diced tomatoes
2 (14 ounce) cans great Northern beans, undrained
1 (14 ounce) can chopped spinach, drained
2 (14.5 ounce) cans chicken broth
1 (8 ounce) can tomato sauce
3 cups water
1 tablespoon minced garlic
8 slices crisp cooked bacon, crumbled
1 tablespoon dried parsley
1 teaspoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried basil
1/2 pound seashell pasta

Directions

In a large stock pot, combine diced tomatoes, beans, spinach, chicken broth, tomato sauce, water, garlic, bacon, parsley, garlic powder, salt, pepper, and basil. Bring to a boil, and let simmer for 40 minutes, covered.

Add pasta and cook uncovered until pasta is tender, approximately 10 minutes. Ladle soup into individual serving bowls, sprinkle cheese on top, and serve.

Sweet and Sour Beans

Ingredients

1 pound bacon
3 onions, chopped
1 teaspoon garlic powder
1/2 teaspoon dry hot mustard
1/2 cup white wine vinegar
1 cup packed brown sugar
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can lima beans,
drained
1 (15 ounce) can butter beans
2 (15 ounce) cans baked beans

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Reserve 2 tablespoons bacon fat.

Add onions to fat in pan, and saute until soft. Stir in garlic powder, dry mustard, wine vinegar, and brown sugar. Simmer for 20 minutes.

In a large pot or slow cooker combine bacon and onion mixture with the kidney beans, lima beans, butter beans, and baked beans. Mix together, and simmer for 70 minutes.

Grilled Steak and Potato Salad

Ingredients

1/4 cup red wine vinegar
1 tablespoon Dijon mustard
2 teaspoons jarred minced garlic
1 teaspoon salt
1/2 teaspoon dried thyme leaves
1/2 teaspoon freshly ground black pepper
1/2 teaspoon granulated sugar
3/4 cup CRISCO® Oil
1 1/2 pounds small red potatoes, scrubbed and quartered
1 pound boneless sirloin, New York Strip or Delmonico steak
1/2 pound fresh green beans, cut into 1-inch pieces
1/2 pound white mushrooms, rinsed, stems trimmed and thinly sliced
1 medium red bell pepper, seeds and ribs removed and thinly sliced
1/2 small red onion, peeled and thinly sliced
1 pint cherry tomatoes, rinsed and halved
Bibb or head lettuce leaves

Directions

Whisk together vinegar, mustard, garlic, salt, thyme, pepper and sugar. Add CRISCO® Oil; whisk until thoroughly blended.

Place steak in re-sealable plastic bag. Pour one-third of dressing over meat. Marinate 30 minutes.

Place potatoes in large pot. Cover with cold water; add salt. Bring to boil on high heat. Boil for 12-15 minutes, or until tender when pierced with a knife. Drain. Place in large mixing bowl. Toss with half of remaining dressing.

Prepare grill or broiler.

Microwave green beans on high for 2 minutes, or until crisp-tender. Set aside. Add green beans, mushrooms, red bell pepper, onion and tomatoes to potatoes; toss gently to mix.

Remove steak from marinade; discard marinade. Season steak with salt and pepper.

Grill steak to desired doneness; allow to rest 5 minutes before slicing into thin slices across the grain.

Arrange lettuce leaves on 4 plates. Top with vegetable mixture. Place steak slices on top; drizzle with remaining dressing. Serve immediately.

Lima Bean Pasta

Ingredients

8 ounces uncooked rotini pasta
1/4 cup extra virgin olive oil
1 (15 ounce) can lima beans,
drained and rinsed
2 cloves garlic, crushed
1 teaspoon dried tarragon
1/8 teaspoon salt
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Place rotini pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Heat the olive oil in a skillet over medium-high heat. Place lima beans in skillet. Season with garlic, tarragon, and salt. Cook and stir until heated through. Toss with cooked rotini and top with Parmesan cheese to serve.

Quick Zesty Green Beans

Ingredients

1 pound fresh string beans, stem ends removed
1 tablespoon canola oil
1 teaspoon OLD BAY® Blackened Seasoning
1/3 cup pecan pieces
Salt, to taste

Directions

Bring a large pot of water to a boil.

Add green beans, return to a boil and cook 1 minute; the beans should still be crisp. Drain the beans; don't rinse.

In a large skillet or wok, add oil. Heat until very hot (the skillet is ready when a drop of water in the oil sizzles). Add beans and cook about 1 minute, turning often with tongs or spatula. Sprinkle on pecans and Old Bay. Turn the beans and pecans to coat with oil and spices; cook about 2 minutes more, or until beans and nuts are slightly browned. Salt to taste and serve.

Poor Man's Caviar

Ingredients

1 (14 ounce) can black beans,
rinsed and drained
1 (15.5 ounce) can black-eyed
peas, rinsed and drained
1 (14 ounce) can garbanzo beans,
rinsed and drained
1 (15 ounce) can white corn,
drained
1 cup finely chopped Vidalia or
other sweet onion
2 cloves garlic, minced
1 cup finely chopped fresh parsley
2 teaspoons finely chopped fresh
basil
1/3 cup olive oil
1/4 cup red wine vinegar
1 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 teaspoon dry mustard powder
1/2 teaspoon hot pepper sauce,
or amount to taste

Directions

Stir the black beans, black-eyed peas, garbanzo beans, white corn, onion, garlic, parsley, and basil together in a bowl.

To make the dressing, mix the olive oil, red wine vinegar, salt, pepper, dry mustard, and hot sauce together in a small bowl until well blended. Pour over the bean mixture and toss to mix evenly. Refrigerate for 24 hours before serving.

Black Bean and Artichoke Burritos

Ingredients

1 (15 ounce) can black beans,
drained and rinsed
1 tablespoon vegetable oil
1 (10 ounce) can artichoke hearts,
drained and sliced
1 medium onion, diced
3 cloves garlic, crushed
8 (10 inch) flour tortillas
2 cups shredded sharp Cheddar
cheese
1 large tomato, diced (optional)

Directions

Pour the beans into a large iron skillet, and bring to a boil. Cook at a hard simmer until they become pasty and begin to resemble burrito beans in texture.

Heat oil in a separate skillet over medium heat. Stir in artichoke hearts, onion, and garlic; cook until the artichokes become golden brown.

Place tortillas in a dry skillet over low heat to warm. Remove from skillet. Spoon beans and artichoke mixture onto each tortilla, and top with cheese and tomato. Fold in ends, and roll up.

Three-Bean Cassoulet

Ingredients

2 (14.5 ounce) cans stewed tomatoes
1 (19 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can butter beans, rinsed and drained
1 cup finely chopped carrots
1 cup finely chopped onion
2 garlic cloves, minced
1 bay leaf
2 teaspoons dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In an ungreased 3-qt. baking dish, combine all ingredients. Cover and bake at 350 degrees F for 60-70 minutes or until vegetables are tender, stirring occasionally. Discard bay leaf before serving.

Authentic Huevos Rancheros

Ingredients

2 tablespoons vegetable oil
4 (6 inch) corn tortillas
1 cup refried beans with green chilies
1 teaspoon butter
4 eggs
1 cup shredded Cheddar cheese
8 slices bacon, cooked and crumbled
1/2 cup salsa (optional)

Directions

Heat oil in a small skillet over medium-high heat. Fry tortillas one at a time until firm, but not crisp. Remove to paper towels to drain grease.

Meanwhile, combine the refried beans and butter in a microwave-safe dish. Cover, and cook in the microwave until heated through. When tortillas are done, fry eggs over easy in the skillet. Add more oil if the tortillas have absorbed it all.

Place tortillas onto plates, and spread a layer of beans on them. Top with cheese, a fried egg, crumbled bacon and if desired, salsa.

Bob Evans® Favorite Chili Recipe

Ingredients

1 pound Bob Evans® Original Recipe or Zesty Hot Sausage Roll
3/4 cup diced onion
3 teaspoons chili powder
1 teaspoon ground cumin
3/4 teaspoon garlic powder
1 (15 ounce) can tomato sauce
1 (15 ounce) can light red kidney beans (including liquid)
3/4 cup water
1 (14.5 ounce) can diced tomatoes

Directions

In large saucepan over medium heat, crumble and cook sausage and onion until sausage is brown. Add chili powder, cumin and garlic and stir for 2 minutes. Add remaining ingredients and stir well. Bring to a boil, reduce heat to low and simmer for 20 minutes.

Kelly's Chili

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless
chicken meat, cut into bite-size
pieces
2 (14.5 ounce) cans diced
tomatoes
2 (15 ounce) cans light red kidney
beans, drained, liquid reserved
2 onions, chopped
3 potatoes, peeled and chopped
3 tablespoons chili powder
salt to taste
1 tablespoon ground black pepper
3/4 cup fresh corn kernels

Directions

Heat the oil in a skillet over medium heat, and cook the chicken 10 minutes, or until juices run clear.

Transfer chicken to a large pot over medium heat. Pour the tomatoes and kidney bean liquid into the pot. Mix in onions and potatoes. Season with chili powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until vegetables are tender. Mix in kidney beans and corn, and continue cooking 10 minutes, or until heated through.

Seasoned Beans and Tomatoes

Ingredients

1 medium onion, diced
2 tablespoons vegetable oil
2 cups fresh or frozen green beans, thawed
1 (14.5 ounce) can diced tomatoes, undrained
2 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon ground cloves
1/8 teaspoon pepper

Directions

In a skillet, saute onion in oil until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cook, uncovered, over medium-low heat until beans are tender. Serve with a slotted spoon.

White Bean and Artichoke Salad

Ingredients

3 cups white beans, drained
1/2 (14 ounce) can artichoke hearts, drained and quartered
2/3 cup diced green bell pepper
1/3 cup chopped black olives
1/4 cup chopped red onion
1/4 cup chopped fresh parsley
1/4 ounce chopped fresh mint leaves
3/4 teaspoon dried basil
1/3 cup olive oil
1/4 cup red wine vinegar
salt and pepper to taste

Directions

In a large bowl, combine beans, artichoke hearts, bell peppers, olives, onion, parsley, mint, and basil.

In a jar or small bowl, combine oil and vinegar; shake together or mix well. Pour oil and vinegar over the salad, and toss to coat.

Cover and chill in refrigerator for several hours or overnight, stirring occasionally, to let flavors blend.

Spinach-Green Bean Casserole

Ingredients

3/4 cup milk
1 cup sour cream
1 (10.75 ounce) can condensed
cream of mushroom soup
2 (15 ounce) cans green beans,
drained
1 (14 ounce) can chopped
spinach, drained
2 (2.8 ounce) cans French fried
onions

Directions

Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a casserole dish.

Stir the milk, sour cream and cream of mushroom soup together in a large bowl. Fold in the green beans and spinach, and mix in about half of the onions. Pour into the casserole dish and top with the remaining onions.

Bake uncovered in the preheated oven until bubbly and browned on top, about 40 minutes.

Hazelnut Cups

Ingredients

Chocolate Shells:

- 1 1/4 cups bittersweet chocolate chips
- 1 teaspoon vegetable oil

Filling:

- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 3 tablespoons coffee flavored liqueur (such as Kahlua®)
- 2 teaspoons white sugar
- 1/2 cup chocolate-hazelnut spread (such as Nutella®)

Garnish:

- 1/2 cup heavy cream
- 1 teaspoon white sugar
- 2 tablespoons chopped hazelnuts, for garnish
- 24 chocolate-covered coffee beans

Directions

Combine the chocolate chips and oil in a microwave-safe measuring cup or ceramic bowl. Stir until all of the chips are coated with oil. Microwave for 1 minute at 60% power. Stir. Heat at full power at 15-second intervals until the chocolate is melted, stirring after every interval. (This will take between 1 to 3 minutes, depending on your microwave.)

Arrange 24 paper bonbon or candy cups on a baking sheet. Pour a small amount (about 2 teaspoons) of the melted chocolate mixture into each cup. Tip the cups to coat the insides fully with chocolate. Transfer the coated cups to the refrigerator. Reserve remaining chocolate.

Pour the cup of heavy cream, vanilla extract, and coffee liqueur in a mixing bowl. Beat on high speed until frothy. Add the 2 teaspoons of sugar and continue to beat on high until soft peaks form. Stir in the hazelnut spread and beat on medium speed until combined. Quickly fold in the reserved melted chocolate. (If the chocolate has started to set up, place in microwave again for 10 seconds at 60% power.)

