

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

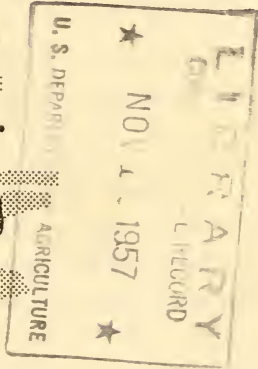


Ag 84L  
cap. 3

326

# DRY BEANS, PEAS, LENTILS

## ... modern cookery



U. S. Department of Agriculture  
Leaflet No. 326

# DRY BEANS, PEAS, LENTILS

## • • • modern cookery

Most cooks are old friends with some particular kind of dry bean or pea, or with the lentil. They like to cook and season it some favorite way.

But in markets today you may find wide variety to choose from: Kidney beans . . . limas . . . Great Northerns . . . pintos . . . pea beans . . . split and whole peas . . . lentils . . . others perhaps.

So, if you want to know beans, have cooking and eating acquaintance with a number of kinds, and ways of seasoning and combining them with other foods in savory dishes.

Foods of the dry-bean family—as they are sometimes called, for short—were once extra-slow to prepare in home kitchens. But times change, and cooking does also. This booklet gives methods of soaking and cooking based on research by the Human Nutrition Research Division. You'll find more than one short cut that makes the handy-to-keep bean also handy to cook.

All recipes in this booklet have been developed or adapted by research methods, to arrive at up-to-date, dependable directions.

### **Bargains —for budget and nutrition**

Dry beans and their close cousins, the dry peas and lentils, are food bargains, budget-wise and nutritionwise.

When buying, you can figure that a pound of one of these dry foods will provide 7 to 9 three-fourths cup servings.

All are substantial foods, good for energy. They contain B vitamins, especially thiamine, and worthwhile amounts of the mineral calcium. They are real nuggets of mineral value for the iron they provide—a cupful of cooked beans contains about half of a day's needs for iron. And with all this, they provide protein, which the body requires to build and repair its organs and tissues.

You can get the most good from protein of these bean-family foods if you have in the same meal some meat, cheese, or other protein from an animal source.

The reason? Proteins in foods are made up of different combinations of amino acids. Some of these proteins are more useful than others for the body's needs. There is especially good protein in meat and other foods from animal sources, and even a little combined with bean protein makes a strong protein team.

This leaflet includes a number of such combination dishes . . . chili con carne, beans in cheese sauce, lima bean and sausage casserole, bean and meat stew, bean-egg salad, and others.

### **Some need soaking . . . some not**

Beans and whole peas should be soaked before cooking to take up part of the water lost in drying. For full natural flavor and to save vitamins and minerals, use the soaking water for cooking. Split peas and lentils may be boiled or pressure cooked without soaking.

### **How much water?**

The cooking table on page 6 shows how much water to use when boiling or pressure cooking for plain serving. In some of the recipes in this booklet, you will find less water called for, because other ingredients provide some cooking liquid.

## Short cuts for soaking and boiling

A quick and effective way to soak beans and whole peas is to start by boiling them with the water for 2 minutes. Remove from heat, soak 1 hour, and they are ready to cook.

Even if soaking overnight fits your plans better, it is still an advantage to start with the 2-minute boil because there will be fewer hard skins. If the beans or peas are to be soaked overnight in a warm room, the brief boil will keep them from souring.

For beans that take an hour or longer to boil, cooking time may be shortened appreciably by adding baking soda to the soaking water. How much soda to use will depend on the hardness of the water. With most tap waters, adding  $\frac{1}{8}$  teaspoon of soda to the water allowed for 1 cup of dry beans will shorten cooking time about one-fourth.

Measure soda carefully and add to the soaking water at the start. Too much soda will affect bean flavor and nutritive value.

## If you cook with seasonings

One teaspoon salt in the cooking water with 1 cup of beans, peas, or lentils is about right for average taste. You'll want less salt, of course, if ham or salt pork is used.

For special flavor, add onions, herbs, or meat.

