

Recipe for: Breakfast Burrito

Serves: 4

Ingredients -

- 1-1/3 cups cooked Black Beans, mashed with 1 teaspoon canola oil
- 4 corn tortillas
- 2 tablespoons red onion, chopped
- 1/2 cup fresh tomatoes, chopped
- 1/2 cup salsa
- 4 tablespoons plain, nonfat yogurt
- 2 tablespoons cilantro, chopped

Preparation -

Mix beans with onion and tomatoes. Microwave tortillas between two sheets of damp white paper towels on high for 15 seconds. Divide bean mixture between the tortillas. Fold each tortilla to enclose the filling. Place on microwave-safe dish and spoon salsa over each burrito. Microwave on high for 15 seconds. Serve topped with yogurt and cilantro.

Breakfast Burrito**NUTRITION FACTS****Amount Per Serving**

Calories: 165
Total Fat: 2 g
Cholesterol: 1 mg
Sodium: 82 mg
Total Carb: 30 g
 Dietary Fiber: 7 g
Protein: 8 g

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Pinto Pizza

Serves: 4-6

Ingredients -

- 1 pound frozen bread dough, thawed
- 1 cup chopped onion, divided
- 1 teaspoon garlic, minced
- 1 tablespoon oil
- 2 cups cooked pinto beans, divided
- 1/2 pound ground beef
- 1 can (8-ounce) tomato sauce
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 cup chopped green pepper
- 1/2 pound Monterey Jack cheese
- Red pepper flakes, to taste

Preparation -

Pat or roll bread dough to cover bottom of greased 14-inch pizza pan. Mash one cup of the beans; set aside remaining cup. Sauté 1/2 cup onion and garlic in oil in a large skillet; add beef and brown. Drain fat from beef. Stir in mashed beans, tomato sauce, chili powder, cumin and salt; simmer 10 minutes. Spread bean and beef mixture on bread dough. Top with remaining onion, green pepper, reserved whole beans and cheese. Sprinkle with red pepper flakes. Bake in preheated 400 degree F. oven for 15 minutes or until crust is browned. Cut into wedges. Top each serving with a dollop of guacamole.

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: No Work Meatloaf

Serves: 6

Ingredients -

- 2/3 cup dry Navy or Great Northern Beans, cooked, drained, rinsed and mashed
- 1 pound lean ground beef
- 1 cup catsup
- 1/2 cup saltine cracker crumbs or bread

Preparation -

Mix all the ingredients together well. Put the mixture in a bread pan, or shape into a loaf and place in a shallow baking dish. Bake at 350°F for 45 minutes. Serve with cooked rice. And remember, leftover meatloaf makes wonderful sandwiches cold or hot.

No Work Meatloaf**NUTRITION FACTS****Amount Per Serving**

Calories: 382
Total Fat: 21 g
Cholesterol: 64 mg
Sodium: 580 mg
Total Carb: 30 g
 Dietary Fiber: 4 g
Protein: 18 g

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Bean Vegetable Lasagna

Serves: 12

Ingredients -

- 3 cups cooked Great Northern Beans
- 2 tablespoons margarine
- 2 tablespoons flour
- 1 quart milk, divided
- 1 cup frozen mixed vegetables, thawed
- 3 cups shredded mozzarella cheese
- 12 ounces lasagna noodles, uncooked
- 1-1/2 cups ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried thyme, crushed
- 1 tablespoon minced parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation -

Melt butter in saucepan; stir in flour, add 2 cups milk. Cook and stir over medium heat until thick. Combine beans, vegetables, remaining 2 cups milk, white sauce, parsley, thyme, salt, pepper; mix well. Cover bottom of greased 13x8x2-inch pan with 1/4 of the noodles and 1/4 each of bean mixture, ricotta, and mozzarella cheese. Repeat layers 3 times. Sprinkle Parmesan cheese on top. Cover pan & bake at 375 degrees F., 1 to 1-1/4 hours, or until noodles are tender. Remove cover; bake 10 minutes or until top browns. Let stand 15 min.