Fill a pastry bag with the mousse filling and pipe it into each chocolate cup. (If a pastry bag is unavailable, use a resealable plastic storage bag and snip off a corner.) You may need to use a spoon to smooth the tops. Chill the filled shells in the refrigerator for at least 4 hours.

Whip the 1/2 cup of cream until frothy; add the teaspoon of sugar and whip until stiff peaks form. Use a pastry bag to top each chocolate cup with a small dollop of whipped cream. Sprinkle with chopped hazelnuts and top with a coffee bean. Refrigerate until serving.

Black Bean Cakes

Ingredients

3 cups dry black beans
1 tablespoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon salt
1/3 cup chopped fresh cilantro
2 tablespoons vegetable oil
1/2 cup plain yogurt
1 tablespoon milk
1 pinch cayenne pepper

Directions

Place black beans in a large pot with enough water to cover. Bring to a boil, reduce heat, and simmer 1 hour, or until tender.

In an electric blender or food processor, process black beans until smooth. Stir in cumin, chili powder, salt, and cilantro; blend. Roll the mixture into balls, allowing 3 tablespoons of mixture per ball.

Place balls between sheets of wax paper and press down on the wax paper to form 1/8 inch thick rounds.

Heat oil in a large non-stick skillet. Fry the cakes 2 or 3 minutes per side.

In a bowl, combine yogurt, milk, and cayenne pepper (to taste). Serve the sauce over the hot black bean cakes.

Brunswick Stew

Ingredients

4 ounces diced salt pork
2 pounds chicken parts
8 cups water
3 potatoes, cubed
3 onions, chopped
1 (28 ounce) can whole peeled tomatoes, chopped
2 cups canned whole kernel corn
1 (10 ounce) package frozen lima beans
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

In a large pot over high heat, combine the salt pork, chicken and water and bring to a boil. Reduce heat to low, cover and simmer for 45 minutes, or until chicken is tender.

Remove chicken and allow to cool until easy to handle. Remove meat and discard the skin and bones. Chop meat into bite size pieces and return to the soup.

Add the potatoes, onions, tomatoes, corn, lima beans, Worcestershire sauce, salt and ground black pepper. Stir well and simmer, uncovered, for 1 hour.

Beef and Bean Stew

Ingredients

1/2 cup all-purpose flour
1 tablespoon paprika
1 teaspoon salt
1/4 teaspoon cayenne pepper
2 1/2 pounds beef stew meat, cut into 1 inch cubes
3 tablespoons olive or vegetable oil, divided
2 medium onions, thinly sliced
2 cups water
1 (6 ounce) can tomato paste
3/4 teaspoon rubbed sage
1/2 teaspoon dried thyme
1 (16 ounce) can kidney beans, rinsed and drained

Directions

In a large resealable plastic bag, combine the flour, paprika, salt and cayenne. Add beef and shake to coat. In a Dutch oven over medium heat, brown beef in 2 tablespoons oil. Remove with a slotted spoon. In the same pan, saute onions in the remaining oil. Add water, tomato paste, sage and thyme; mix well. Return beef to pan. Bring to a boil; reduce heat. Cover and simmer for 1-1/4 hours, stirring occasionally. Add more water if needed. Stir in beans. Cover and simmer 15 minutes longer or until meat is tender.

Uncle Bob's Soybean Bread

Ingredients

1 cup bread flour
2 cups warm water (110 degrees F)
1 (.25 ounce) package active dry yeast
1/2 cup dried soybeans
1 1/2 teaspoons salt
3 cups bread flour
2 tablespoons quinoa
1 tablespoon olive oil

Directions

In a large bowl or crock pot, dissolve yeast and 1 cup flour in water. Cover with plastic wrap or a pot lid and let stand for 2 hours.

Coarsely grind the soybeans in a food processor or blender. Stir soy beans and 1 cup flour into the yeast mixture. Let stand for 2 hours.

Stir in the salt and remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out of the slow cooker and knead 1 1/2 tablespoons quinoa into the dough. Form into a loaf and place in a lightly greased 9x5 inch loaf pan. Sprinkle the remaining quinoa on top of the loaf. Brush or drizzle on the olive oil. Cover and let rise until loaf is just above the top of the loaf pan. Meanwhile, preheat oven to 400 degrees F (200 degrees C).

Bake in preheated oven for 45 minutes, or until loaf sounds hollow when tapped on the bottom. Let cool before slicing.

Hamburger Pie

Ingredients

4 potatoes
1 pound lean ground beef
1 onion, chopped
2 (10.75 ounce) cans condensed tomato soup
1 (15 ounce) can green beans, drained
1 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to a boil. Peel and quarter potatoes, and introduce into boiling water; cook until tender, about 15 minutes. Drain and mash. Set aside.

In a large skillet over medium-high heat, cook ground beef and onion until beef is brown. Drain. Stir in tomato soup and green beans. Pour into a 9x13 baking dish. Mound mashed potatoes in a ring around the meat mixture (do not cover meat). Sprinkle potatoes with shredded cheese.

Bake in preheated oven 30 minutes, until potatoes are golden.

Vegan Bean Taco Filling

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 2 (14.5 ounce) cans black beans, rinsed, drained, and mashed
- 2 tablespoons yellow cornmeal
- 1 1/2 tablespoons cumin
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 cup salsa

Directions

Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans. Add the cornmeal. Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.

Ground Beef and Sausage in Red Beans and Rice

Ingredients

6 cups uncooked white rice
1 pound kielbasa sausage
1 teaspoon ground cayenne pepper
2 pounds lean ground beef
1/4 onion, minced
2 (15 ounce) cans kidney beans, drained
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can pork and beans

Directions

Prepare the rice in a large pot according to package directions.

Cut the kielbasa into 1-inch chunks and quarter the chunks. Place in a large skillet over medium-high heat for about 5 to 10 minutes, or until lightly browned. Season with cayenne pepper to taste. Transfer this to the pot with the rice, reserving the grease in the skillet.

In the same skillet over medium-high heat, saute the ground beef for 5 minutes. Stir in the rice, and onion; reduce heat to medium and saute for 5 more minutes. Drain well and add to the pot. Stir the kidney beans, pinto beans, and pork and beans into the pot. Add a little water, if necessary, and simmer over low heat until ready to serve.

Cuban Smoked Sausage with Chick Peas

Ingredients

1 pound smoked sausage
2 teaspoons vegetable oil
1 medium onion, diced
2 (15.5 ounce) cans chickpeas (garbanzo beans), undrained
1 (4 ounce) can tomato sauce
3 tablespoons sherry wine or Marsala
2 teaspoons dried oregano
2 teaspoons red pepper flakes
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
3 teaspoons adobo seasoning

Directions

Slice sausage lengthwise, then cut into 1/4-inch slices.

Heat oil in a large pot over medium-high heat. Brown sausage about 5 minutes. Stir in onion; cook 5 minutes. Stir in chickpeas and juices, tomato sauce, and sherry. Season with oregano, red pepper flakes, black pepper, garlic powder, and adobo seasoning. Simmer, stirring occasionally, at least 10 minutes (1 hour or more is preferable).

Basic Bean Soup

Ingredients

1 pound dry great Northern beans
8 cups water
12 baby carrots
1 cup chopped onion
1/2 pound chopped ham
1/4 cup ketchup
salt and pepper to taste

Directions

In a large bowl, combine the beans with the water, cover and let soak overnight.

In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham. Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours. Add ketchup just to get desired color. Season with salt and pepper to taste.

Kerry's Beany Salad

Ingredients

1/2 cup pearl barley
1/2 cup long-grain white rice
1 cup canned black beans,
drained
1 cup canned kidney beans,
drained
1 cup whole corn kernels, cooked
1/2 cup chopped green onions
1 red bell pepper, chopped
1/4 cup chopped fresh cilantro
8 leaves lettuce
1/4 cup red wine vinegar
1 clove garlic, minced
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
flakes
1/4 teaspoon ground black
pepper
1/2 cup olive oil

Directions

In a large saucepan bring 2 cups of water to a boil. Stir in barley and reduce heat to medium-low, cover and simmer for 40 to 45 minutes or until tender. Let cool.

In a saucepan bring 1 1/2 cups water to a boil add the rice. Reduce heat to low and simmer, covered for about 20 minutes or until tender. Let cool.

In a large bowl, combine the cooled barley, rice, black beans, kidney beans, corn, onions, red bell pepper and cilantro. Mix well.

To make dressing: In a small bowl, whisk together vinegar, garlic, chili powder, salt, red pepper flakes and black pepper. Whisk in oil and pour over salad and toss well. Transfer to a lettuce-lined bowl to serve.

Savory Skillet Chicken and Rice

Ingredients

1 tablespoon butter
1 pound skinless, boneless
chicken breast, cut into cubes
1 (10.75 ounce) can Campbell's®
Condensed Cream of Mushroom
Soup (Regular, 98% Fat Free or
25% Less Sodium)
1 cup milk
1 tablespoon onion flakes
1/4 teaspoon dried thyme leaves,
crushed
1/8 teaspoon ground black
pepper
1 (16 ounce) can green beans,
drained
2 cups uncooked instant white
rice

Directions

Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

Stir the soup, milk, onion, thyme and black pepper into the skillet. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until chicken is cooked through.

Stir in the beans and rice. Cover the skillet and remove from the heat. Let stand for 5 minutes. Fluff the rice with a fork.

Butter Bean Veggie Soup

Ingredients

3 celery ribs, chopped
3 medium carrots, chopped
1 small onion, chopped
2 tablespoons olive oil
3 tablespoons all-purpose flour
2 (14.5 ounce) cans chicken broth
2 (15 ounce) cans butter beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes, cut up
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon dried parsley flakes
1/4 teaspoon pepper

Directions

In a large saucepan, saute the celery, carrots and onion in oil until tender. Stir in flour until blended. Gradually add the broth.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until soup is heated through.

Texas Cowboy Stew

Ingredients

2 pounds ground beef
2 (16 ounce) packages kielbasa
sausage, sliced into 1/2 inch
pieces
2 cloves garlic, chopped
1 onion, chopped
2 (14.5 ounce) cans peeled and
diced tomatoes, drained
4 medium baking potatoes,
peeled and diced
2 (15 ounce) cans pinto beans,
with liquid
2 (15.2 ounce) cans whole kernel
corn, with liquid
1 (14.5 ounce) can diced tomatoes
with green chile peppers, with
liquid
1 (10 ounce) package frozen
mixed vegetables
4 cups water
2 teaspoons ground cumin
2 teaspoons chili powder
salt and pepper to taste

Directions

Crumble the ground beef into a large skillet over medium-high heat. Add the sausage, garlic and onion; cook and stir until the meat is no longer pink. Drain off grease, and transfer the contents of the skillet to a large pot.

Pour the tomatoes into the pot with the meat, and stir in the potatoes, pinto beans, corn, diced tomatoes with chilies, mixed vegetables and water. Season with cumin, chili powder, salt and pepper. Cover, and simmer over medium-low heat for at least 1 hour. Stir occasionally. The longer this stew cooks, the better it gets.

Colorado Buffalo Chili

Ingredients

1 pound ground buffalo
1 1/2 teaspoons ground cumin
1/2 teaspoon ground cumin
1 (10 ounce) can diced tomatoes with green chiles
1 (10.75 ounce) can tomato soup
1 (14.5 ounce) can kidney beans, drained
1 (14.5 ounce) can black beans, drained
1/2 medium onion, chopped
1/2 teaspoon minced garlic
1 Anaheim chile pepper, chopped
1 poblano chile pepper, chopped
2 tablespoons chili powder
1 teaspoon red pepper flakes
salt and pepper to taste

Directions

Brown the buffalo in a skillet over medium heat; season with 1/2 teaspoon cayenne pepper and 1/2 teaspoon cumin; drain.

Combine the buffalo, tomatoes with green chiles, tomato soup, kidney beans, black beans, onion, garlic, Anaheim chile pepper, poblano chile pepper, chili powder, red pepper flakes, black pepper, and salt in a slow cooker. Cover and cook on Low overnight or 8 hours.

Josh's Four-Way Chili

Ingredients

1 pound lean ground beef
1 pound mild pork sausage
1 large red onion, chopped
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
2 (14.5 ounce) cans Mexican-style stewed tomatoes
2 (15 ounce) cans pinto beans, drained
2 (1.25 ounce) packages chili seasoning mix
1 (8 ounce) package angel hair pasta
1 (4 ounce) packet saltine crackers
2 cups shredded Cheddar cheese

Directions

Crumble the ground beef and pork sausage into a large skillet over medium-high heat. Cook and stir until browned. Drain, and set aside.