If you add tomatoes, catsup, or vinegar when boiling beans or whole peas, wait until they are cooked almost tender, because acids added earlier would delay their softening.

## Fat cuts down foam

Some kinds of beans foam up high during cooking. You can keep down foam when cooking Great Northern, red kidney, pinto, or pea beans by adding 1 tablespoon of salt pork drippings or other fat to the cooking water

for each cup of beans. This is particularly helpful in pressure cooking.

Fat is not of much help in keeping large limas from foaming.

### **To avoid breaking**

Rapid boiling and frequent stirring cause bean skins to break. So—boil beans gently and stir very little.

### **Pressure cooking**

It takes about 30 minutes for the whole process of pressure cooking beans or whole peas. This allows for a slow rise and fall of pressure, which is important in cooking these foods evenly. Thus cooked, they do not break as they would if pressure were raised and lowered fast.

Take two precautions to keep beans within bounds and to prevent clogging the cooker vent tube:

1. Add a little fat (see page 4).
2. Fill the cooker no more than one-third full, including the water.

The amount of water to use, and cooking times for different varieties are given in the table on page 6.

Here is pressure cooking procedure in more detail:

After soaking beans or whole peas and putting them into the cooker with the water and seasonings, adjust the lid, and heat to boiling. Let steam escape for 1 minute.

Put on pressure control or indicator, and over low heat bring pressure up slowly to 15 pounds. Start counting cooking time. After the number of minutes given in the cooking table, set the cooker off the heat to let pressure drop gradually.

## COOKING DRY BEANS, PEAS, AND LENTILS

When you start with 1 cup of—	To boil—		To pressure cook at 15 pounds—	Yield will be at least—
	Soak <sup>1</sup> in water—	Add 1 teaspoon salt and boil gently—		
Black beans (turtle soup beans).	3 cups	About 2 hours	5 minutes	2 cups.
Blackeye beans (blackeye peas, cowpeas).	2½ cups	½ hour	(2)	2½ cups.
Cranberry beans	3 cups	About 2 hours	5 minutes	2 cups.
Great Northern beans	2½ cups	1 to 1½ hours	3 minutes	2½ cups.
Kidney beans	3 cups	About 2 hours	3 minutes	2¾ cups.
Lentils	2½ cups (no soaking needed).	½ hour	(2)	2½ cups.



Lima beans, large.....	2½ cups .....	1 hour .....	3 minutes .....	2½ cups.
Lima beans, small.....	2½ cups .....	About 45 minutes...	(2) .....	2 cups.
Pea (navy) beans .....	3 cups .....	1½ to 2 hours....	5 to 10 minutes.....	2½ cups.
Peas, split <sup>3</sup> .....	.....	.....	.....	2⅓ cups.
Peas, whole .....	2½ cups .....	1 hour .....	3 minutes .....	2½ cups.
Pinto beans .....	3 cups .....	About 2 hours....	10 minutes .....	2½ cups.

<sup>1</sup> Add to the beans or peas the amount of water indicated in the table. Boil 2 minutes and soak 1 hour before cooking. Or soak overnight if preferred. For beans or peas that take an hour or longer to cook, cooking time may be shortened appreciably by adding soda to the soaking water. (See "Short cuts for soaking and boiling," p. 4.)

<sup>2</sup> Beans that cook quickly are not ordinarily pressure cooked.

<sup>3</sup> Baking is recommended for split peas, unless they are to be pureed, because they break up easily during cooking if other methods are used. For each cup of split peas add 1½ cups water. Boil 2 minutes, then soak ½ hour. Place in a baking dish, cover, and bake at 350° F. (moderate oven) 25 minutes.

## Simple trimmings for serving

You don't have to dress up plain cooked beans to enjoy them. But when you want an easy change from the usual, try one of these trimmings at serving time:

- To drained beans add finely sliced celery or chopped green pepper or pimiento. Season further with butter, margarine, or meat drippings.
- Make a quick spicy sauce by thinning catsup or chili sauce with an equal quantity of water or the bean liquid. Add finely chopped onion. Pour the drained beans into the sauce, heat until the sauce bubbles, and you have beans Western style.
- Thin a little meat or poultry gravy and add a pinch of a favorite seasoning, such as mustard, thyme, poppy seeds, or ground cloves. Pour in the drained cooked beans and heat.

