

# Beans



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# Black Beans with Pico de Gallo

## Ingredients

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- 2 Tbs olive oil
- 2 cloves garlic, chopped
- 1 tsp ground cumin
- 1 can Bush's Best or Progresso Black Beans
- 1/3 cup pico de gallo
- 2 Tbs cilantro, chopped

## Procedure

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- 1 Heat a medium saucepan on medium heat and add olive oil. When oil is hot, add garlic and cumin and cook just until fragrant.
- 2 Drain black beans, reserving liquid. Add black beans and pico de gallo to saucepan, stirring until beans are heated through. Reduce heat to low and simmer for about 20 minutes to blend flavors, adding some of the reserved liquid if beans get too dry.
- 3 Stir in cilantro when ready to serve.

# Boston Baked Beans

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Very good!

## Ingredients

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1/2 lb navy beans, dry  
1/4 tsp kosher salt  
1/4 lb bacon  
1/2 med onion  
3/4 tsp honey  
1/2 tsp salt  
1/4 tsp ground black pepper  
1/4 tsp dry mustard  
1/4 cup ketchup  
2 tsp Worcestershire sauce  
1/8 tsp maple flavoring  
1 Tbs brown sugar  
reserved bean cooking liquid

## Procedure

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- 1 Rinse the beans and put them in an oven proof pot. Cover the beans with clean water and soak beans for an hour.
- 2 Bring the beans to a boil and cook for 5 minutes at steady boil.
- 3 Preheat oven to 250 degrees F.
- 4 Cover bean pot and transfer the pot to the oven. Set the timer for 60 minutes.
- 5 After 60 minutes, check the beans, add the kosher salt and more water if necessary to keep the beans covered. Continue to cook in the oven for another 15 minutes or until tender.
- 6 Cook the bacon until crisp, drain and crumble. Set aside.
- 7 Dice the onion and set aside.
- 8 After the beans are tender, drain them but reserve the cooking liquid.
- 9 Preheat the oven to 325 degrees F.
- 10 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.
- 11 In a saucepan, combine the honey, salt, pepper, dry mustard, ketchup, Worcestershire sauce, maple flavoring, and brown sugar. Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean cooking liquid to cover the beans. Cover the dish with a lid or aluminum foil.
- 12 Bake for 1 1/2 hours.
- 13 Remove the lid add more bean cooking liquid, if necessary to prevent the beans from getting too dry, and bake for another 1 1/2 hours.

## Recipe Tips

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A good squirt of bar-b-que sauce can be added to the beans at the end, if desired.

## Source

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Source: adapted from a recipe on allrecipes.com

# Cannellini Beans with Sage Leaves

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## Ingredients

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- 1 can cannellini beans, 15.5 oz
- 1 Tbs butter
- 2 dozen fresh sage leaves (small handful)  
kosher salt, to taste  
fresh ground black pepper, to taste



## Procedure

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- 1 Drain and rinse the beans, set aside.
- 2 Melt the butter in a skillet warmed over medium-low heat.
- 3 Add the sage leaves to the melted butter and gently cook until the leaves are soft and limp.
- 4 Add the beans to the skillet and gently stir to coat the beans with the butter.
- 5 Season with salt and pepper, to taste.
- 6 Cover and gently cook the beans until warmed through, about 5 minutes.

## Recipe Tips

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Works with just about any kind of shell bean.

## Source

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Source: Sage Topic on eGullet.org

## Chick Pea Curry (Slow Cooker)

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Servings: 4

### Ingredients

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- 1 Tbs peanut oil
- 3/4 cup onion, chopped
- 1 3/4 Tbs Patak's Tikka Masala Curry Paste
- 2 - 3 tsp Patak's Garam Masala Curry Paste
- 3/4 cup canned diced tomatoes with juice
- 1 can chick peas, drained but not rinsed
- 1/4 tsp sugar
- 3/4 cup water
- 1 Tbs fresh cilantro, chopped



### Procedure

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- 1 Heat the oil in a pan and sauté the onions until light golden brown.
- 2 Add the Patak's Tikka Masala and Patak's Garam Masala Curry Pastes and sauté for another minute.
- 3 Add the tomatoes and cook for another minute.
- 4 Add the cooked chick peas, sugar and water and mix well. Transfer to your slow cooker and cook on high for 15 minutes, then low for 2 to 3 hours.
- 5 Garnish with the chopped cilantro.

# Drunken Beans

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Very tasty!

## Ingredients

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- 2 slices bacon, chopped
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 jalapeno, seeded and diced
- 1 roma tomato, chopped
- 1/4 cup pico de gallo
- 16 oz can pinto beans, drained
- 3/4 bottle dos xx beer
- 3/4 cup beef or chicken stock
- 3/4 tsp honey
- 3 Tbs cilantro leaves, chopped



## Procedure

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- 1 Cook bacon on medium in a heavy pot until crisp.
- 2 Add onion and sauté until soft.
- 3 Drain fat off bacon and onions, return to pan at low heat setting.
- 4 Add garlic and jalapeno to pan and cook until garlic is fragrant, then add tomato and simmer until tomatoes are soft and the liquid has cooked off.
- 5 Add the remaining ingredients, except the cilantro, to a large pot, stir well and cook on medium heat.
- 6 Add the bacon mixture to the bean pot when the bean mixture is heated through. Reduce heat and simmer until the sauce has thickened.
- 7 Add chopped cilantro leaves just before serving.