Coat a large pot with cooking spray, and add the green, red and yellow bell peppers, and onion. Cook over medium heat until tender, stirring occasionally. Add the beef and sausage to the peppers. Puree the stewed tomatoes using a blender or food processor, and stir them into the pot along with the chili seasoning. Mix in the pinto beans, and heat to a simmer.

Bring a large pot of lightly salted water to a boil. Add the angel hair pasta, and cook until tender, 2 to 3 minutes. Drain.

When serving the chili, place the items on your plate in the following order: Start with pasta, then crush some saltine crackers, then some shredded cheese, and then chili. Mix it all up and enjoy! Caution, if you are not careful with your portions, you will end up with a helping too huge to finish.

Green Beans With Shallot Dressing

Ingredients

1 slice bacon
1/2 pound thin French green beans (haricots verts)
3 tablespoons extra-virgin olive oil
2 teaspoons Dijon-style mustard
2 teaspoons white wine vinegar
1 teaspoon bacon drippings
1 tablespoon minced shallot

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slice on a paper towel-lined plate. Let cool and crumble bacon. Reserve 1 teaspoon of bacon drippings.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the green beans, recover, and steam until just tender, 3 minutes.

Whisk together olive oil, Dijon-style mustard, vinegar, bacon drippings, and shallot in a bowl. Toss hot, steamed green beans in a bowl with the dressing and crumbled bacon, and serve.

Ultimate 7-Layer Dip

Ingredients

1 (16 ounce) can refried beans
1 tablespoon taco seasoning mix
1 cup BREAKSTONE'S or
KNUDSEN Sour Cream
1 cup salsa
1 cup shredded lettuce
1 cup KRAFT Mexican Style
Shredded Cheese
1/2 cup sliced green onions
2 tablespoons sliced pitted ripe
olives
RITZ Toasted Chips Original or
WHEAT THINS Baked Snack
Crackers

Directions

Mix beans and taco seasoning mix. Spread onto bottom of 9-inch pie plate or quiche dish.

Layer all remaining ingredients except chips over bean mixture; cover. Refrigerate several hours or until chilled.

Serve with chips.

Feijoada (Brazilian Black Bean Stew)

Ingredients

1 (12 ounce) package dry black beans, soaked overnight
1 1/2 cups chopped onion, divided
1/2 cup green onions, chopped
1 clove garlic, chopped
2 smoked ham hocks
8 ounces diced ham
1/2 pound thickly sliced bacon, diced
1 tablespoon olive oil
2 bay leaves, crushed
1/8 teaspoon ground coriander
salt and pepper to taste
1/2 cup chopped fresh cilantro (optional)
1/4 cup chopped fresh parsley (optional)

Directions

Heat the oil in a large pot or Dutch oven. Add 3/4 cup of chopped onion, green onions, and garlic; cook and stir until softened, about 4 minutes. Pour in the soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil, then reduce heat to medium-low, and simmer uncovered for 2 hours, or until tender.

While beans are cooking, place ham hocks in smaller pot with 1/4 cup of the chopped onion. Cover with water and simmer, until meat pulls off of the bone easily, about 1 hour. Drain and add to the beans.

Preheat oven to 375 degrees F (190 degrees C). Place ham, bacon, and remaining onion in a baking dish. Bake 15 minutes or until mixture is crispy.

Drain the bacon and ham mixture, and add to the beans. Season with bay leaves, coriander, salt and pepper. Simmer uncovered 30 minutes more. Stir in chopped cilantro and parsley just before serving.

Simple Taco Soup

Ingredients

2 pounds ground beef
1 (1.25 ounce) package taco seasoning mix
1 1/2 cups water
1 (15 ounce) can mild chili beans
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes
1 (10 ounce) can diced tomatoes with green chile peppers
1 (4 ounce) can chopped green chilies
1 (1 ounce) package ranch salad dressing mix

Directions

In a Dutch oven or large kettle, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well. Stir in remaining ingredients. Simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Wakula's First Attempt at Vegetable Stew

Ingredients

- 2 tablespoons butter
- 1 large yellow onion, chopped
- 2 bunches leeks, chopped
- 1 clove elephant garlic, chopped
- 4 stalks celery, chopped
- 3 large carrots, chopped
- 1 1/2 quarts vegetable broth
- 1 (29 ounce) can tomato sauce
- 1 (15 ounce) can black beans
- 1/2 head Chinese cabbage, cored and shredded
- 4 large potatoes
- 1 tablespoon dried oregano
- 2 teaspoons dried basil
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon celery salt
- 1 dash ground cayenne pepper
- 2 bay leaves
- grated Parmesan cheese to taste

Directions

Heat the butter in a large pot, and cook the onion, leeks, and garlic until tender. Mix in celery and carrots. Stir in broth, tomato sauce, black beans, cabbage, and potatoes. Season with oregano, basil, black pepper, celery salt, cayenne pepper, and bay leaves. Bring to a boil. Reduce heat to low, cover, and simmer 25 minutes, stirring occasionally, until vegetables are tender. Top with Parmesan to serve.

Santa Fe Veggie Quesadillas

Ingredients

1 (12 inch) flour tortilla
3/4 cup shredded
Cheddar/Monterey Jack cheese
blend
1/2 cup whole kernel corn,
drained
1/2 cup diced red bell pepper
1/2 cup black beans, drained
1 chopped green onion

Directions

Prepare a lightly oiled large skillet over medium heat. Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.

Allow the tortilla to heat on one side for 1 minute. Beginning at the center of the tortilla, evenly spread the cheese blend until the tortilla's entire surface is covered. Top the cheese with corn, red bell pepper, black beans and green onion. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board. Slice into 8 wedges and serve warm.

White Bean, Tomato, and Avocado Salad

Ingredients

1 (14 ounce) can cannellini beans,
drained and rinsed
1 pint grape tomatoes, halved
1 large avocado - peeled, pitted,
and cut into chunks
4 green onions, thinly sliced
2 tablespoons olive oil
2 tablespoons lemon juice
kosher salt and ground black
pepper to taste

Directions

Place the beans, tomatoes, avocado, and green onions into a mixing bowl. Drizzle with the olive oil and lemon juice; season with salt and pepper to taste. Gently toss until combined. Serve immediately or chill overnight.

Southwestern Rice and Bean Salad

Ingredients

2 cups cold, cooked long-grain rice
1 (16 ounce) can kidney beans, rinsed and drained
1 (8.75 ounce) can whole kernel corn, drained
1/2 cup sliced green onions with tops
1/2 cup picante sauce
1/4 cup bottled Italian dressing
1 teaspoon ground cumin

Directions

Combine all of the ingredients in a large salad bowl. Cover and refrigerate for 2-3 hours.

Garden Green Beans

Ingredients

4 cups cut fresh green beans (2 inch pieces)
1/2 cup sliced fresh mushrooms
2 tablespoons chopped onion
1 garlic clove, minced
2 tablespoons olive or vegetable oil
1/3 cup sliced water chestnuts
1/4 teaspoon Italian seasoning
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons shredded Parmesan cheese

Directions

Place beans in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer until crisp-tender.

Meanwhile, in a skillet, saute mushrooms, onion if desired and garlic in oil until tender. Stir in water chestnuts and seasonings; heat through. Drain beans and stir into skillet. Sprinkle with Parmesan cheese. Serve immediately.

Throw Together Mexican Casserole

Ingredients

1 pound ground beef
1 (15 ounce) can sweet corn,
drained
1 cup mild, chunky salsa
1/4 cup sliced black olives
3 1/2 cups cooked egg noodles
1 (15.25 ounce) can kidney beans,
drained and rinsed
1/4 cup taco sauce
1 (1.25 ounce) package taco
seasoning mix
1/2 cup tomato sauce

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a skillet over medium heat, cook the ground beef until evenly brown; drain.

In a 9x13 inch baking dish combine the beef, corn, salsa, olives, cooked noodles, beans, taco sauce, seasoning mix and tomato sauce.

Bake in the preheated oven for 1/2 hour, or until cooked through.

Preety's Chickpea Salad

Ingredients

1 clove garlic, minced
2 teaspoons olive oil
1 (16 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 tomato, chopped
1/3 onion, chopped
1 teaspoon cider vinegar (optional)
1/2 teaspoon salt, or to taste
1 pinch ground black pepper
1/2 lemon, sliced

Directions

Mix the garlic and olive oil in a small microwave-safe bowl. Cook 15 seconds in the microwave on High, or just until warm.

In a large bowl, toss together the garlic and olive oil, garbanzo beans, tomato, onion, and vinegar. Season with salt and pepper, and garnish with lemon slices. Cover and chill until serving.

Smoked Sausage in Tomato Sauce

Ingredients

2 (1 pound) packages smoked sausage, sliced
1 cup water
2 tablespoons all-purpose flour
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
1 cube beef bouillon
1 pound fresh green beans, trimmed and snapped

Directions

Place the sausage in a skillet over medium heat. Cook 5 minutes, until evenly brown.

Mix the water and flour in a small bowl, until flour is dissolved. Stir into the skillet. Mix in diced tomatoes, tomato sauce, beef bouillon, and green beans. Cook 15 minutes, stirring occasionally, until sauce is thickened and beans are tender.

Mexican Bean Burgers

Ingredients

1 carrot, sliced
1 (15 ounce) can kidney beans
1/2 cup chopped green bell pepper
1/2 cup chopped onion
2 cups salsa
1 cup dried bread crumbs
1/2 cup whole wheat flour
1/2 teaspoon ground black pepper
salt to taste
1 pinch chili powder

Directions

Place carrot into a bowl, and fill with about 1/4 inch of water. Cover with plastic wrap, and cook in the microwave for 2 minutes, or until soft. Drain.

Mash beans and steamed carrot in a large bowl. Mix in green pepper, onion, salsa, bread crumbs, and whole wheat flour. Season with salt, black pepper, and chili powder. Add flour to create a firmer mixture, or more salsa if the mixture is too stiff. Form mixture into 8 patties, and place on a greased baking sheet.

Heat a large skillet over medium-high heat, and coat with cooking spray. Fry the patties for about 8 minutes on each side, or until browned and firm.

Chicken Casserole Del Sol

Ingredients

1 (16 ounce) package uncooked rigatoni pasta
2 skinless, boneless chicken breast halves
2 (10.75 ounce) cans condensed cream of chicken soup
1 cup mayonnaise
2 teaspoons lemon juice
1/2 teaspoon curry powder
1 (14.5 ounce) can French-style green beans, drained
1 (4 ounce) can sliced mushrooms, drained
1 cup shredded Cheddar cheese
1/4 cup melted butter
1 cup crushed cornflakes cereal
2 teaspoons chopped fresh parsley

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cook the rigatoni according to package directions until al dente.. Meanwhile, in a separate saucepan, boil the chicken breasts until fully cooked.

In a large bowl, combine the soup, mayonnaise, lemon juice, curry powder, green beans and mushrooms. Drain and stir in the rigatoni. Cube the cooked chicken breasts and stir this in as well. Transfer this mixture to a 2 quart casserole dish.

Sprinkle the cheese on top over all. In a medium bowl, combine the butter and the corn flakes and spread this mixture over the cheese. Finally, top off by sprinkling with the parsley.

Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until the cheese is bubbly.

Baked Vegetables

Ingredients

2 medium potatoes, cut into 1/2 inch cubes
2 medium carrots, cut into 1/4 inch thick slices
1 cup fresh-cut green beans
2 medium onions, chopped
2 garlic cloves, minced
2 tablespoons olive oil or canola oil
4 medium tomatoes, chopped
2 cups cauliflowerets
1 celery rib, thinly sliced
1 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
1/8 teaspoon pepper
1 medium zucchini, cut into 1/4-inch slices
1 medium green pepper, chopped

Directions

In a large saucepan, bring 1 in. of water to a boil. Add the potatoes, carrots and beans. Return to a boil. Reduce heat; cover and simmer for 10 minutes. Drain; place in a greased 2-1/2-qt. baking dish.

In a skillet, saute onions and garlic in oil until tender. Add tomatoes, cauliflower, celery and seasonings. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Spoon half over the potato mixture. Top with zucchini, green pepper and remaining tomato mixture. Cover and bake at 350 degrees F for 40-45 minutes or until vegetables are tender. Serve with a slotted spoon.