These trimmings are also good with whole peas and lentils.

## Servings

Recipes in this booklet make 4 servings of  $\frac{3}{4}$  cup or more, unless otherwise stated. If you use one of the hearty main dishes as the greater part of a meal, or allow for second helpings, increase the recipe.

## Boston baked beans

A good old slow way . . . a quicker way almost as flavorful . . .

2 cups dry pea beans or Great Northern beans	¼ pound salt pork
1½ quarts water	4 tablespoons molasses
1 teaspoon salt	½ teaspoon mustard

Soak beans in the water (see p. 6). Add salt and boil gently 45 minutes.

Make cuts through the rind of the pork about ½ inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of pork, exposing only the scored rind.

Mix molasses and mustard with the cooking liquid from the beans. Pour over the beans. Cover baking dish.

Bake at 250° F. (very slow oven) 6 or 7 hours; add a little hot water from time to time, if beans seem dry. During the last hour of baking remove the lid to let the beans brown on top.

6 to 8 servings.

**For shorter baking.** Boil pork 45 minutes along with beans. Add molasses and mustard and bake at 300° F. (slow oven) 3 hours. Remove the lid the last 30 minutes to let the beans brown on top.

**For a different flavor.** Put peeled onion in the bottom of the pot or add ½ cup chopped onion. Use 1 tablespoon Worcestershire sauce, ½ teaspoon ginger, and pepper to taste for seasoning. Or add ¼ cup catsup to the molasses, salt, and mustard.

### *Suggestions for re-serving baked beans*

Once you've baked a good-sized pot of beans, you have a start toward several quick meals. The next four recipes are for easily-prepared main dishes made with baked beans.

## Broiled bean sandwiches

4 slices bread

2 cups baked beans

4 large slices fresh tomato

4 strips bacon

Toast one side of bread under broiler. Spread beans on untoasted side; top with tomato and bacon.

Return to broiler for a few minutes, until bacon is crisp and beans are heated through.

4 servings.

**For variety.** Omit bacon; top beans with a slice of cheese and lay slice of tomato on top. Broil until cheese melts and beans are heated through.

## Beans in pepper cases

4 medium-sized green  
peppers

Catsup

3 cups baked beans

Cut out stem ends of peppers; remove seeds. Boil peppers 5 minutes in salted water; drain.

Fill peppers with beans and pour catsup over them. Place peppers in a half-inch of hot water in a baking dish or a muffin pan.

Bake at 350° F. (moderate oven) until the peppers are tender and the beans heated through—about 30 minutes.

4 servings.

## Bean-tomato bake

3 cups baked beans

1½ cups canned or cooked  
tomatoes

Put beans in a baking dish. Pour tomatoes over them and bake at 350° F. (moderate oven) about 30 minutes.

4 servings.

**To use fresh tomatoes.** Place beans in baking dish and cover with thick slices of fresh tomato. Sprinkle with bread crumbs and dot with table fat. Bake as above.

## Bean patties

2 cups baked beans  
1 egg, beaten  
Fine dry bread crumbs

Bacon drippings or other fat  
for browning

Mash beans; mix with egg. Shape into patties (8 small or 4 large) and roll in crumbs.

Brown on both sides in a little hot fat.

## Frijoles

Beans Mexican style . . .

1 cup dry pinto beans  
3 cups water  
1 teaspoon salt  
3 slices bacon, diced

½ cup chopped onion  
2 teaspoons chili powder  
Pepper

Soak beans in the water (see p. 6). Add salt and boil gently until tender.

Brown bacon in fry pan. Add onion and cook about 5 minutes.

Add beans and cooking liquid. Mash or chop beans. Season with chili powder and pepper.

Continue cooking, stirring constantly, until mixture is thick.

Serve the beans with catsup or your favorite tomato sauce.

4 servings.

## Mexican casserole

Gay color, high seasoning . . .