## Recipe Tips

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Can be made a day ahead to allow flavors to blend properly.

## Source

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Source: adapted from Mmmm A Taste of Belizean cooking  
Web Page: <http://www.janespice.com/recipes/drunken-beans>

## **Eli's Refried Beans**

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I always use already cooked pinto beans with some of their liquid, bacon or a little ham or salt pork... whatever is in the house. Roasted jalapeno peppers to taste and crema, I use either Crema Salvadorena or Crema Mexicana and they are both types of sour cream.

### **Ingredients**

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bacon or a little ham or salt pork... whatever is in the house  
pinto beans, already cooked  
some of the pinto bean liquid  
roasted jalapeno peppers, to taste  
Crema Salvadorena or Crema Mexicana (sour cream)

### **Procedure**

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1 Cook the pork til it renders and then add beans, liquid and jalapeños, heat up really well, mash the beans, add the crema and taste it...

### **Source**

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Author: Eli Rodes

## Herbed White Beans

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Good!

### Ingredients

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- 1 Tbs olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 1 can cannellini beans, 15 to 16 oz size
- 1 med tomato, chopped
- 1/4 cup parsley, chopped
- 1 tsp red wine vinegar (or balsamic vinegar)
- reserved bean liquid
- ground black pepper, to taste



### Procedure

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- 1 Heat the olive oil in a medium saucepan, add the onions and cook until they are translucent.
- 2 Add the garlic to the skillet and cook for about 1 minute to soften. Do not brown.
- 3 Drain the beans; reserving the liquid.
- 4 Add the beans, tomato, parsley and vinegar to the saucepan and cook, covered, for 5 minutes over low heat. Add some of the reserved liquid if the beans are too dry.
- 5 Season with ground black pepper, to taste.

# Hummus

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This is my version of a recipe given to me by my good friend Mary Ann who makes the very best hummus I've ever tasted. If the oil in the tahini has separated (you'll see it floating on the top), put it into a blender and blend until smooth. - Suvir Saran

Yield: 3 to 4 servings

## Ingredients

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- 16 oz chickpeas, drained and rinsed
- 1 clove garlic, paste (mix garlic with 1 tsp salt)
- 1/4 cup tahini
- 10 tsp lemon juice (divided use - 3 Tbs + 1 tsp) or to taste
- 1/8 cup cold water, or more, as needed
- 3/8 tsp ground cumin, toasted
- 1 Tbs olive oil, for garnish
- 1 Tbs parsley, finely chopped, for garnish



## Procedure

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- 1 Place the chick peas, garlic paste, tahini, 3 Tbs of the lemon juice, 1/8 cup water and toasted cumin into a food processor and blend to a thick, grainy consistency. (Do not over process; what makes a hummus taste nice is the coarse texture; a mousse-like hummus does not have the same taste). Add more cold water if the hummus is too thick and more lemon juice, if you like.
- 2 Scrape out onto the serving plate. Drizzle with the olive oil and then with the tsp of lemon juice, and sprinkle with the parsley. Serve with warm toasted pita bread or fresh vegetables.

## Recipe Tips

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A sprinkle of cayenne and/or paprika can be added as an additional garnish. - Jackie

## Source

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Source: adapted from Suvir Saran's recipe on egullet.org

# Pinto Beans

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Great for making Eli's Refried Beans!

## Ingredients

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1/2 lb pinto beans, dry  
1 Tbs bacon drippings  
1/2 cup onion, chopped  
1 clove garlic, minced  
1/4 tsp kosher salt

## Procedure

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- 1 Rinse the beans and put them in an oven proof pot. Cover the beans with 2 to 3 inches clean water and soak beans for an hour.
- 2 Heat the bacon drippings in a skillet and cook the onion and garlic just to soften. Do not brown.
- 3 Add the softened onions and garlic to the beans. Bring the beans to a boil and cook for 5 minutes at steady boil.
- 4 Preheat oven to 250 degrees F.
- 5 Cover bean pot and transfer the pot to the oven. Set the timer for 60 minutes.
- 6 After 60 minutes, check the beans, add the kosher salt and more water if necessary to keep the beans well covered. Continue to cook in the oven for another 15 minutes or until tender.
- 7 The cooked beans are now ready to use in your recipes.

## Red Beans

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Great for your chili recipes.

### Ingredients

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1/2 lb red beans, dry  
3 sprigs thyme  
1 bay leaf  
1/4 tsp kosher salt

### Procedure

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- 1 Rinse the beans and put them in an oven proof pot. Cover the beans with 2 to 3 inches clean water and soak beans for an hour.
- 2 Add the thyme and bay leaf to the beans, then bring the beans to a boil and cook for 5 minutes at steady boil.
- 3 Preheat oven to 250 degrees F.
- 4 Cover bean pot and transfer the pot to the oven. Set the timer for 60 minutes.
- 5 After 60 minutes, check the beans, add the kosher salt and more water if necessary to keep the beans well covered. Continue to cook in the oven for another 15 minutes or until tender.
- 6 Remove the thyme stems and the bay leaf. The cooked beans are now ready to use in your recipes.

### Recipe Tips

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Variation: Add 2 cloves garlic and 1 Tbs chopped onion with thyme and bay leaf.