Taco Nachos

Ingredients

1 pound ground beef
1 (1 ounce) package taco seasoning mix
3/4 cup water
3/4 pound processed cheese, cubed
1 tablespoon milk
1 (12 ounce) package tortilla chips
1 (16 ounce) can refried beans
1/2 cup chopped fresh tomato
1/3 cup chopped green onions

Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and mix in taco seasoning mix and water. Continue cooking 5 minutes. Remove from heat.

Place processed cheese and milk in a small, microwave safe bowl. Microwave on high until melted, 1 to 2 minutes. Stir until blended and smooth.

Place tortilla chips on a large, microwave safe dish. Spread with refried beans. Top with beef and cheese and mixtures.

Microwave approximately 2 minutes on high, until the cheese has melted into the beef. Top with tomato and green onions. Serve warm.

Brown Bean Chowder

Ingredients

2 1/2 cups dried pinto beans
3 quarts water
1 1/2 teaspoons chili powder
1 1/2 teaspoons salt
1 pound ground beef
1/2 medium onion, chopped
1 teaspoon minced garlic
1 2/3 cups tomato puree
1 tablespoon chili powder
1 tablespoon salt
1 cup dry bread crumbs

Directions

Place the beans and water in a large pot. Bring to a boil, and cook until the beans are almost tender, about 1 1/2 hours. Season with 1 1/2 teaspoons of chili powder, and 1 1/2 teaspoons of salt.

While the beans are cooking, crumble the ground beef into a large skillet over medium-high heat. Add onion and garlic; cook and stir until onion is tender and meat is browned. Drain off excess grease, and stir in the tomato puree, 1 tablespoon chili powder, 1 tablespoon salt and bread crumbs. Stir into the pot with the beans, adding more water if needed to achieve your desired thickness. Taste and adjust seasonings if you like before serving.

Turkey Minestrone

Ingredients

2/3 cup chopped onion
2 tablespoons vegetable oil
1/2 pound ground turkey
1/2 pound hot Italian turkey
sausage links, casings removed
1/2 cup minced fresh parsley
2 garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon dried basil
2 (14.5 ounce) cans Italian stewed
tomatoes
6 cups chicken broth
1 medium zucchini, sliced
1 (10 ounce) package frozen
mixed vegetables
1 (16 ounce) can kidney beans,
rinsed and drained
1 1/2 cups cooked elbow
macaroni
2 tablespoons cider vinegar
1/2 teaspoon salt
1 pinch pepper

Directions

In a large kettle over medium heat, saute onion in oil until tender, about 4 minutes. Add the next six ingredients; cook until meat is no longer pink. Add tomatoes, broth, zucchini and mixed vegetables; cover and cook on low heat for 5 minutes. Add beans, macaroni, vinegar, salt if desired and pepper; simmer for 3-4 minutes or until heated through.

Brown Rice and Chicken Casserole

Ingredients

2 (10.75 ounce) cans condensed cream of asparagus soup
10 3/4 fluid ounces milk
1 1/2 cups water
1 pound chopped cooked chicken
1 cup uncooked brown rice
2 (14.5 ounce) cans French cut green beans
1 1/2 cups shredded Cheddar cheese
1 cup chopped onion
3 cloves garlic, crushed
1 tablespoon dried parsley
1 1/2 teaspoons dried basil
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium casserole dish.

In a large bowl, mix the soup, milk, water, chicken, rice, green beans, Cheddar cheese, onion, and garlic. Season with parsley, basil, dill, salt, and pepper. Transfer to the prepared casserole dish.

Bake 1 1/2 hours in the preheated oven, until rice is tender. If water is absorbed too quickly, add more as needed.

Lucie's Vegetarian Chili

Ingredients

1/3 cup olive oil
2 cups chopped onion
3/4 cup chopped celery
1 cup chopped green bell pepper
1 cup chopped carrots
1 tablespoon minced garlic
2 cups chopped mushrooms
1/4 teaspoon crushed red pepper flakes
1 tablespoon ground cumin
2 tablespoons chili powder
3/4 teaspoon dried basil
2 teaspoons salt
1/2 teaspoon ground black pepper

2 cups tomato juice
3/4 cup bulgur wheat
2 cups chopped tomatoes
1 (20 ounce) can kidney beans, undrained
1/2 teaspoon hot pepper sauce (such as Tabasco®)
2 tablespoons lemon juice
3 tablespoons tomato paste
1 tablespoon Worcestershire sauce
1/4 cup dry red wine
2 tablespoons canned chopped green chile peppers, or to taste

Directions

Heat the olive oil in a large pot over high heat. Stir in the onion, celery, green bell pepper, carrot, garlic, mushrooms, red pepper flakes, cumin, chili powder, basil, salt, and pepper. Cook and stir until the vegetables begin to soften, about 2 minutes. Stir in the tomato juice, bulgur wheat, chopped tomatoes, kidney beans, hot pepper sauce, lemon juice, tomato paste, Worcestershire sauce, red wine, and green chile peppers. Bring to a boil, stirring frequently. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.

Cheesy Green Beans

Ingredients

5 (14.5 ounce) cans French-style green beans, drained
1 pound processed cheese, cubed
1 tablespoon dried dill, or to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9 x 13 inch casserole dish combine green beans, processed cheese and dill.

Stirring occasionally, bake until heated through and cheese is bubbling, about 30 minutes.

Ingredients

1 1/2 pounds whole beef tongue
1 quart water
1 (12 ounce) bag dried black beans
4 ounces dried chipped beef
1 chourico, cut into 1-inch pieces
4 ounces bacon, cut into 1-inch pieces
1 tablespoon vegetable oil
1 clove garlic, finely chopped
1 onion, chopped
2 jalapeno peppers, minced
1 large tomato, chopped
1/8 teaspoon salt
1 pinch cayenne pepper
1 large orange, thinly sliced

Directions

Place tongue in a large pot, pour in enough water to cover. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 3 hours.

Pour 1 quart water and black beans into a large saucepan. Bring to a boil over high heat, and boil for 2 minutes. Remove from heat, cover, and let stand 1 hour.

When tongue is done, drain and plunge into cold water. Make a lengthwise cut in the skin, peel off, and discard. Slice the tongue into 1/4-inch slices, and stir into beans along with dried beef, chourico, and bacon. Add water if needed to cover, then bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 1 hour.

Heat the vegetable oil in a saucepan over medium heat, and stir in the garlic and onion. Cook until the onion has softened and turned translucent, then stir in the jalapeno and tomato. Season with salt, and cayenne pepper, then cook until the vegetables have softened, about 5 minutes. Remove from heat, and stir half of the vegetables into the cooking beans. Continue cooking the beans until tender, about 1 hour more.

Once tender, remove 1/2 cup of beans, and mash with some of the cooking liquid to create a sauce. Stir in reserved vegetables.

To serve, arrange the tongue and sausage onto a serving platter, pour the sauce overtop, and garnish with orange slices. Serve the remaining beans in a separate bowl.

Ham and Bean Bake

Ingredients

1 medium onion, chopped
1 small green pepper, chopped
2 garlic cloves, minced
2 tablespoons butter or margarine
2 cups cubed fully cooked ham
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can Italian diced tomatoes, undrained
1 (8 ounce) can tomato sauce
1 teaspoon chili powder
1 teaspoon prepared mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce
CORN BREAD TOPPING:
1 cup cornmeal
1 cup all-purpose flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 1/4 cups milk
1 egg
3 tablespoons vegetable oil
1 (8 ounce) can cream-style corn

Directions

In a large skillet, saute onion, green pepper and garlic in butter until tender. Stir in ham, beans, tomatoes, tomato sauce, chili powder, mustard, salt, pepper and hot pepper sauce. Bring to a boil. Meanwhile, in a bowl, combine the cornmeal, flour, baking powder and salt. In another bowl, combine the milk, egg and oil; stir in corn. Add to cornmeal mixture just until combined.

Transfer the hot bean mixture to a greased 13-in. x 9-in. x 2-in. baking dish. Drop corn bread batter by spoonful over the top. Bake, uncovered, at 375 degrees F for 30-35 minutes or until bubbly and a toothpick inserted near the center of topping comes out clean.

Honey Cashew Green Beans

Ingredients

1/2 pound fresh green beans,
trimmed
2 tablespoons coarsely chopped
cashews
4 1/2 teaspoons butter or
margarine
1 tablespoon honey

Directions

Place beans in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 8-10 minutes or until crisp tender. Meanwhile, in a small skillet, saute cashews in butter for about 2 minutes or until golden brown. Stir in honey; heat through. Transfer beans to a serving bowl; toss to coat. Serve immediately.

Veggie-Bean Brunch Casserole

Ingredients

1/4 cup vegetable oil
1 onion, chopped
1 teaspoon minced garlic
1 large green bell pepper, finely chopped
2 medium tomatoes, diced
salt and pepper to taste
ground cumin to taste
1 (15 ounce) can lima beans, drained
1/4 cup chopped fresh parsley
4 eggs
1 tablespoon butter, cut into pieces

Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat oil in a large skillet over medium heat. Stir in onion, and cook 5 minutes, until tender. Stir in garlic, green bell pepper, and tomatoes. Season with salt, pepper, and cumin. Reduce heat, and simmer 15 to 20 minutes.

Mix beans into the onion mixture. Stirring occasionally, cook 10 minutes. Toss in parsley, and transfer to a medium baking dish. Break eggs over the top, dot with butter, and season with salt and pepper.

Bake 15 to 20 minutes in the preheated oven, until the eggs are cooked through.

Babi's Bean Salad

Ingredients

1 1/2 cups dried black-eyed peas, soaked overnight
1/3 cup chopped celery, with leaves
1 1/2 cups shredded carrot
3/4 cup chopped fresh parsley
1/2 cup chopped white onion
1/8 cup chopped fresh mint

Dressing:

1/4 cup olive oil
2 oranges, juiced
1/2 lemon, juiced
1 garlic clove, pressed
1/2 teaspoon ground coriander
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 teaspoon brown sugar

Directions

Place the beans in a saucepan with enough water to cover them by one inch. Bring beans to a slow boil. Reduce heat to low, and simmer until tender but not mushy (about 35 minutes). Set aside to cool.

When the beans have cooled, place them in a large bowl. Add the celery, carrots, parsley, white onion, and mint; toss to blend.

For dressing, blend olive oil, orange and lemon juice, garlic, coriander, salt, pepper, and brown sugar in a blender for 6 seconds. Transfer to a small saucepan, and simmer over low heat for five minutes. Remove from heat, and cool. Pour dressing over the bean salad, and refrigerate for at least 1 hour before serving.

Minestrone Stew

Ingredients

1 pound ground beef
1 small onion, chopped
1 (19 ounce) can minestrone soup
1 (15 ounce) can pinto beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes
1 (11 ounce) can whole kernel
corn, drained
1 (4 ounce) can chopped green
chilies
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to a slow cooker. Add the remaining ingredients; mix well. Cover and cook on low for 4-6 hours or until heated through.

Pork 'n' Bean Salad

Ingredients

1 (16 ounce) can pork and beans,
drained
1/2 cup chopped tomato
1/2 cup chopped celery
1/4 cup chopped green pepper
3 tablespoons mayonnaise
2 tablespoons chopped onion

Directions

Combine all ingredients in a small bowl. Cover and refrigerate for 2 hours. Refrigerate leftovers.

Green Bean and Tomato Salad

Ingredients

1 pound fresh green beans,
trimmed
1/2 cup thinly sliced red onion
1 pint grape or cherry tomatoes,
halved
2 tablespoons lemon juice
1 tablespoon olive or canola oil
1 tablespoon water
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup chopped celery

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and rinse with cold water. Place in a large bowl; add onion. Place tomatoes in another bowl. In a small bowl, whisk together the lemon juice, oil, water, salt and pepper. Pour over the vegetables in each bowl; toss to coat. Cover and refrigerate for at least 1 hour.

Stir celery into bean mixture; transfer to a serving platter. Surround with tomatoes.

Chili Cheese Dip I

Ingredients

60 ounces chili with beans
2 (8 ounce) packages cream
cheese, softened
2 cups shredded Cheddar cheese

Directions

In a slow cooker, combine chili, cream cheese, and Cheddar cheese. Set the slow cooker to a low temperature, and let the dip cook until all of the cheeses have melted. Serve warm.