3 cups cooked dry beans,  
peas, or lentils  
1 cup cooked or canned  
tomatoes  
2 tablespoons chopped  
green pepper

¾ cup chopped onion  
½ teaspoon salt  
1 teaspoon chili powder  
Garlic salt  
4 strips bacon

Combine all ingredients except bacon.

Turn into greased baking dish. Arrange bacon strips over top.

Bake at 350° F. (moderate oven) 1 hour.

4 servings.

## Chili con carne

2 tablespoons bacon drippings	2 to 2½ cups cooked or canned tomatoes
⅓ cup chopped onion	1 bay leaf, crushed
1 clove garlic, sliced	2 teaspoons sugar
½ pound ground beef	2 to 4 teaspoons chili powder
2½ cups cooked dry kidney or pinto beans	Salt and pepper
⅓ cup minced green pepper	

Brown onion and garlic in drippings.

Add meat and cook slowly a few minutes, stirring occasionally.

Add remaining ingredients, season, and simmer until meat is tender and flavors are blended—about 30 minutes.

4 servings.

## Chili-cheese bake

Place chili con carne mixture in baking dish and sprinkle with  $\frac{3}{4}$  cup grated cheese.

Bake uncovered at 350° F. (moderate oven) about 30 minutes.

## Beans in cheese sauce

Quick and easy, with beans already cooked . . .

1 tablespoon butter or margarine	½ teaspoon salt
1 tablespoon flour	1 cup grated cheese
1 cup milk	3 cups cooked dry beans
1 teaspoon Worcestershire sauce	Crumbs mixed with fat, if desired

Melt fat and blend in the flour to make a smooth mixture.

Add milk slowly and cook over very low heat, stirring constantly, until thickened. Add seasonings and cheese, and stir until cheese is melted. Add beans.

Heat thoroughly over low heat. Or turn into greased baking dish, top with crumbs, and bake at 350° F. (moderate oven) about 20 minutes. 4 servings.

## Lima bean and sausage casserole

With carrots for special flavor and color . . .

<b>1 cup large dry lima beans</b>	<b>3 medium-sized carrots, sliced</b>
<b>2½ cups water</b>	<b>½ pound sausage</b>
<b>1 teaspoon salt</b>	<b>2 tablespoons chopped onion</b>

Soak beans in the water (see p. 6). Add salt and boil gently for 30 minutes. Add carrots the last 5 minutes. Do not drain.

If bulk sausage is used blend onion with it, shape into small patties, and brown in fry pan. If link sausage is used, cut in ½-inch slices and brown with the onion.

Add the cooked sausage and 2 tablespoons of the drippings to the beans.

Bake at 350° F. (moderate oven) in a covered casserole until beans are tender, about 1 hour. If necessary, add extra water during baking.

4 servings.

## Bean and meat stew

Use any kind of beans, any kind of meat . . .

<b>¾ cup dry beans</b>	<b>½ pound ground lean meat</b>
<b>2 cups water</b>	<b>2 cups cooked or canned tomatoes</b>
<b>¼ cup finely chopped salt pork</b>	<b>Salt and pepper</b>
<b>½ cup chopped onion</b>	

Soak beans in the water and boil gently until almost done (see p. 6).

Meanwhile, fry salt pork crisp in a large fry pan and remove.

Brown onion lightly in the pork fat, add meat, and cook about 5 minutes. Add pork.

Add tomatoes and beans. Cook slowly 30 minutes. With the longer-cooking beans, you may need to add more water.

Season with salt and pepper to taste.

4 servings.

## Curried lima beans and pork chops

1 cup large dry lima beans  
2½ cups water  
1 teaspoon salt  
4 pork chops

Salt, pepper, flour, fat  
½ teaspoon curry powder  
¼ cup catsup

Soak beans in the water (see p. 6). Add salt and boil gently 30 minutes. Drain, saving the cooking water.

Sprinkle chops with salt, pepper, and flour; brown in a little fat in heavy fry pan.

Combine the beans with the curry powder and catsup in a baking dish and top with the browned chops. Rinse out drippings from fry pan with the cooking water from beans and pour this over the chops.