Bean Vegetable Lasagna**NUTRITION FACTS****Amount Per Serving**

Calories: 336
Total Fat: 10.2 g
Cholesterol: 29 mg
Sodium: 338 mg
Total Carb: 39 g
 Dietary Fiber: 4.4 g
Protein: 21.9 g

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: Quick Bean 'n' Cheese Enchiladas

Serves: 4-6

Ingredients -

- 2 cups cooked pinto, pink, or small red beans
- 1/2 cup bottled salsa or picante sauce
- 8 corn tortillas
- 1/2 pound cheddar cheese, divided
- 1 can (20-ounce) enchilada sauce

Preparation -

Mash beans with salsa. Spoon bean mixture down center of each tortilla, dividing evenly. Cut half of cheese into 8 sticks. Place one stick over beans on each tortilla. Roll tortilla to enclose. Place seam-side down in greased shallow baking dish. Pour enchilada sauce over all. Grate remaining cheese and sprinkle over sauce. Bake in preheated oven, 350 degrees F. for 16 minutes. Top with lettuce and sour cream.

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: Stir Fried Blackeyes and Beef

Serves: 4

Ingredients -

- 12 ounces boneless beef eye of round or sirloin steak, cut into 1 1/2-inch strips
- 4 green onions, sliced
- 2 large cloves garlic, minced
- 1 to 2 tablespoons vegetable or olive oil
- 2 cups broccoli florets
- 1 1/2 cups cooked dry-packaged Blackeyes, rinsed, drained
- 2/3 cup beef broth
- 4 teaspoons cornstarch
- 1 1/2 cups halved cherry tomatoes
- Salt and pepper, to taste
- 3 cups cooked white rice

Preparation -

Stir-fry beef, onion, and garlic in oil in wok or large skillet until beef is browned, 3 to 5 minutes. Add broccoli and stir-fry 2 to 3 minutes. Add blackeyes and cook, covered, over medium heat until broccoli is crisp-tender, 3 to 4 minutes. Mix beef broth and cornstarch; add to skillet and heat to boiling. Boil, stirring constantly, until thickened, about 1 minute. Add tomatoes; cook 1 to 2 minutes longer. Season to taste with salt and pepper. Serve over rice.

Stir Fried Blackeyes and Beef**NUTRITION FACTS****Amount Per Serving**

Calories: 360
Total Fat: 7 g
Cholesterol: 41 mg
Sodium: 591 mg
Total Carb: 50 g
 Dietary Fiber: 8 g
Protein: 29 g

Source: US Dry Bean Council,
<http://americanbean.com/RecipeBook/Home.htm>

Recipe for: Red Beans & Rice

Serves: 4-6

Ingredients -

- 1 pound (2 cups) Light Red Kidney Beans, soaked
- 1 tablespoon vegetable oil
- 2 green onions, chopped
- 1/2 cup yellow onion, chopped
- 1/4 cup celery leaves, chopped
- 2 garlic cloves, minced
- 5 cups water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon Tabasco sauce
- 1 pound ham shank, cut into 3 or 4 pieces
- 3 cups uncooked rice

Preparation -

Drain beans; discard water. Place oil in 4-quart pot and heat. Add 2 green onions, yellow onion, celery leaves, and garlic. Sauté until onion is tender but not browned. Add beans, water salt, pepper, and Tabasco sauce. Stir well. Bury Ham shank pieces in beans. Bring to a boil; reduce heat. Cover and simmer until beans are tender, 1 to 1-1/2 hours. Cook rice with water and salt according to package directions. Remove ham shank pieces. Cut meat from bones and discard bones. Dice meat and add to beans. Serve beans over hot rice.

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Savory Navy Bean Casserole

Serves: 8

Ingredients -

- 2 cups dry Navy Beans, cooked and drained
- 1 (10-ounce) can tomato purée
- 1 cup shredded Cheddar cheese
- 1 cup shredded mozzarella
- 2 tablespoons dried oregano

Preparation -

Lightly spray an 8-1/2 x 11" casserole dish with cooking spray. Mix cooked beans with tomato purée, and pour into dish. Combine cheeses and oregano, and spread on top of beans. Bake uncovered at 275°F for 1 hour.