Lima Bean Medley

Ingredients

1 large green pepper, chopped
1 medium onion, chopped
2 garlic cloves, minced
2 teaspoons olive or canola oil
1 1/2 cups chopped fresh tomatoes
1 cup fresh or frozen lima beans
1 cup fresh or frozen corn
1/2 cup minced fresh basil
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large nonstick skillet, saute the green pepper, onion and garlic in oil until tender. Add tomatoes. Reduce heat; simmer, uncovered, for 5 minutes. Stir in lima beans and corn; cover and simmer 10 minutes longer or until vegetables are tender. Stir in the basil, salt and pepper.

Drunken Winter Stew

Ingredients

3 potatoes, peeled and cubed
1/4 cup chopped onion
1/2 medium head cabbage, sliced
1 (15 ounce) can kidney beans,
drained and rinsed
3 cups water
1 (12 fluid ounce) can beer
1 tablespoon prepared Dijon-style
mustard
1/4 tablespoon garlic powder
ground black pepper to taste
salt to taste

Directions

Bring potatoes, onions, and water to a boil, lower heat to simmer.

Add cabbage and mustard. Slowly add about 1/2 the beer (it will foam up a bit). Cover loosely. Let simmer 15 minutes, stirring occasionally.

Add the beans, spices, and more/all of the beer to taste. Remove lid, let simmer another 10 minutes or until potatoes are tender. Add water if necessary. Re-spice if needed before serving.

Pork Chops with Tomatoes and String Beans

Ingredients

1 pound fresh green beans,
trimmed

1/4 cup olive oil
4 pork chops

1 teaspoon salt
1 pinch ground black pepper
1 teaspoon chopped fresh sage
1 tablespoon minced garlic
2 large tomatoes, sliced
4 slices shredded Cheddar
cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.

Fill a saucepan with lightly salted water, and bring to a rolling boil over high heat. Once the water is boiling, add the green beans, and return to a boil. Cook uncovered until the green beans are just tender, 3 to 4 minutes. Drain the beans, reserving 2/3 cup of the cooking liquid. Spread the beans into the greased baking dish.

Heat the olive oil in a large skillet over medium-high heat. Add the pork chops, and cook until golden brown on each side, about 3 minutes per side. Season the browned pork chops with salt, pepper, sage, and garlic, then arrange over the green beans. Boil the reserved cooking liquid in the skillet and stir the browned bits until dissolved. Pour over the pork chops. Place the tomato slices over the pork chops, and cover each with a slice of Cheddar cheese.

Bake in the preheated oven until the pork is no longer pink in the center, 20 to 25 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Spicy Asian Medley

Ingredients

2 cups brown rice
1 quart water
2 tablespoons canola oil
1 medium yellow onion, chopped
3 cloves garlic, minced
1 (16 ounce) package extra firm tofu
3 tablespoons hoisin sauce
1 teaspoon Thai chili paste
1 teaspoon hot sauce
2 tablespoons light soy sauce
1/2 (16 ounce) package frozen mixed peas and carrots
1 (16 ounce) can black beans, rinsed and drained

Directions

Bring rice and water to a boil in a pot. Reduce heat to low, cover, and simmer 45 minutes.

Heat the oil in a skillet over medium heat. Stir in the onion and garlic, and cook 2 minutes. Mix in tofu, hoisin sauce, chili paste, hot sauce, and soy sauce. Continue to cook and stir until tofu is heated through and coated with the sauces.

Mix peas and carrots into the skillet, and cook 2 minutes. Stir in the black beans, and continue cooking until heated through. Serve over the cooked rice.

Mexican Layered Dip

Ingredients

1 (16 ounce) can refried beans
1 (1.25 ounce) package taco seasoning mix
1 large tomato, seeded and chopped
1 cup guacamole
1 cup sour cream, room temperature
1 cup shredded sharp Cheddar cheese
1/2 cup chopped green onions
1/4 cup chopped black olives

Directions

Spread refried beans in the bottom of a (1-quart) shallow edged serving dish (you can use a transparent dish if you'd like). Sprinkle the seasoning packet over the beans. Layer the diced tomatoes over the beans, the sour cream over the tomatoes, and the guacamole over the sour cream. Sprinkle the entire layered dip with cheddar cheese, followed by green onion and finishing it off with a layer of black olives. Cover and refrigerate until ready to serve.

Lemon Lentil Rice

Ingredients

1 tablespoon vegetable oil
1 teaspoon mustard seeds
1/2 cup chopped carrot
1/2 cup chopped fresh green beans
3 cups water
1 cup long grain white rice
1/2 cup dry brown lentils
1/4 cup fresh lemon juice
1 pinch salt, or to taste
1 teaspoon chili powder, or to taste

Directions

Heat the oil in a large saucepan over medium-high heat. Add the mustard seeds, and cook until they pop. Once the seeds have popped like popcorn, add the carrot and green beans. Sauté them for about 2 minutes, just to mingle the flavors.

Pour in the water, and add the rice and lentils. Reduce the heat to low, cover, and simmer for 20 minutes, or until rice and lentils are tender. Stir in the lemon juice, and season with salt and chili powder. Let stand covered for 5 or 10 minutes before serving.

Bean and Bacon Salad

Ingredients

10 slices bacon
2 tablespoons vinegar
1/2 cup mayonnaise
2 tablespoons white sugar
1 (15.25 ounce) can kidney beans,
drained and rinsed
1 1/2 cups shredded cabbage
1/2 cup diced celery
2 tablespoons chopped fresh
parsley
1/3 cup finely chopped onion
1 teaspoon salt
1 dash ground black pepper

Directions

In a skillet over medium heat, cook the bacon until crisp. Drain, cool, and crumble.

In a small bowl, whisk together the vinegar, mayonnaise, and sugar.

In a large bowl, mix the bacon, kidney beans, cabbage, celery, parsley, and onion. Season with salt and pepper. Pour the vinegar dressing mixture over the salad, and toss to coat. Refrigerate at least 1 hour before serving.

Adzuki Mooncake

Ingredients

Pastry:

1/3 cup golden syrup
3 tablespoons peanut oil
1 cup cake flour
1/2 teaspoon baking soda
1 pinch salt

Adzuki Bean Filling:

1 1/2 cups dry adzuki beans
4 cups water
1/4 cup peanut oil
1/4 cup white sugar, or more to taste
2 tablespoons wheat starch

1/2 cup all-purpose flour
1 egg yolk, beaten

Directions

Stir the golden syrup together with 3 tablespoons of peanut oil in a small saucepan over low heat until the mixture becomes very warm, and the syrup is easy to stir, about 3 minutes. Meanwhile, whisk together the cake flour, baking soda, and salt in a mixing bowl. Stir in the golden syrup until a smooth dough forms. Wrap well with plastic wrap; refrigerate at least 4 hours.

Meanwhile, combine the adzuki beans and water in a large saucepan over high heat. Bring to a boil, reduce heat to medium-low, cover, and simmer until the beans are tender, about 1 hour. Drain and allow to cool for 10 minutes. Puree the beans in a blender or food processor.

Heat 1/4 cup of peanut oil over medium heat in the saucepan the beans were boiled in. Stir in the pureed beans along with the white sugar. Cook and stir until the bean paste clings to the stirring spoon, 10 to 20 minutes. Stir in the wheat starch. Scrape into a mixing bowl. Chill in the refrigerator until cold.

Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.

Divide the dough and the filling each into 8 equal portions and roll into balls. Press the dough balls between your palms to form circles large enough to envelop a filling ball. Place a ball of the filling onto the center of each pastry circle, wrap the pastry around the filling, and pinch the edges together. Roll the mooncakes in the all-purpose flour to coat; shake off excess. Place the mooncakes seam-side-down onto the prepared baking sheet and press to flatten slightly.

Mist lightly with water. Bake in the preheated oven for 8 minutes. Remove the mooncakes from the oven and reduce the oven temperature to 300 degrees F (150 degrees C).

Brush with the beaten egg yolk, applying more of the yolk to the tops than to the sides. Return to the oven and bake until golden brown, about 15 minutes more. Cool completely before serving.

Sausage & White Bean Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds sweet or hot Italian sausage, in the casing
2 ounces thinly sliced prosciutto ham, minced
2 medium onions, in medium dice
2 medium carrots, peeled and in medium dice
2 medium celery stalks, in medium dice
1 teaspoon dried thyme leaves
3 (15.8 ounce) cans great Northern or other white beans, undrained
1 quart chicken broth (carton or can)

Directions

Heat oil in a large, deep saute pan or soup kettle over medium-high heat. When pan is hot, add sausages; cook, turning once or twice, until well-browned on all sides, about 5 minutes. (Sausage will not be fully cooked at this point.) Remove from pan. When cool enough to handle, cut into slices 1/4-inch thick.

Add prosciutto, onions, carrots, celery and thyme to the empty skillet; cook, stirring often, until well browned, 8 to 10 minutes. In a small bowl, mash one can of beans with a fork into a chunky puree. Add broth, whole and mashed beans, and sausage; cover and bring to a simmer. Reduce heat to medium-low; simmer, partially covered, to blend flavors, 20 minutes. Let rest 10 minutes; serve.

Swiss Chard with Garbanzo Beans and Fresh

Ingredients

2 tablespoons olive oil
1 shallot, chopped
2 green onions, chopped
1/2 cup garbanzo beans, drained
salt and pepper to taste
1 bunch red Swiss chard, rinsed
and chopped
1 tomato, sliced
1/2 lemon, juiced

Directions

Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.

Spicy Rice Pilaf

Ingredients

1/2 cup chopped onion
2 tablespoons olive or vegetable oil
2 cups chicken broth
1/4 cup dry lentils, rinsed
1 (16 ounce) can kidney beans, rinsed and drained
1 cup salsa
1 cup uncooked long grain rice
1 cup frozen corn
1 (2 ounce) jar diced pimientos, drained
1 teaspoon chili powder

Directions

In a saucepan over medium heat, saute onion in oil until tender. Add broth and lentils; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20-25 minutes longer or until lentils and rice are tender.

Refried Bean Enchiladas

Ingredients

2 cups vegetarian refried beans
1 cup 1% cottage cheese
1 1/2 cups shredded reduced-fat Cheddar cheese, divided
1 tablespoon olive oil
4 1/2 teaspoons all-purpose flour
1 tablespoon chili powder
1/2 teaspoon garlic powder
1/4 teaspoon salt
1 1/2 cups water
1 teaspoon cider vinegar
1/2 teaspoon dried minced onion
12 (6 inch) flour tortillas

Directions

In a large bowl, combine the beans, cottage cheese and 1 cup cheddar cheese; set aside. For sauce, in a large nonstick skillet, whisk the oil, flour, chili powder, garlic powder and salt until smooth. Gradually stir in the water, vinegar and onion. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat.

Dip both sides of each tortilla into sauce. Place about 1/2 cup bean mixture down the center of each tortilla. Roll up and place seam side down in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Pour remaining sauce over top; sprinkle with remaining cheese. Cover and bake at 350 degrees F for 20-25 minutes or until heated through.

Outrageous Warm Chicken Nacho Dip

Ingredients

1 (14 ounce) can diced tomatoes with green chile peppers (such as RO*TEL®), drained
1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed
2 large cooked skinless, boneless chicken breast halves, shredded
1/3 cup sour cream
1/4 cup diced green onion
1 1/2 tablespoons taco seasoning mix
2 tablespoons minced jalapeno pepper, or to taste (optional)
1 cup black beans, rinsed and drained

Directions

Place the diced tomatoes, processed cheese, chicken meat, sour cream, green onion, taco seasoning, and jalapeno pepper into a slow cooker. Cook on High, stirring occasionally until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the black beans, and cook 15 more minutes to reheat.

Hearty Maple Beans

Ingredients

6 bacon strips, diced
1/2 pound fully cooked kielbasa or Polish sausage, sliced
1/2 cup chopped onion
1 (16 ounce) can pork and beans
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can butter beans or lima beans, rinsed and drained
1/2 cup maple syrup
3 tablespoons white vinegar
3 tablespoons ketchup
3 tablespoons prepared mustard

Directions

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 1 tablespoon drippings. In the drippings, cook the sausage and onion over medium-heat until sausage is lightly browned. Stir in the bacon and remaining ingredients. Transfer to an ungreased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Campfire Green Beans

Ingredients

2 tablespoons olive oil
1 large sweet onion, diced
1 clove garlic, chopped
1/4 cup slivered almonds
3 (14.5 ounce) cans French-style green beans, drained
salt and pepper to taste

Directions

Heat a large skillet over medium-high heat. Pour in olive oil, then mix in onion, garlic, and almonds. Saute until onions are translucent, about 5 minutes.