Bake, covered, at 350° F. (moderate oven) 45 to 60 minutes.

4 servings.

## Hopping John

A Southern favorite . . .

½ cup dry blackeye or pinto  
beans  
2¼ or 3 cups ham broth

½ cup chopped cooked ham  
½ cup rice  
Salt and pepper

Soak beans in ham broth by the short method (see p. 6), using 2¼ cups broth for the blackeye beans, 3 cups for pinto beans. Do not soak overnight in broth.

Boil beans gently in broth until they are almost done (see p. 6).

Add ham and rice and cook covered until rice is done—about 20 to 30 minutes, depending on kind of rice. The liquid should be almost cooked away by the time the rice is tender. If there is too much liquid as the mixture cooks, take off the cover the last 10 minutes and turn up the heat. If the mixture seems too dry, add more ham broth.

4 servings.



## Succotash

Modern cooks can find many ways to vary that old Indian invention—succotash. Try it this way, using dry limas, corn, and onion . . .

½ cup dry lima beans	¼ cup chopped onion
1¼ cups water	1½ cups whole-kernel corn, canned or cooked
2 tablespoons butter, margarine, or drippings	Salt and pepper

Soak beans in the water (see p. 6). Boil gently until done.

Heat the fat in a heavy pan, brown the onion lightly in it, and add to the beans.

Add corn, season to taste with salt and pepper, and heat for a few minutes.

4 servings.

**For variety.** Add a little finely shredded green pepper—about ¼ cup—with the corn for extra color and flavor.

Raw corn, cut from the cob, or frozen whole-kernel corn may be used. Add it to the beans about 10 minutes before they are done.

## Beans with frizzled beef

An extra-good flavor team . . .

¼ cup butter or margarine	1½ cups milk
2 ounces dried beef, torn into medium-sized pieces (¾ cup loosely packed)	2 cups cooked dry beans
2 tablespoons flour	1 teaspoon Worcestershire sauce
	Pepper

Melt fat over low heat; add beef and cook until edges curl.

Add flour and stir until it is well blended with the fat. Pour in the milk slowly, stirring constantly.

Cook until smooth and thickened, stirring constantly.

Add beans and season with pepper; add salt if needed. Heat thoroughly.

4 servings.

## Bean or pea soup

1 cup dry beans or whole  
peas  
6 cups water

Meaty ham bone  
1 small onion, chopped  
Salt and pepper

Soak beans or peas in the water (p. 6). Add ham bone; boil gently 2 hours in a covered pan.

Add onion and continue cooking 30 minutes longer, or until beans are soft. Remove bone and cut off the meat.

Add meat to soup; season with salt and pepper. Reheat to boiling, stirring constantly.

4 servings.

**With left-over ham.** Instead of using a ham bone, cook  $\frac{1}{2}$  to 1 cup chopped ham with the beans or peas.

**With ham broth.** Use ham broth in place of ham bone and water. Soak beans or peas by short method; do not soak overnight in broth.

**For a thick, smooth soup.** Mash beans or peas, or put through a sieve, before adding the meat from the ham bone. Mix 2 teaspoons flour with a little water and stir into the soup. Boil 1 minute, stirring constantly.

## Black bean soup

Use black beans in the above recipe. Cook  $\frac{1}{2}$  cup chopped celery, a few whole cloves, 1 teaspoon lemon juice, and  $\frac{1}{2}$  teaspoon Worcestershire sauce with the beans. Garnish soup with lemon wedges and slices of hard-cooked egg.

## Split pea or lentil soup

1 cup dry split peas or  
lentils  
6 cups boiling water

Ham bone  
1 small onion, chopped  
Salt and pepper

Add peas or lentils to the water with ham bone and onion. Boil gently about 2 hours—until of consistency desired for soup.

Remove ham bone. If lentils are used, press soup through a coarse sieve to remove skins. Chop meat from bone and return it to the soup. Season and reheat. Makes 4 servings.

