

CHEESY BEAN & VEGGIE PITA MELTS



INGREDIENTS

Serves 4

- 1 cup beans, cooked (Any type)
- 2 cups fresh veggies, chopped or shredded
- 2 Tablespoons salad dressing (Your favorite low-fat, low-sodium dressing)
- 1 cup cheese, grated (low-fat)
- 4 whole wheat pita pockets

DIRECTIONS

1. Preheat oven to 400°F.
2. In a bowl, mix together beans, cheese, veggies, and salad dressing.
3. Using a fork, carefully split open the pita pockets to make openings.
4. Spoon the mixture into each pita equally.
5. Place filled pitas on a sheet pan.
6. Bake for 15-20 minutes or until centers are hot, pitas are crispy and cheese is melted.

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PEANUT BUTTER & BEAN COOKIES

INGREDIENTS

Makes 36 bars

- 1 cup whole wheat flour
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 2 cups cooked beans (Any type)
- 1/4 cup applesauce
- 3 tablespoon oil
- 1/4 cup peanut butter
- 1/2 teaspoon salt
- 1/2 cup brown sugar
- 3/4 cup oats
- 1 cup dried cranberries, raisins, fig pieces (optional)



DIRECTIONS

1. Preheat oven to 375°F and spray a 9x13-inch pan with vegetable spray. Set aside.
2. In a bowl, combine flour, baking soda, and baking powder. Set aside.
3. In another bowl, mash beans until smooth.
4. Add the applesauce, salt, sugar, oil, and peanut butter. Stir until combined.
5. Add dry ingredients and stir until combined.
6. Stir in optional dried fruit.
7. Pour batter into pan and spread evenly.
8. Bake for about 25-30 minutes or until a toothpick or butter knife comes out without raw batter.
9. Cool before cutting into 6 x 6 (36 bars)

IDAHO BLACK BEAN SOUP

INGREDIENTS

Serves 10

- 1 can (15 oz) beans, rinsed and drained
- 1 lb. lean ground beef
- 2 cans (14-1/2 oz) diced tomatoes
- 1 can (14-1/2 oz) reduced sodium chicken broth
- 1 can corn, drained and rinsed
- 2 small cans (4 oz) chopped green chilies
- 2 to 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 4 green onions, chopped (optional)
- 1 lime, cut into wedges (optional)

DIRECTIONS

1. Cook ground beef.
2. In a slow cooker, combine cooked ground beef with all other ingredients.
3. Cover and cook on high for 4-6 hours or until heated through.
4. Serve with chopped green onions and a squeeze of lime juice.

** Cool leftovers in a shallow container and refrigerate. Use or freeze within 4 days.*



COOKING DRY BEANS

1. MEASURE

- Dry beans will expand 2 1/2 to 3 times their original size after cooking.
- 1 cup of dried beans will make 2-3 cups of cooked beans.
- 1 cup of dried beans produces 4 half-cup servings.

2. RINSE Thoroughly rinse and drain beans before soaking. Discard damaged beans and any foreign material.

3. SOAK Use one of the methods below to soak the beans:

Overnight Cold Soak



Cover one pound of dry beans with 4 quarts of cold water and allow to soak overnight (12 hours or more). Discard soaking water; cover beans with fresh water and two tablespoons of oil before cooking.
(Oil reduces foaming during the cooking process.)

Quick Hot Soak



Cover beans with water and boil for 2-3 minutes. Remove from heat and soak for at least 1 hour (quick soak) or up to 4 hours (hot soak). Discard soaking water; cover beans with fresh water and two tablespoons of oil before cooking.
(Oil reduces foaming during cooking.)

4. COOK Most beans cook in 1-1 1/2 hours. Test by tasting, or mashing a bean against the side of the pot. Cooking beans in a slow cooker takes six to eight hours, or overnight.

5. COOL Cool beans in shallow containers and refrigerate within 2 hours. Use or freeze within 3 days.



CHEF'S TIPS:

- Add seasonings to beans while they cook, but NOT salt! Adding salt during cooking can extend cook times and possibly toughen the beans.
- Different varieties and ages of beans have different cooking times, so never cook different varieties together at the same time.

NOTES ON CANNED BEANS:

- 1 15-ounce can of drained, rinsed beans equals about 1 2/3 cups of cooked beans.
- To reduce sodium in canned beans, rinse in



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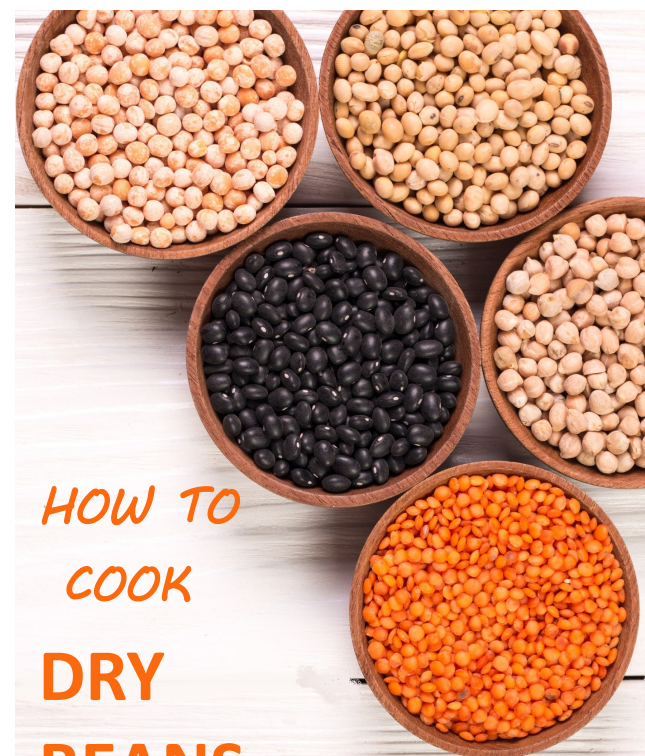
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HOW TO COOK DRY BEANS, PEAS & LENTILS

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