Stir in green beans and season with salt and pepper. Cover skillet with lid and cook for 3 minutes, stirring a few times so mixture doesn't burn. Transfer mixture to a shallow dish and place in refrigerator to cool. When cool, pack into a resealable bag.

At campsite, heat a skillet over the fire or camp stove, dump in contents of bag, and cook just until heated through.

White Turkey Chili

Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 3 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground ginger
- 1/2 cup low-sodium chicken broth
- 1/2 cup dry white wine
- 1 bay leaf
- 2 cups shredded cooked turkey
- 2 cups white kidney beans (cannellini), undrained
- 2 fresh jalapeno peppers, chopped
- 1 1/2 cups shredded Monterey Jack cheese
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 2 tablespoons lime juice

Directions

Heat the olive oil in a skillet over medium heat. Cook onion in oil until the onion has softened and turned translucent, about 5 minutes. Stir in garlic, oregano, cumin, and ginger; cook for another minute. Pour in chicken broth and white wine, and then add the bay leaf. Cook uncovered until slightly reduced, about 5 to 8 minutes.

Stir in turkey, beans, and jalapeno. Simmer uncovered for 10 minutes, stirring occasionally.

Using back of spoon, mash 1/4 of beans to thicken sauce. Reduce heat to low, and begin stirring in cheese 1/2 cup at a time. Stir until cheese is completely melted. Season with salt and pepper. Remove from heat, and stir in lime juice. Serve hot.

Ranch Stew

Ingredients

1 pound ground beef
1 (16 ounce) can kidney beans,
with liquid
1 (15.25 ounce) can whole kernel
corn, undrained
1 (14.5 ounce) can diced
tomatoes, undrained
1 cup biscuit/baking mix
1/3 cup milk

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the beans, corn and tomatoes; bring to a boil. Reduce heat. In a bowl, combine biscuit mix and milk just until moistened. Drop by tablespoonfuls onto simmering stew. Cover and simmer for 12 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift cover while simmering). Serve immediately.

Pasta e Fagioli a la Chez Ivano

Ingredients

3 pounds lean ground beef
1/2 cup olive oil
4 cups chopped onion
2 cups chopped celery
2 (4.5 ounce) jars bottled minced garlic
1 teaspoon coarsely ground black pepper
8 (14 ounce) cans beef broth
1 (28 ounce) can crushed tomatoes
1 (6 ounce) can tomato paste
2 1/2 teaspoons dried thyme
2 1/2 teaspoons dried basil
2 1/2 teaspoons dried oregano
2 tablespoons dried parsley
2 cups ditalini pasta
2 (15 ounce) cans kidney beans, drained and rinsed

Directions

In a large pot over medium heat, cook beef until no longer pink. Drain and set aside.

In the same pot, heat the olive oil. Cook onion, celery, garlic and black pepper until vegetables are tender, 10 minutes. Stir in beef broth, crushed tomatoes and tomato paste. Season with thyme, basil, oregano and parsley. Cover, reduce heat and simmer 1 hour. (At this point, you may put the pot on a back burner to keep warm and continue with the next steps about 1 hour prior to serving, if you wish.)

Stir in the beef and simmer 15 minutes. Stir in the pasta and cook until al dente, 8 to 10 minutes. Stir in the beans and heat through, 10 to 15 minutes.

Cajun-Style Beef and Beans

Ingredients

1 cup uncooked white rice
2 cups water

1 pound ground beef
1 onion, chopped
1 (15 ounce) can red beans,
drained and rinsed
1 (14.5 ounce) can diced tomatoes
2 tablespoons Cajun seasoning

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Add chopped onion to beef and cook and stir for 3 to 5 minutes. Stir in the cooked rice, beans, tomatoes, and Cajun seasoning. Pour into a casserole dish.

Cover and bake in the preheated oven for 25 minutes until hot, stirring once.

Ham Potato Scallop

Ingredients

1 (5.5 ounce) package scalloped potato mix
2 cups boiling water
2 tablespoons butter or margarine
3/4 cup milk
2 cups cubed fully cooked ham
1 (10 ounce) package frozen cut green beans
1 cup shredded Cheddar cheese

Directions

In a ungreased 1-1/2-qt. baking dish, combine potatoes with sauce mix, boiling water and butter. Stir in milk, ham and beans. Bake, uncovered, at 400 degrees F for 35 minutes or until the potatoes are tender, stirring occasionally. Sprinkle with cheese. Bake 5 minutes longer or until cheese is melted. let stand 5 minutes before serving.

Delilah's Wicked Twelve Alarm Chili

Ingredients

1 (20 ounce) can kidney beans, undrained
2 (15 ounce) cans chili beans, undrained
2 (14 ounce) cans black beans, undrained
2 (15.5 ounce) cans black-eyed peas, undrained
1 (28 ounce) can diced tomatoes, undrained
2 pounds lean ground beef
1 pound hot Italian sausage
2 large green bell peppers, chopped
1 large red bell pepper, chopped
6 small yellow onions, chopped
1 red onion, chopped
6 cloves garlic, minced
1 (4 ounce) can sliced jalapeno peppers, finely chopped
1 (7 ounce) can chipotle chiles in adobo sauce, finely chopped
6 serrano peppers, finely chopped
4 orange habanero chili peppers, finely chopped
1 banana pepper, seeded and finely chopped
3 cherry peppers, finely chopped
1 Anaheim pepper, finely chopped
4 red Thai chili peppers, finely chopped
4 green Thai chili peppers, finely chopped
2 tablespoons chili powder, or to taste
1 1/2 tablespoons ground cumin
3 tablespoons red pepper flakes
1/3 envelope taco seasoning mix
cayenne pepper, or amount to taste

Directions

Place the kidney beans, chili beans, black beans, and black-eyed peas in a large, heavy pot., and simmer over medium heat.

Place the ground beef and sausage in a skillet over medium-high heat. Cook until crumbly and evenly browned, about 10 minutes. Drain, and stir into the bean mixture.

Place the red and green bell peppers, yellow and red onions, and garlic on top of the bean and meat mixture. Cover and steam for at least 10 minutes. Stir in the jalapeno, chipotle, serrano, habanero, banana, cherry and Anaheim peppers, red and green Thai chilies, chili powder, cumin, red pepper flakes, and taco seasoning. Season to taste with cayenne pepper, salt, and black pepper. Cover, and simmer over medium heat, stirring occasionally, for 3 hours.

Duck Cassoulet

Ingredients

1 pound pork sausage links, sliced
1 tablespoon whole cloves
1 whole onion, peeled
3 sprigs fresh parsley
1 sprig fresh thyme
1/2 pound bacon
1 sprig fresh rosemary
1 pound dry navy beans, soaked overnight
1 bay leaf
3 carrots, peeled and sliced
3 cloves garlic, minced
1 pound skinned, boned duck breast halves, sliced into thin strips.
1 fresh tomato, chopped

Directions

In a large skillet, brown the sliced sausage over medium heat.

Insert whole cloves into onion. Roll bacon up, and tie with a string. Tie together parsley, thyme, and rosemary.

In a large slow cooker, place soaked beans, sausage, bacon, onion studded with cloves, fresh herbs, bay leaf, carrots, minced garlic, and duck. Add enough water to cover the other ingredients. Cook for 1 hour on HIGH. Reduce heat to LOW, and continue cooking for 6 to 8 hours.

Remove onion, bacon, and herbs. Stir in chopped tomatoes. Continue cooking for 1/2 hour. Serve.

Hot as Hell Hickory Beans

Ingredients

1 pound dried pinto beans
4 cups water
1 (7 ounce) can sliced jalapeno peppers, drained
1 (14.5 ounce) can diced tomatoes
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon liquid smoke flavoring
1/4 cup barbeque sauce

Directions

Place the pinto beans into a large container and cover with several inches of cool water; let stand overnight to soak.

Drain and rinse the following day, then place beans into a slow cooker along with 4 cups of water, the jalapenos, tomatoes, salt, pepper, onion powder, garlic powder, liquid smoke, and barbeque sauce; stir well.

Set the slow cooker to High and cook for 4 hours. Stir the beans again, and turn the slow cooker to Low, and continue cooking until the sauce has thickened and the beans are tender, about 3 hours more.

Cold Day Chili

Ingredients

1 pound ground beef
1 medium onion, halved and thinly sliced
2 (16 ounce) cans kidney beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1/2 cup water
1 tablespoon brown sugar
1 tablespoon chili powder
1 tablespoon vinegar
2 teaspoons prepared mustard
1 teaspoon salt
1/8 teaspoon pepper

Directions

In a large saucepan over medium heat, cook beef and onion until the meat is no longer pink; drain. Add the remaining ingredients. Bring to a boil; reduce heat. Cover and simmer for 10 minutes or until heated through.

SwansonB® Black Bean, Corn and Turkey Chili

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
1 large onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano leaves,
crushed
1/2 teaspoon ground black
pepper
1/4 teaspoon garlic powder
1 3/4 cups SwansonB® Chicken
Broth (Regular, Natural
GoodnessB,,ŷ or Certified Organic)
1 cup PaceB® Thick & Chunky
Salsa
1 tablespoon sugar
1 (15 ounce) can black beans,
rinsed and drained
1 (16 ounce) can whole kernel
corn, drained

Directions

Heat the oil in a 4-quart saucepot over medium-high heat. Add the turkey, onion, chili powder, cumin, oregano, black pepper and garlic powder. Cook until the turkey is well browned, stirring often.

Stir the broth, salsa, sugar, beans and corn in the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes or until the mixture is hot and bubbling.

Fresh Market Gazpacho

Ingredients

5 large roma (plum) tomatoes, diced
1 (15.5 ounce) can garbanzo beans, drained and rinsed
1 stalk celery, diced
1 cucumber - peeled, seeded, and diced
2 green onions, chopped
2 tablespoons finely chopped sweet onion
1/4 cup chopped fresh parsley
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
1/2 lemon, juiced
1 clove garlic, minced
1 (46 fluid ounce) can tomato juice
1 teaspoon curry powder
1 pinch dried tarragon
freshly ground black pepper to taste
1 dash hot pepper sauce

Directions

In a large glass bowl, mix the tomatoes, garbanzo beans, celery, cucumber, green onions, sweet onion, parsley, red bell pepper, yellow bell pepper, lemon juice, and garlic. Pour in the tomato juice. Season with curry powder, tarragon, pepper, and hot pepper sauce. Chill in the refrigerator at least 2 hours before serving.

Mini Green Bean Casserole

Ingredients

2 cups frozen cut green beans
1 (4 ounce) can mushroom stems
and pieces, drained
1 tablespoon cornstarch
1/2 teaspoon ground mustard
3/4 cup chicken broth
1 tablespoon butter or margarine
3/4 cup French-fried onions

Directions

In a greased 1-qt. baking dish, combine the beans and mushrooms. In a small bowl, combine cornstarch and mustard; gradually stir in broth until smooth. Pour over the vegetables. Dot with butter. Bake, uncovered, at 375 degrees F for 25-30 minutes. Sprinkle with onions. Bake 5 minutes longer.

Creamy Spaghetti Casserole

Ingredients

1/2 cup sliced green onions
1/2 cup sliced celery
1 (4 ounce) can mushroom stems and pieces, drained
2 tablespoons butter or margarine
8 ounces spaghetti, cooked and drained
3 cups cubed fully cooked ham
2 cups shredded Monterey Jack cheese, divided
1 cup sour cream
1 cup small curd cottage cheese
1 cup frozen cut green beans, thawed
1 (2 ounce) jar diced pimientos, drained
1/4 teaspoon garlic salt
1/8 teaspoon pepper

Directions

In a large saucepan or Dutch oven, saute onions, celery and mushrooms in butter until tender. Add the spaghetti, ham, 1-1/2 cups Monterey Jack cheese, sour cream, cottage cheese, beans, pimientos, garlic salt and pepper; mix well. Transfer to a greased shallow 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 20 minutes; sprinkle with remaining Monterey Jack cheese. Bake 10 minutes longer or until bubbly and the cheese is melted.

Bulgur Chickpea Salad

Ingredients

1 cup bulgur
2 cups boiling water
1/2 cup vegetable oil
1/2 cup fresh lemon juice
salt to taste
ground black pepper to taste
1 cup chopped green onions
1 (15 ounce) can garbanzo beans,
drained
1 cup chopped fresh parsley
1 cup grated carrots

Directions

In a heatproof bowl, pour boiling water over bulgur. Let stand 1 hour at room temperature.