If there is little or no meat from the bone, garnish bowls of soup with thin slices of frankfurters or bologna, or add  $\frac{1}{2}$  cup ground peanuts before reheating the soup.

## Bean and cabbage soup

2 medium-sized carrots, sliced	2 cups cooked dry beans or lentils
$\frac{1}{4}$ cup chopped celery	1 cup finely chopped cabbage
1 small onion, chopped	Salt, pepper, garlic salt
3 cups meat stock	

Cook carrots, celery, and onion in stock until almost tender—about 15 minutes.

Add beans or lentils and cabbage and cook 5 minutes longer. Season.

4 servings.

For an Italian-style soup—cook  $\frac{1}{2}$  cup spaghetti broken in 1-inch lengths with carrots, celery, and onion. Sprinkle each serving with grated cheese.

## Bean chowder

$\frac{3}{4}$ cup dry beans	$1\frac{1}{2}$ teaspoons flour
3 cups water	$\frac{1}{3}$ cup shredded green pepper
$1\frac{1}{2}$ teaspoons salt	1 to 2 tablespoons butter, margarine, or drippings
$\frac{3}{4}$ cup diced potato	$1\frac{1}{2}$ cups milk
1 small onion, chopped	
$\frac{3}{4}$ cup cooked or canned tomatoes	

Soak beans in the water, add salt, and cook until almost done (see p. 6). Add potato and onion; cook 30 minutes. With the longer-cooking beans you may need to add more water.

Mix flour with a little of the tomato and add to the beans with rest of tomato, the green pepper, and fat. Cook 10 minutes, stirring occasionally to prevent sticking.

Stir in the milk and reheat quickly.

4 servings.

## Hot bean salad

If you like hot salad, try the bean variety . . .

2 strips bacon, chopped, or	1/2 teaspoon mustard
3 tablespoons diced salt	1/4 cup vinegar
pork	1/4 cup water
1/3 cup chopped onion	Salt and pepper
3 cups cooked dry beans	

Brown bacon or salt pork in a large fry pan, add onions, and cook until lightly browned.

Add beans, mustard, vinegar, and water. Simmer, stirring gently from time to time, until the beans have absorbed the liquid. Season to taste, and serve hot.

4 servings.

## Bean-peanut salad

2 cups cold cooked dry	1/2 cup coarsely chopped
beans	celery
1 cup salted peanuts	Thick dressing to moisten
1 teaspoon grated onion	Salt and pepper

Mix all ingredients together lightly. Chill. Serve on salad greens.

4 servings.

## Bean-egg salad

Use 1 cup coarsely chopped hard-cooked eggs instead of the peanuts in the recipe above; thin the dressing with vinegar or sweet pickle liquid. Garnish with pickle slices.

Red kidney beans are colorful in this salad.

## Bean-cheese salad

2 cups cold cooked dry	1 cup chopped celery
beans	1/3 cup tart french dressing
2/3 cup diced sharp cheese	Salt and pepper
1/4 cup pickle relish or sliced	
stuffed olives	

Mix ingredients; serve on salad greens.

4 servings.

## Bean, carrot, and cabbage salad

2 cups cold cooked dry beans	1 small onion, grated
1/2 cup coarsely shredded carrots	1/4 cup pickle relish
1/2 cup shredded cabbage	Salt
	1/3 cup french dressing

Combine ingredients and mix lightly. Serve very cold.

4 servings.

## Bean-stuffed tomato salad

2 cups cooked dry beans	4 tomatoes
1 cup diced luncheon meat	Salad greens
2 tablespoons finely chopped green pepper	1 small onion, cut in thin rings
1/3 cup tart salad dressing	

Mix beans, meat, and green pepper with the dressing.

Split tomatoes in quarters two-thirds of the way through. Spread open and fill center with mound of bean mixture.

Serve on salad greens and garnish with onion rings.

4 servings.

## Bean purees

Large lima beans and Great Northern beans are soft and mealy enough when well-cooked to puree easily. These two kinds of beans make light-colored, bland purees that come in handy for hurry-up meals.

Two cups of uncooked beans make about 4 cups of puree. Ways to use it are given on pages 21 to 23.

