

Recipe for: Chili Bean Snack Mix

Serves: 16

Ingredients -

- 3 cups cooked dry-packaged Garbanzo beans, rinsed, drained
- Butter flavor cooking spray
- 4 cups toasted wheat, corn or rice squares cereal
- 2 cups pretzel goldfish or pretzel sticks
- 1 package (8 ounces) chopped mixed dried fruit (2 cups)
- 1 package (6 ounces) dried pineapple chunks (1 cup)
- 1/2 cup roasted pumpkin seeds
- 2 tablespoons Worcestershire sauce
- 4 teaspoons chili powder
- 1 tablespoon onion powder
- 1 tablespoon paprika

Preparation -

Dry Garbanzo beans well on paper toweling. Place beans in large skillet and spray generously with cooking spray. Cook over medium heat, stirring frequently, until they begin to brown, 8 to 10 minutes. Transfer beans to jelly roll pan and bake at 350° F. until browned and beginning to crisp on the outside, 20 to 25 minutes. Transfer beans to large bowl; add cereal, pretzel sticks, dried fruit, pineapple chunks and pumpkin seeds. Combine Worcestershire sauce, chili powder, garlic and onion powder and paprika; add to snack mixture and toss to coat well. Spray mixture generously with cooking spray and toss. Transfer mixture to roasting pan. Bake snack mix at 350 F. for 15 minutes, stirring every 5 minutes. Cool; store in air tight container at room temperature.

TIP: Sweet Bean Snack Mix - Make snack mix as above, substituting 1 tablespoon honey and 1 tablespoon apple juice for the Worcestershire Sauce and 4 teaspoons ground cinnamon, 1 1/2 teaspoons ground nutmeg and 1 teaspoon ground allspice for the chili, garlic and onion powders and paprika.

Chili Bean Snack Mix

NUTRITION FACTS

Amount Per Serving

Calories: 216
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 351 mg
Total Carb: 47 g
Dietary Fiber: 8 g
Protein: 6 g

Source: US Dry Bean Council,

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

Recipe for: Hummus

Ingredients -

- 1 1/2 cups cooked dry-packaged Garbanzo beans, rinsed, drained
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon dried oregano leaves
- Salt and pepper, to taste

Preparation -

Coarsely mash Garbanzo beans. Mix in remaining ingredients, and season to taste with salt and pepper.

Source: US Dry Bean Council,

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

Recipe for: Pinto Bean Bread

Ingredients -

- 2 cups Pinto beans, pureed
- 1/8 cup honey
- 1/4 cup vegetable oil
- 3/4 teaspoon salt
- 4 cups whole wheat flour
- 2-1/2 cups white flour
- 2 cups warm water
- 2 tablespoons yeast

Preparation -

Soften yeast in warm water. Place honey, oil, beans and salt in a large bowl; mix well. Add wheat flour and enough white flour to make dough stiff but slightly sticky to the touch (three to six cups). Knead on a floured surface for about 10 minutes. Shape into loaves; let rise until double. Place on cookie sheet. Bake 350 degrees F. for 45 minutes.

Pinto Bean Bread

NUTRITION FACTS

Amount Per Serving

Calories: 183
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 65 mg
Total Carb: 34 g
Dietary Fiber: 7 g
Protein: 7 g

Source: Idaho Bean Commission,

<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: Raisin Bean Muffins

Ingredients -

- 1 cup cooked Pinto beans
- 1/2 cup chopped onion
- 3/4 cup milk
- 2 egg whites
- 1/4 cup vegetable oil
- 1/2 cup brown sugar, packed
- 1-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 cup raisins

Preparation

Puree beans with milk in blender or food processor until smooth; transfer to bowl. Beat in egg whites, oil, and brown sugar. Combine flour, baking powder, baking soda, salt, cinnamon, nutmeg, cloves, and raisins. Fold into bean mixture, mixing just until dry ingredients are moistened. Spoon into greased or paper-lined muffin cups. Bake in preheated 400 degree F. oven for 15 to 18 minutes or until golden brown.