In a small bowl, beat together oil, lemon juice, salt, and pepper. Pour over bulgur; and mix with a fork.

Place bulgur in the bottom of a nice glass serving bowl. Layer vegetables and garbanzo beans in this order on top of the bulgur: green onions, garbanzo beans, parsley, and carrots on top. Cover, and refrigerate. Toss salad just before serving.

Cowboy Stew II

Ingredients

1 pound ground beef
1 (28 ounce) can stewed tomatoes
2 (15.25 ounce) cans whole kernel corn
2 (15 ounce) cans whole green beans
1 (15.5 ounce) can canned red beans, drained and rinsed
1 onion, chopped
1/2 teaspoon dried oregano
1/4 teaspoon cayenne pepper
salt and pepper to taste

Directions

Brown the ground beef in a skillet over medium heat until no longer pink. Drain off any excess grease.

In a stock pot or Dutch oven, combine the ground beef, tomatoes, corn, green beans, red beans, and onion. Season with oregano, cayenne pepper, and salt and pepper to taste. Cover and simmer for at least 50 minutes over medium to low heat. The longer it cooks, the better it gets!

Frijoles a la Charra

Ingredients

1 pound dry pinto beans
5 cloves garlic, chopped
1 teaspoon salt
1/2 pound bacon, diced
1 onion, chopped
2 fresh tomatoes, diced
1 (3.5 ounce) can sliced jalapeno peppers
1 (12 fluid ounce) can beer
1/3 cup chopped fresh cilantro

Directions

Place pinto beans in a slow cooker, and completely cover with water. Mix in garlic and salt. Cover, and cook 1 hour on High.

Cook the bacon in a skillet over medium high heat until evenly brown, but still tender. Drain about half the fat. Place onion in the skillet, and cook until tender. Mix in tomatoes and jalapenos, and cook until heated through. Transfer to the slow cooker, stirring into the beans.

Cover slow cooker, and continue cooking 4 hours on Low. Mix in the beer and cilantro about 30 minutes before the end of the cook time.

Taco Salad III

Ingredients

16 ounces lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 head iceberg lettuce, shredded
1 red onion, sliced
1 bunch green onions, chopped
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can kidney beans, drained
2 large tomatoes, chopped
1 avocados - peeled, pitted, and cubed
8 ounces shredded Cheddar cheese
1 (16 ounce) package corn chips
1 (16 ounce) bottle Catalina salad dressing

Directions

Prepare the ground beef as directed by taco seasoning package and set aside.

In a large bowl, combine the beef mixture, lettuce, red onion, green onion, pinto beans, kidney beans, tomatoes, avocado and cheese. Mix well.

Before serving, add the corn chips and enough dressing to coat. Mix well and serve immediately.

Spinach Artichoke Hummus with Roasted Red

Ingredients

2 tablespoons olive oil
3 cloves garlic, crushed
1 tablespoon sesame seeds
1/4 cup water
1 (10 ounce) bag chopped fresh spinach
2 (15 ounce) cans garbanzo beans, liquid reserved
1 (12 ounce) jar marinated artichoke hearts, drained and chopped
1 (7 ounce) jar roasted red peppers, drained and chopped

Directions

Heat olive oil in a small skillet over medium heat. Stir in the garlic and sesame seeds; cook and stir until garlic is tender, 3 to 5 minutes. Remove from heat and set aside. Heat water in another skillet. Add spinach. Cook and stir until spinach is wilted, 3 to 5 minutes. Drain and set aside.

Place the garbanzo beans into a blender. Cover, and puree until smooth. Add the spinach, artichokes, and garlic mixture. Blend to desired consistency, pouring in reserved garbanzo bean liquid as needed. Spoon mixture into a bowl. Cover and refrigerate until chilled. Top with roasted red peppers before serving.

Roasted Chickpeas

Ingredients

1 (12 ounce) can chickpeas
(garbanzo beans), drained
2 tablespoons olive oil
salt (optional)
garlic salt (optional)
cayenne pepper (optional)

Directions

Preheat oven to 450 degrees F (230 degrees C).

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

Mexican Chicken I

Ingredients

6 skinless, boneless chicken breast halves
1 (20 ounce) jar salsa
1 large red bell pepper, chopped
2 tablespoons ground cumin
2 tablespoons lemon juice
2 tablespoons chili powder
3 cloves crushed garlic
2 (15 ounce) cans black beans, rinsed and drained

Directions

Preheat oven to 400 degrees F (205 degrees C).

Arrange the chicken pieces in a 3 quart casserole dish or a 9x13 inch baking dish. Combine the salsa, red bell pepper, cumin, lemon juice, chili powder and garlic. Pour the mixture over the chicken. Pour the black beans on top and cover. Bake in the preheated oven for 1 to 1 1/2 hours. Serve with rice if desired.

Frijoles I

Ingredients

- 1 pound dry pinto beans
- 2 onions, diced
- 1 clove garlic, minced
- 2 teaspoons salt
- 1 1/2 teaspoons pepper
- 3/4 cup butter
- 1 cup shredded Cheddar cheese

Directions

Soak pinto beans overnight in 1 quart of water.

Place beans into a large saucepan, and add water to cover. Add onions, garlic, salt and pepper. Bring to a boil, then simmer over medium-low heat until beans are tender, about 1 to 2 hours. Add additional water to the pan as needed to prevent burning.

Mash the beans with a potato masher, and mix in the butter. Continue cooking, stirring occasionally, until the mixture is thickened and the butter is absorbed. Adjust seasonings to taste.

Preheat oven to 350 degrees F (175 degrees C). Spread the bean mixture into a 9x13 inch baking dish, and sprinkle shredded cheese over the top. Bake for 15 minutes, or until cheese is melted.

Savory Lemon Limas

Ingredients

1/2 cup water
1 (10 ounce) package frozen lima beans
1 tablespoon butter, melted
1 tablespoon lemon juice
1 teaspoon sugar
3/4 teaspoon ground mustard
1/4 teaspoon salt

Directions

In a small saucepan, bring water to a boil. Add lima beans; return to a boil. Reduce heat; cover and simmer for 8-10 minutes or until tender. Drain. Combine the butter, lemon juice, sugar, mustard and salt; pour over beans and toss to coat.

Mandarin Chicken Saute

Ingredients

4 skinless, boneless chicken breast halves
1 tablespoon sesame oil
1/2 cup chicken broth
2 tablespoons rice vinegar
1 tablespoon honey
6 small orange jelly beans
1/4 teaspoon crushed red pepper flakes
1 clove garlic, minced
1/2 teaspoon minced fresh ginger root
2 tablespoons sliced almonds
2 tablespoons minced green onions
1 teaspoon fresh cilantro sprigs, for garnish

Directions

Heat oil in a large skillet over medium high heat. Brown chicken in oil for 2 to 3 minutes, then reduce heat to low. Cover and saute for 8 to 10 minutes or until cooked through and juices run clear. Remove chicken from skillet and keep warm.

In the same skillet, combine the broth, vinegar, honey, jelly beans, red pepper flakes, garlic and ginger root. Simmer over medium heat until liquid is reduced by half, then remove from heat and let stand 5 minutes.

Remove jelly beans from sauce; stir in almonds and green onion. Slice reserved chicken and place on a platter. Spoon sauce over the top and garnish with jelly beans and cilantro.

Baked Beans, Texas Ranger

Ingredients

1 (28 ounce) can baked beans with pork
1 medium onion, diced
1 medium bell pepper, diced
4 links spicy pork sausage, cut into chunks
2 tablespoons chili powder
3 tablespoons Worcestershire sauce
4 tablespoons vinegar
1/2 cup packed brown sugar
1/2 cup ketchup
1 teaspoon garlic powder
salt to taste
1 dash cayenne pepper (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a Dutch oven, combine the baked beans, onion, bell pepper, and sausage. Season with chili powder, Worcestershire sauce, vinegar, brown sugar, ketchup, garlic powder and salt. Add a dash of cayenne if desired.

Cover and bake for one hour in the preheated oven.

Green Bean and Bacon Saute

Ingredients

10 slices bacon, diced
1 tablespoon crushed garlic
1/2 teaspoon crushed red pepper flakes
2 (10 ounce) packages frozen whole green beans
salt and pepper to taste

Directions

Cook bacon in a large skillet set over medium-high heat until crisp. Use a slotted spoon to remove bacon pieces and drain them on a paper towel-lined plate. Pour off excess grease from the skillet, leaving about 2 tablespoons in the pan.

Add the garlic and red pepper flakes to the bacon grease and cook over medium-high heat until fragrant, about 1 minute. Add green beans and season with salt and pepper. Cook and stir until beans are tender but still a little crunchy, about 10 minutes. Return bacon to the pan and toss with the beans before serving.

Amy's Barbecue Chicken Salad

Ingredients

2 skinless, boneless chicken breast halves
1 head red leaf lettuce, rinsed and torn
1 head green leaf lettuce, rinsed and torn
1 fresh tomato, chopped
1 bunch cilantro, chopped
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, drained
1 (2.8 ounce) can French fried onions
1/2 cup Ranch dressing
1/2 cup barbeque sauce

Directions

Preheat the grill for high heat.

Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice.

In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.

In a small bowl, mix the Ranch dressing and barbeque sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.

Bacon Bean Stalks

Ingredients

1 pound fresh wax or green beans
6 bacon strips
1/4 teaspoon onion powder

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 8 minutes or until crisp-tender.

Meanwhile, in a skillet or microwave, cook bacon until partially cooked, about 3 minutes; drain on paper towels. Drain beans; place about 12 beans on each bacon strip. Position one end of beans so they are nearly even; cut about 1/4 in. from that end so stalks will stand when served. Wrap bacon strip around beans; secure with a toothpick. Lay stalks flat on an ungreased baking sheet. Sprinkle with onion powder. Bake, uncovered, at 400 degrees F for 10-15 minutes or until bacon is crisp.

Corrigan's Minestrone

Ingredients

2 tablespoons olive oil
5 potatoes, peeled and cubed
5 carrots, chopped
4 stalks celery, chopped
1 sweet onion, chopped
3 cloves garlic, chopped
1 (6 ounce) can tomato paste
1 (15 ounce) can kidney beans,
drained and rinsed
1 (14 ounce) can vegetable broth
1 1/2 quarts water
3 tablespoons chopped fresh basil
2 tablespoons chopped fresh
oregano
1 tablespoon salt
2 cups uncooked elbow macaroni

Directions

Heat olive oil in a large pot over medium heat. Stir potatoes, carrots, celery, onion and garlic into pot. Mix in tomato paste, beans, broth and water. Season with basil, oregano and salt. Cook and stir 30 minutes, or until vegetables are tender.

Mix macaroni into pot. Continue cooking 10 minutes, or until macaroni is tender.

Awesome Green Beans

Ingredients

1 tablespoon olive oil
1 onion, finely chopped
6 cloves garlic, finely chopped
6 links spicy pork sausage, sliced
1 cup water
2 pounds frozen green beans
seasoning salt to taste

Directions

Heat oil in a large saucepan over medium heat. Saute onion and garlic until tender. Stir in sausage and cook until evenly brown.

Pour in water and bring to a boil. Stir in green beans; reduce heat to medium-low, cover and simmer until tender, about 30 minutes. Check water level often and add more as needed to prevent scorching. Season with salt to taste.

Artichoke, Mushroom and Parma Ham Tart

Ingredients

1 3/4 cups sifted all-purpose flour
2 ounces grated Parmesan cheese
2/3 cup butter, diced
1 egg, beaten
1 tablespoon olive oil
8 ounces fresh mushrooms, sliced
3 ounces Parma ham
1/2 (14 ounce) can artichoke hearts, drained
7/8 cup creme fraiche
4 eggs
1 teaspoon chopped flat leaf parsley
1/3 cup milk
salt to taste
ground black pepper to taste

Directions

Place flour, parmesan cheese, butter, and a pinch of salt in food processor. Process briefly. Add the egg and 1 tablespoon oil through feeder tube, adding extra oil if necessary; you should be able to bring the dough together in your hands. Wrap in plastic, and chill for 1 hour.

Roll out to fit a 9 inch quiche pan with a loose bottom. Prick all over. Chill for at least 2 hours, preferably overnight.

Line pastry with foil, and cover bottom with uncooked beans. Bake at 375 degrees F (190 degrees C) for 15 minutes. Remove foil and beans, and cook for 5 more minutes. Remove and cool.

Saute; mushrooms in 1 tablespoon olive oil for 10 minutes. Drain and cool.