Savory Navy Bean Casserole

NUTRITION FACTS

Amount Per Serving

Calories: 204
Total Fat: 2 g
Cholesterol: 7 mg
Sodium: 274 mg
Total Carb: 26 g
Dietary Fiber: 8 g
Protein: 20 g

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Red and Black Casserole

Serves: 8

Ingredients -

- 2/3 cup dry Black Beans
- 2/3 cup dry Dark Red Kidney Beans
- 1 cup fresh mushrooms, sliced
- 1/2 cup onions, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1 garlic clove, chopped
- 2 cups water
- 1 (14-1/2-ounce) can stewed tomatoes, undrained, chopped
- 1 (8-ounce) can tomato sauce
- 1 cup frozen corn
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon cayenne pepper
- 1 cup long-cooking rice, uncooked

Preparation -

Soak dry beans in 4 cups of water for up to 8 hours (or overnight in the refrigerator.) Drain and rinse. Combine with 4 cups of fresh water and simmer for 1-1/2 to 2 hours or until tender. Drain. Coat large skillet with nonfat cooking spray. Sauté mushrooms, onions, bell peppers, and garlic. Combine with remaining ingredients and pour into a 9 x 13-inch baking dish. Cover and bake 45 minutes at 350°F.

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Black Beans & Rice

Serves: 4-6

Ingredients –

- 1 pound dry black beans
- 1 cup chopped onion
- 1 tablespoon butter or margarine
- 1 beef bouillon cube
- 1 pound ham shank with bone
- 2 bay leaves
- 1/2 teaspoon dried leaf thyme
- 1/2 teaspoon dry oregano
- 1/2 teaspoon salt
- 1/4 teaspoon dry pepper flakes
- 1 cup chopped green pepper
- 1 cup sour cream (optional)
- 3 cups cooked rice

Preparation -

Rinse and drain beans. Cover beans with 6 cups water and boil for two minutes. Cover pot; soak for one to four hours. Discard soaking water. Cut meat from ham bone into 3 or 4 large pieces. Saute' onion in butter or margarine until soft and golden in a 4-quart pot. Add beans, 4 cups water, bouillon cube, ham shank bone and ham pieces, bay leaves, thyme, oregano, salt, and red pepper flakes; bring to boil. Reduce heat, cover pot, and simmer for 1 to 1-1/2 hours, or until beans are tender. Discard bay leaves. Remove ham shank. Cut meat from bone and discard bone. Dice meat into bite-sized pieces and return to the pot. Remove 1 cup beans from pot and mash with potato masher or fork. Return mashed beans to pot and stir to thicken. Add diced meat, chopped green pepper; cover and simmer 15 minutes. Serve beans over rice. Top each serving with a dollop of sour cream (if desired).

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: California Chicken and Beans

Serves: 4

Ingredients –

- 1 pound skinless chicken breast halves
- 1 tablespoon vegetable oil
- 2 green onions and tops, sliced
- 1/2 teaspoon minced garlic
- 1 cup (14 1/2 ounces) chicken broth
- 1/4 cup all-purpose flour
- 1 package (16 ounces) frozen California blend vegetables
- 1 1/2 cups cooked dry-packaged Pinto beans or Kidney beans, rinsed, drained
- 1 can (7 ounces) button mushrooms, drained
- 1 teaspoon dried rosemary leaves
- Salt and pepper, to taste

Preparation -

Cook chicken in oil in large saucepan over medium heat until browned, about 5 minutes. Add green onion and garlic and cook 1 minute. Combine chicken broth and flour; add to sauce pan. Add frozen vegetables, beans, mushrooms, and herbs and heat to boiling; reduce heat and simmer, covered, until chicken vegetables are tender, 8 to 10 minutes. Season to taste and salt and pepper.