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

Recipe for: Beananza Bars

Ingredients -

- 1/2 cup all-purpose flour
- 2/3 cup packed light brown sugar
- 2/3 cup quick-cooking oats
- 1 cup natural wheat and barley cereal (Grape Nuts)
- 1 1/2 cups cooked dry-packaged Pinto or Great Northern beans, rinsed, well drained, coarsely chopped
- 3/4 cup dark raisins
- 3/4 cup chopped dates
- 1 cup flaked coconut
- 1/2 cup chopped walnuts or almonds
- 7 tablespoons melted margarine
- 1/2 cup honey
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt

Preparation -

Combine flour, brown sugar, oats, cereal, beans, raisins, dates, coconut, and walnuts in large bowl. Add remaining ingredients, mixing well. Press mixture evenly into greased 13x9-inch baking pan. Bake at 350° F. until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting. Notes: 1 2/3 cups low-fat granola cereal can be substituted for oats and natural wheat and barley cereal. Use a pastry cutter to chop beans quickly and easily.

Beananza Bars

NUTRITION FACTS

Amount Per Serving
Calories: 134
Total Fat: 4 g
Cholesterol: 0 mg
Sodium: 103 mg
Total Carb: 23 g
Dietary Fiber: 2 g
Protein: 2 g

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

Recipe for: Pinto Bean Pie

Serves: 8

Ingredients -

- 1/2 cup butter
- 1/2 cup sugar
- 1 cup brown sugar
- 2 eggs, beaten
- 1 heaping cup of mashed Pinto Beans (1 1/2 cups cooked beans)
- 1 3/4 cups whole pecans
- 9 inch, unbaked pie shell

Preparation -

Beat butter until creamy; add sugar, brown sugar and beaten eggs, beating well after each addition. Add pinto beans and blend well. Pour into 9 inch, unbaked pie shell. Decorate top with whole pecans. Bake at 375 degrees F. for 20 minutes, then at 350 degrees F. for an additional 25 minutes or until a knife inserted into the center comes out clean.

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

Recipe for: Spicy Bean Cake

Ingredients -

- 1/4 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 2 cups cooked, pureed pinto beans
- 1 cup flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 2 cups diced apples
- 1/2 cup nuts
- 1 1/2 teaspoons vanilla
- 3/4 cup raisins

Preparation -

Cream butter or margarine and sugar. Add eggs, one at a time, beating well. Blend in pureed beans. Sift together dry ingredients. Add to creamed mixture, blending well. Fold in apples, raisins, nuts & vanilla. Pour into buttered 9x13-inch pan. Bake in 375 degree F. oven, 45 to 50 minutes or until cake tests done. Frost cake with maple or cream cheese frosting, if desired. Notes: Add 4 tablespoons of cocoa if chocolate cake is desired.

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

Recipe for: Sweet Bean Pudding

Serves: 8

Ingredients -

- 1 1/2 cups cooked dry-packaged Navy or Pinto beans, rinsed, drained
- 1 cup mashed cooked or canned sweet potatoes
- 1/2 cup plus 3 tablespoons packed light brown sugar, divided
- 2 eggs
- 2 tablespoons butter or margarine, melted
- 1/2 cup milk
- 1 teaspoon baking powder
- 1 1/2 teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- Grated rind of 1/2 orange
- 2 to 4 tablespoons chopped pecans

Preparation -

Process beans, sweet potatoes, 1/2 cup brown sugar, and eggs in food processor or blender until smooth; add remaining ingredients, except 3 tablespoons brown sugar and pecans, and process until well blended. Spoon mixture into lightly greased 1-quart casserole; sprinkle with remaining 3 tablespoons brown sugar and pecans. Bake, uncovered, at 350 F. until browned and puffed, about 1 hour.

Sweet Bean Pudding

NUTRITION FACTS

Amount Per Serving

Calories: 237
Total Fat: 6 g
Cholesterol: 53 mg
Sodium: 334 mg
Total Carb: 41 g
Dietary Fiber: 4 g
Protein: 7 g

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