Lay ham over the pastry base, and top with mushrooms and artichokes. Beat together creme fraiche, eggs, parsley, and milk. Season well with black pepper and salt; pour mixture over the ham and vegetables. Bake for 40 minutes, until golden. Serve warm or cold.

Mexican Casserole

Ingredients

1 (16 ounce) can refried beans
3/4 onion, diced
5 (10 inch) flour tortillas
1 cup salsa
2 cups shredded Cheddar or
Colby Jack cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Spray a 9-inch pie pan with non-stick cooking spray.

In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes.

Place one tortilla in the bottom of the greased pan. Spread about 1/3 cup of the bean mixture over it. Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese!

Bake until the cheese is melted, approximately 15 to 20 minutes.

Butternut Squash and Turkey Chili

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 pound ground turkey breast
1 pound butternut squash -
peeled, seeded and cut into 1-
inch dice
1/2 cup chicken broth
1 (4.5 ounce) can chopped green
chilies
2 (14.5 ounce) cans petite diced
tomatoes
1 (15 ounce) can kidney beans
with liquid
1 (15.5 ounce) can white hominy,
drained
1 (8 ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon garlic salt

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.

Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

Sauteed Green Beans

Ingredients

5 slices bacon
1/2 cup slivered almonds
1 (16 ounce) package frozen cut green beans
1/4 cup butter

Directions

Place bacon in a large skillet over medium-high heat. Cook until browned on one side, then turn over to cook on the other side. Add the almonds to the skillet at this time, and cook, stirring until light golden brown.

Remove the bacon from the skillet, leaving the bacon drippings. Crumble or chop bacon, and return to the skillet. Melt the butter in with the drippings. Add the green beans; cook and stir until tender, about 8 minutes.

Pimiento Green Beans

Ingredients

2 pounds fresh green beans, cut into 2 inch pieces
1 (14.5 ounce) can chicken broth
1/2 cup chopped onion
1 (2 ounce) jar chopped pimientos, drained
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup shredded Parmesan cheese

Directions

In a large saucepan, bring beans, broth and onion to a boil. Reduce heat; cover and cook for 10-15 minutes or until crisp-tender. Drain. Stir in the pimientos, salt and pepper. Sprinkle with Parmesan cheese.

Zesty Franks Ole

Ingredients

2 teaspoons Pure Wesson®
Vegetable Oil
2 cloves garlic, minced
1 (10 ounce) can Ro*Tel® Original
Diced Tomatoes & Green Chilies,
undrained
1 (16 ounce) can Rosarita®
Vegetarian Refried Beans
1 (16 ounce) package Hebrew
National® Quarter Pound Beef
Franks, each cut into 8 slices
1/3 cup chopped fresh cilantro
1/3 cup chopped green onions
Finely chopped jalapeno peppers
(optional)
1 (10 ounce) bag tortilla chips

Directions

Heat oil in medium saucepan over medium heat. Add garlic; cook and stir 1 minute. Stir in undrained tomatoes with chilies, beans and franks. Bring to a boil; reduce heat. Cover; simmer 5 minutes or until hot.

Stir in cilantro, green onions and jalapeno peppers to taste, if desired. Simmer, uncovered 5 minutes or until hot. Transfer mixture serving dish. Serve with tortilla chips.

Black Beans con Jalapeno

Ingredients

1 (15 ounce) can white hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 cup diced white onion
1 cup diced green bell pepper
1 cup diced red bell pepper
1 cup diced green onions with tops
1/4 cup seeded and chopped jalapeno pepper
1 (24 ounce) jar picante sauce
2 tablespoons ground cumin
1 tablespoon salt
2 tablespoons white sugar
1/2 cup finely chopped cilantro

Directions

In a large bowl, gently stir together the hominy, black beans, onion, green and red peppers, green onion, jalapeno, picante sauce, cumin, salt, sugar and cilantro. Refrigerate at least an hour before serving. Serve with tortilla chips on a bed of lettuce.

Roasted Spicy Garbanzo Beans

Ingredients

2 tablespoons olive oil
3 cloves roasted garlic, mashed
into a paste
1/8 teaspoon cumin
1 dash cayenne pepper
1 (15 ounce) can garbanzo beans,
drained
1/2 cup crumbled feta cheese
1/2 teaspoon dried thyme

Directions

Preheat oven to 350 degrees F (175 degrees C).

Pour the olive oil into an ovenproof pan. Stir the garlic, cumin, and cayenne pepper into the olive oil and mix well. Add the garbanzo beans and toss to coat evenly.

Bake in preheated oven until garbanzo beans turn golden, about 30 minutes. Remove from oven, and sprinkle with feta cheese and thyme. Serve warm.

Hummus III

Ingredients

2 cups canned garbanzo beans,
drained
1/3 cup tahini
1/4 cup lemon juice
1 teaspoon salt
2 cloves garlic, halved
1 tablespoon olive oil
1 pinch paprika
1 teaspoon minced fresh parsley

Directions

Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.

Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Lemony Green Beans with Walnuts and Thyme

Ingredients

1 pound fresh green beans,
trimmed
1 tablespoon olive oil
1/4 cup coarsely chopped walnuts
1 lemon, zested and juiced
1 teaspoon fresh thyme leaves
salt and freshly ground black
pepper to taste

Directions

Bring a large pot of water to a boil and drop in the green beans. Simmer over medium-high heat until beans are just barely cooked and still bright green, about 2 minutes. Drain immediately and rinse under cold water. Drain and set aside.

Heat oil in a skillet over medium heat. Add drained beans, nuts, lemon zest, lemon juice, and thyme. Continue to cook until most of the juice has evaporated, about 3 minutes. Season with salt and fresh ground pepper. Serve immediately.

Mexican Pork Chops

Ingredients

1 tablespoon vegetable oil
4 boneless pork chops
2 (14.5 ounce) cans chopped
stewed tomatoes, with juice
1 (8.75 ounce) can whole kernel
corn, drained
1 (8 ounce) can red kidney beans,
drained
1/2 cup uncooked long grain
white rice
1 (4 ounce) can diced green
chilies, drained
1/4 teaspoon salt

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat. Brown the pork chops about 5 minutes on each side. Remove chops from skillet and drain oil.

Mix the tomatoes, corn, kidney beans, rice, chilies, and salt into the skillet. Bring liquid to a boil. Cook and stir for 1 minute, until heated through. Transfer the tomato mixture to a baking dish. Arrange the browned pork chops over the mixture.

Bake covered 30 minutes in the preheated oven. Uncover, and continue baking 10 minutes, until rice is tender and pork has reached an internal temperature of 160 degrees F (70 degrees C).

Best of Everything Veggie Burgers

Ingredients

1/2 cup uncooked brown rice
1 cup water

2 (16 ounce) cans black beans,
rinsed and drained
1 green bell pepper, halved and
seeded
1 onion, quartered
1/2 cup sliced mushrooms
6 cloves garlic, peeled
3/4 cup shredded mozzarella
cheese
2 eggs
1 tablespoon chili powder
1 tablespoon ground cumin
1 tablespoon garlic salt
1 teaspoon hot sauce
1/2 cup dry bread crumbs, or as
needed

Directions

Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes.

Preheat an outdoor grill for high heat. Lightly oil a sheet of aluminum foil. Mash black beans in a large bowl with a fork until thick and pasty; set aside.

Place the bell pepper, onion, mushrooms, and garlic in the bowl of a food processor, and chop finely. Stir the bell pepper mixture into the mashed black beans. Place the brown rice and mozzarella cheese in the food processor, and process until combined. Stir the mixture into the black beans.

Whisk together the eggs, chili powder, cumin, garlic salt, and hot sauce. Stir the egg mixture into the black bean mixture. Stir in the bread crumbs, adding additional bread crumbs as needed until the mixture is sticky and holds together. Divide into 6 large patties.

Place patties onto the prepared foil, and grill until browned and heated through, about 8 minutes per side.

Colorado Mexican Pizza

Ingredients

1 pound ground beef
1 onion, chopped
2 medium tomatoes, chopped
1/2 teaspoon salt
1/4 teaspoon pepper
2 teaspoons chili powder
1 tablespoon ground cumin
1 (30 ounce) can refried beans

14 (12 inch) flour tortillas
2 cups sour cream
1 1/4 pounds shredded Colby cheese
1 1/2 pounds shredded Monterey Jack cheese
2 red bell peppers, seeded and thinly sliced
4 green bell peppers, seeded and thinly sliced
1 (7 ounce) can diced green chilies, drained
3 tomatoes, chopped
1 1/2 cups shredded cooked chicken meat
1/4 cup butter, melted
1 (16 ounce) jar picante sauce

Directions

Preheat the oven to 350 degrees F (175 degrees C). Butter a 10x15 inch jellyroll pan.

Cook the ground beef in a large heavy skillet over medium heat until evenly browned. Drain off excess grease, and add onion and 2 tomatoes. Continue cooking until onions are tender. Season with salt, pepper, chili powder, and cumin. Stir in refried beans, and cook until heated through.

Lay 6 of the tortillas onto the prepared pan with the edges going well over the sides. Spread all of the bean mixture onto the tortillas. Spread half of the sour cream over the bean layer. Sprinkle with approximately 1/3 of the Colby cheese, and 1/3 of the Monterey Jack cheese. Scatter 1 tablespoon of the green chilies, 1/3 of the green pepper strips, and 1/3 of the red pepper strips followed by 1/3 of the remaining chopped tomato.

Make a layer of only 4 tortillas over the toppings, and spread with remaining sour cream. Top with shredded chicken, then a second 1/3 of both cheeses, red and green bell peppers, chilies, and tomatoes. Arrange the final layer using remaining 4 tortillas as a base, cheeses, peppers, tomatoes, chilies, and ending with shredded cheese on the top. Fold the overhanging edges inward, and secure with toothpicks. Brush exposed tortilla surfaces with melted butter.

Bake for 35 to 45 minutes in the preheated oven, or until heated through, and cheese is melted and bubbly. Remove toothpicks, and let stand for at least 5 minutes before slicing. Spoon picante sauce over according to individual tastes.

Hearty Mixed Bean Stew with Sausage

Ingredients

3/4 pound sweet Italian pork sausage, casing removed
10 cups Swanson® Chicken Broth (regular, Natural Goodness® or Certified Organic)
1/4 teaspoon ground black pepper
2 medium carrots, chopped
1 stalk celery, chopped
4 ounces dried pinto beans
4 ounces dried navy beans
4 ounces dry kidney bean
6 sun-dried tomatoes in oil, drained and thinly sliced
Grated Parmesan cheese

Directions

Cook the sausage in a 10-inch skillet over medium-high heat until it's well browned, stirring frequently to separate meat. Pour off fat.

Stir the sausage, broth, black pepper, carrots, celery and beans in a 5-quart slow cooker. Cover and cook on LOW for 7 to 8 hours.* Stir in the tomatoes. Cover and cook for 1 hour or until the beans are tender. Sprinkle with the cheese.

Spicy Turkey Chili

Ingredients

2 (5 ounce) cans turkey meat,
drained
2 (15 ounce) cans kidney beans
2 (14.5 ounce) cans Italian-style
stewed tomatoes
2 (1.25 ounce) packages chili
seasoning mix
1 (4 ounce) can green chile
peppers
1 (8 ounce) can tomato sauce
1 onion, diced
1 cup water

Directions

In a slow cooker, combine turkey, beans, tomatoes, chili seasoning, chile peppers, tomato sauce, onion and water. Cook on low 3 to 4 hours. Serve hot.

Swiss Steak Dinner

Ingredients

1/2 cup all-purpose flour
2 teaspoons salt, divided
1/2 teaspoon pepper
2 pounds boneless beef round steak (1/2 inch thick), cut into serving-size pieces
2 tablespoons vegetable oil
6 medium onions, thinly sliced
7 small red potatoes, halved
1 bay leaf
1 (10.75 ounce) can condensed tomato soup, undiluted
2 cups frozen cut green beans, thawed

Directions

In a large resealable plastic bag, combine the flour, 1-1/2 teaspoons salt and pepper. Add beef in batches and shake to coat. In a large skillet over medium heat, brown beef in oil on both sides. Transfer to a greased 3-qt. baking dish. Top with onions and potatoes. Sprinkle with remaining salt; gently toss to coat. Add the bay leaf. Spoon soup over top.

Cover and bake at 350 degrees F for 1-1/2 hours. Place beans around edge of dish. Bake 15-20 minutes longer or until meat and vegetables are tender. Discard bay leaf.