Puree may be made by gentle boiling, or by pressure cooking if you have a 6-quart pressure saucepan. Soak the beans as usual (see p. 4) and cook in the soaking water. Amount of water and cooking time vary with the two kinds of beans and two cooking methods.

**To make puree by boiling.** For 2 cups of large lima beans, use 5 cups water for soaking. Add 2 teaspoons salt to the soaked beans and boil gently 1 hour in a tightly covered pan, stirring occasionally for even cooking.

For 2 cups of Great Northern beans, use 6 cups of water, and boil as for limas, cooking 1½ hours.

Put beans and cooking water through a sieve or food mill.

**To make puree by pressure cooking.** First of all, make sure your cooker is large enough to take the beans and soaking water without being more than one-third full. For 2 cups of beans you will need a 6-quart cooker.

For 2 cups of large lima beans, use 4½ cups of water for soaking. Put soaked beans and soaking water into the cooker. Add the salt and 2 tablespoons of fat, and adjust the lid. Bring to boiling and let steam escape for 1 minute, and bring the pressure to 15 pounds. Cook 20 minutes and remove the cooker from the heat. Let the pressure come down gradually.

For 2 cups of Great Northern beans, use 5 cups of water for soaking. Follow the directions for lima beans, cooking 20 minutes at 15 pounds pressure.

Put beans and cooking water through a sieve or food mill.

**Cooling and storing.** Cool puree quickly by setting the pan in cold water or crushed ice and stirring frequently. Store at once in the refrigerator. To keep the puree more than a few days, can or freeze it.

**To can puree.** Heat the puree thoroughly and pack it hot.

*In pint glass jars:* Leave ½-inch head space. Adjust closures. Process immediately at 10 pounds steam pressure (240° F.) for 105 minutes. Complete seals if closures are not of self-sealing type.

*In No. 2 cans:* Leave  $\frac{1}{8}$ -inch head space. Exhaust cans 10 minutes. Seal and process immediately at 10 pounds steam pressure (240° F.) for 105 minutes.

To exhaust. Place the open, filled cans in a large kettle containing enough boiling water to come 2 inches below the tops of the cans. Cover kettle, bring water again to boiling, and boil 10 minutes.

You may omit exhausting if you find that the temperature of the puree in the center of the can is 170° or higher when you are ready to seal. Always exhaust if you do not have a thermometer to test the temperature, or if the temperature is below 170° F.

**To freeze puree.** Pack cold puree into clean containers (glass, plastic, or cellophane-bag-in-box). If you use containers with wide tops leave  $\frac{1}{2}$ -inch head space in pints, 1 inch in quarts. With narrow-top containers leave  $\frac{3}{4}$ -inch head space in pints, 1 $\frac{1}{2}$  inch in quarts. Seal and freeze promptly.

### *Ways to use puree*

Bean puree makes a good base to use for sauces and soups, or as a meat stretcher. Here are a few recipes.

### **Mustard sauce**

1 tablespoon butter or margarine	1 cup milk
1 tablespoon flour	1 teaspoon dry mustard
1 cup bean puree	Salt

Melt fat and blend in the flour. Add milk and puree slowly and cook over very low heat, stirring constantly, until thickened.

Add mustard and salt. Cook 5 minutes longer, stirring occasionally.

Makes about 2 cups.

Serve the sauce with frankfurters, ham, or roast meat.

**For variety.** Substitute 1 teaspoon curry powder for mustard; serve sauce with fish.

## "Hot" sauce

1 tablespoon fat (bacon drippings)	½ cup fresh tomatoes cut in pieces, or cooked or canned tomatoes
1 small onion, sliced	Salt and pepper
1 cup bean puree	½ teaspoon chili powder
1 clove garlic	

Cook onions in fat a few minutes. Add remaining ingredients. Cook over low heat, stirring often, until thickened.

For a thicker sauce continue cooking 10 to 15 minutes, stirring occasionally. Remove clove of garlic. Serve over fried or broiled pork link sausage.

Makes 1¼ cups.

