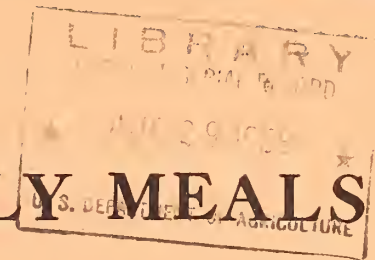


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DRY BEANS IN FAMILY MEALS

Dry beans supply protein, food energy, iron, and the B vitamins, especially thiamine. When beans are served as a main dish, a little meat or cheese is usually added to improve the flavor and nutritive value.

The following recipes from the Human Nutrition Research Division of the Agricultural Research Service show a variety of ways to use dry beans in family meals.

SOAKING AND COOKING DRY BEANS

To soak dry beans:

Use 2-1/2 to 3 cups of water for each cup of beans, boil two minutes. Remove from heat and soak one hour. This helps prevent fermentation and hardening of skins.

To cook dry beans:

Boil beans gently in soaking water for best flavor and highest nutritive value. Rapid boiling and frequent stirring cause bean skins to break.

Cooking time for different varieties of beans are:

Kind of Bean	Cooking Time
Black beans (turtle soup beans)	about 2 hours
Blackeyed beans (blackeye peas, cow peas)	1/2 hour
Cranberry beans	about 2 hours
Great Northern beans	1 to 1-1/2 hours
Kidney beans	about 2 hours
Lima beans, large	1 hour
Lima beans, small	about 45 minutes
Pea beans (Navy)	1-1/2 to 2 hours
Pinto beans	about 2 hours

HOT BEAN SALAD

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

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. Makes 4 servings.

BOSTON BAKED BEANS

2 cups dry pea beans or Great Northern beans	1/4 pound salt pork
1-1/2 quarts water	4 tablespoons molasses
1 teaspoon salt	1/2 teaspoon mustard

Wash beans. Add the water, boil 2 minutes, then remove from heat and let soak 1 hour. Or add the water and let soak overnight in a cool place. Add salt and boil gently 45 minutes. Make cuts through the rind of the pork about 1/2 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. Makes 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.

SUGGESTIONS FOR RE-SERVING BAKED BEANS

Once you have baked a good-sized pot of beans, you have a start toward several quick meals. The next three 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. Makes 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.

Bean-Tomato Bake

3 cups baked beans 1-1/2 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. Makes 4 servings.

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. Makes 4 servings.

LIMA BEAN AND SAUSAGE CASSEROLE

1 cup large dry lima beans
2-1/2 cups water
1 teaspoon salt

3 medium-sized carrots, sliced
1/2 pound sausage
2 tablespoons chopped onion

Wash beans. Add the water, boil 2 minutes, then remove from heat and let soak 1 hour. Or add the water and let soak overnight in a cool place. 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 1/2 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. Makes 4 servings.

BEAN SOUP

1 cup dry beans
6 cups water

Meaty ham bone
1 small onion, chopped
Salt and pepper

Wash beans. Add the water, boil 2 minutes, then remove from heat and let soak 1 hour. Or add the water and let soak overnight in a cool place. 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. Makes 4 servings.

With leftover ham:

Instead of using a ham bone, cook 1/2 to 1 cup chopped ham with the beans.

With ham broth:

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

For a thick, smooth soup:

Mash beans, 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.

BEAN CHOWDER

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

Wash beans. Add the water, boil 2 minutes, then remove from heat and let soak 1 hour. Or add the water and let soak overnight in a cool place. Add salt and cook until almost done. 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. Makes 4 servings.