California Chicken and Beans

NUTRITION FACTS

Amount Per Serving

Calories: 333
Total Fat: 7 g
Cholesterol: 69 mg
Sodium: 898 mg
Total Carb: 32 g
Dietary Fiber: 2 g
Protein: 36 g

Source: US Dry Bean Council,
<http://americanbean.com/RecipeBook/Home.htm>

Recipe for: Autumn Chicken and Bean Bonanza Serves: 6

Ingredients –

- 1 1/2 cups chopped onion
- 1/2 cup chopped green or red pepper
- 1 teaspoon minced garlic
- 1 tablespoon vegetable oil
- 12 ounces boneless skinless chicken breast or tenders cut into 1/2-inch pieces
- 1 teaspoon ground cumin
- 3/4 teaspoon ground cinnamon
- 1 1/2 cups cooked dry-packaged Red beans or Kidney beans, rinsed, drained
- 1 can (14 1/2 ounces) Italian-style stewed tomatoes, undrained
- 1/4 cup raisins
- Salt and pepper, to taste

Preparation -

Saute onion, pepper, and garlic in oil in medium saucepan 2 to 3 minutes. Add chicken, cumin, and cinnamon; cook over medium-high heat until chicken is lightly browned, 3 to 4 minutes. Add beans, tomatoes, and raisins; heat to boiling. Reduce heat and simmer, uncovered, until slightly thickened, 5 to 8 minutes. Season to taste with salt and pepper. TIP: Frozen chopped onion and green pepper, and prepared garlic can be used.

Autumn Chicken and Bean Bonanza

NUTRITION FACTS

Amount Per Serving

Calories: 323
Total Fat: 5 g
Cholesterol: 34 mg
Sodium: 697 mg
Total Carb: 45 g
Dietary Fiber: 5 g
Protein: 26 g

Source: US Dry Bean Council,

<http://americanbean.com/RecipeBook/Home.htm>

Recipe for: Great Northerns and Tuna with Lemon and Ginger Serves: 4

Ingredients –

- 3 cups cooked dry-packaged Great Northern beans, rinsed, drained
- 1 (9 1/4 ounces) can tuna, drained
- 6 cups Romaine lettuce, torn

Dressing:

- 2 tablespoons fresh lemon juice
- 1/2 teaspoon soy sauce
- 1 teaspoon fresh ginger, minced
- 2 teaspoon fresh garlic, minced
- 1/4 cup olive oil
- Lemon slices (garnish)

Preparation -

Combine tuna and beans. Add lettuce and dressing. Toss very gently. Garnish with lemon slices. Serve immediately. **Dressing:** Prepare by combining lemon juice, soy sauce, ginger and garlic. Whisk in olive oil. Set aside.

Great Northerns and Tuna with Lemon and Ginger

NUTRITION FACTS

Amount Per Serving

Calories: 538
Total Fat: 15 g
Cholesterol: 40 mg
Sodium: 513 mg
Total Carb: 48 g
Protein: 52 g

Source: US Dry Bean Council,

<http://americanbean.com/RecipeBook/Home.htm>

Recipe for: Ham and Bean Tetrazzini Serves: 4

Ingredients –

- Vegetable cooking spray
- 2 cups sliced mushrooms
- 4 to 6 ounces ham, cut into 1/2-inch cubes
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 1/2 cups cooked dry-packaged Red Kidney beans, rinsed, drained
- 1 1/4 cups milk
- 2 green onions sliced
- 1/2 to 3/4 cup (4 to 6 ounces) shredded Cheddar cheese
- Salt and pepper, to taste
- 8 ounces cooked spaghetti
- 1/3 cup plain dry bread crumbs, optional

Preparation -

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute mushrooms, ham and green onions until mushrooms are tender and ham is beginning to brown, about 5 minutes. Stir in soup and milk and heat to boiling. Reduce heat and simmer, 2 to 3 minutes. Stir in beans and cheese; season to taste with salt and pepper. Stir in spaghetti. Spoon spaghetti mixture into greased 11 x 7 baking dish. If desired, sprinkle with bread crumbs. Bake at 350 F. until bubbly, about 25 minutes.

Ham and Bean Tetrazzini

NUTRITION FACTS

Amount Per Serving

Calories: 509
Total Fat: 9 g
Cholesterol: 36 mg
Sodium: 935 mg
Total Carb: 80 g
Dietary Fiber: 10 g
Protein: 26 g

Source: US Dry Bean Council,

<http://americanbean.com/RecipeBook/Home.htm>