## Cream of bean soup

2 tablespoons butter or margarine	2 cups bean puree
2 tablespoons flour	2 cups milk
	Salt and pepper

Melt fat and blend in the flour. Add puree and milk slowly, and cook over low heat until thickened, stirring constantly. Cook 2 to 3 minutes longer, stirring occasionally. Season. 4 servings.

**For variety.** Add 2 teaspoons of onion juice or sprinkle with grated cheese or add 2 teaspoons Worcestershire sauce.

## Bean and celery soup

2 cups meat stock or bouillon	1 small onion, sliced
½ cup chopped celery and leaves	1 tablespoon flour
	2 cups bean puree
	Salt and pepper

Cook vegetables in the stock or bouillon until tender.

Blend flour with a little water and stir into puree. Combine with stock mixture. Cook until thickened. Cook 2 to 3 minutes longer, stirring occasionally. Season.

4 servings.



## Bean and bacon soup

2 strips bacon	2 cups bean puree
1 medium-sized onion, chopped (½ cup)	2 cups milk or meat stock
1 tablespoon flour	Salt and pepper

Fry bacon, remove from pan, and drain on paper. Cook onion in bacon drippings until golden color. Blend flour with onions and fat.

Add puree and milk or meat stock gradually, and cook over very low heat, stirring constantly until thickened. Cook 2 to 3 minutes longer, stirring occasionally. Season with salt and pepper.

Crumble bacon and sprinkle on top of soup.  
4 servings.

**For variety.** Use left-over bits of ham in place of bacon for garnish, or stir in bits of spiced cold meat, such as bologna, and garnish with croutons.

## Stuffed peppers

4 medium-sized green peppers	1 cup diced luncheon meat or cooked ham
½ cup chopped celery	1 cup bread crumbs
1 small onion, chopped	1 egg, beaten
2 tablespoons butter or margarine	Salt and pepper
1 cup bean puree	Crumbs mixed with melted fat

Cut out stem ends of peppers and remove seeds. Boil peppers 5 minutes in salted water; drain.

Cook celery and onion in fat until tender. Mix with the puree, meat, crumbs, eggs, salt, and pepper.

Fill peppers with puree mixture; top with crumbs mixed with melted fat. Place in a baking dish with ½ inch of hot water.

Bake at 350° F. (moderate oven) until peppers are tender and crumbs are browned—about 30 minutes.

4 servings.

## INDEX TO RECIPES

Main dishes:	Page
Bean and meat stew.....	13
Bean patties .....	11
Bean-tomato bake .....	10
Beans in cheese sauce.....	12
Beans in pepper cases.....	10
Beans with frizzled beef.....	15
Boston baked beans.....	9
Broiled bean sandwiches.....	10
Chili con carne.....	12
Chili-cheese bake .....	12
Curried lima beans and pork chops.....	14
Frijoles .....	11
Hopping John .....	14
Lima bean and sausage casserole.....	13
Mexican casserole .....	11
Stuffed peppers .....	23
Succotash .....	15
Soups:	
Bean or pea .....	16
Bean and bacon.....	23
Bean and cabbage.....	17
Bean and celery .....	22
Bean chowder .....	17
Black bean .....	16
Cream of bean.....	22
Split pea or lentil.....	16
Salads:	
Bean, carrot, and cabbage.....	19
Bean-cheese .....	18
Bean-egg .....	18
Bean-peanut .....	18
Bean-stuffed tomato .....	19
Hot bean .....	18
Sauces:	
"Hot" .....	22
Mustard .....	21
Bean purees:	
To make by boiling.....	20
To make by pressure cooking.....	20
To can .....	20
To freeze .....	21

Human Nutrition Research Division  
Institute of Home Economics  
Agricultural Research Service  
U. S. Department of Agriculture  
September 1952

Slightly Revised, September 1957

This leaflet supersedes AWI-47, Dried Beans and Peas in  
Wartime Meals.

U. S. GOVERNMENT PRINTING OFFICE : 1957

For sale by the Superintendent of Documents, Government Printing Office  
Washington 25, D. C. - Price 15 cents



