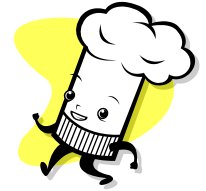


## Cuban Black Beans

Prepare a 1 lb bag of dry black beans according to directions  
2 cups broth, vegetable or chicken  
2 medium onions, chopped  
2 green peppers, chopped  
8 garlic cloves, minced  
2 teaspoon cumin powder  
1 teaspoon oregano  
1 teaspoon salt  
2 tablespoon balsamic or red wine vinegar



### Directions:

Fry the onion and pepper in a little oil.  
Add the garlic and saute a little.  
Introduce a little of the broth until all previous ingredients are soft.  
Add the beans with the remaining broth.  
Add spices and simmer about 30 minutes.  
Mash some of the beans, if desired, to thicken.  
Add vinegar just before serving.  
Serve over a bed of rice seasoned with lime juice

## Pinto Beans

2 lb. pkg dry pinto beans  
1-2 T. Worcestershire Sauce  
dash of Tabasco Sauce  
Ham or salt pork flavoring



Cook beans according to package directions (abt. 2-1/2 hrs) with ham or salt pork seasoning. Add the rest of the seasoning when beans are cooked.

You can mash some of the beans to make soup a little thicker.

Serve over cooked rice.

## Southwest White Bean Stew

Navy beans, red onion, bell peppers, jalapenos, garlic, crushed tomatoes, wine vinegar, cilantro.

80 calories per portion.

Protein: 4 gm

Fat: 1 gm

Carb: 14 gm

Sodium: 90 mg

Cholesterol: 0mg



### Recipe:

14 ounces Navy beans, cooked, drained

2 tsp. olive oil

4 ounces red onion (small dice)

4 ounces bell pepper (small dice)

2 ounces jalapenos (small dice)

1 ounce garlic minced

2 fluid ounces wine vinegar

4 ounces Tomatoes, crushed

2 Tbsp. Cilantro chopped

Puree about 2 cups of the beans and combine with the whole beans. Heat oil and sauté onions, bell peppers, jalapenos and garlic until onion is translucent. Add bean mixture and sauté until beans are heated through, stirring continuously. Add vinegar and tomatoes and continue to sauté until very hot. Garnish with cilantro just before serving.

## Caribbean Rice & Beans

Serves 6-8 – Approximate cost/serving 34 cents

### Ingredients:

1- 16 oz. pkg. pinto or kidney beans soaked and cooked according to package directions.

Drain and reserve liquid.

Heat in large skillet:

2 T. oil

1 clove minced garlic

2 diced green onions

1 large tomato chopped

1 T. lime juice

1/8 t. cloves, 1 T. parsley

1/4 t. pepper and drained beans

Saute' for about 5 minutes.

Add: 2 c. long grain rice

4 c. reserved bean liquid

Bring all to a boil, cover and cook for 20-25 minutes without stirring.



# Kusherie (Egyptian Rice & Lentils)

Serves 10 – Approximate cost/serving 40 cents



## Ingredients:

Brown 1¼ c. lentils in skillet with 2 T. oil for 5 minutes  
Add:  
3 c. boiling water or stock  
1 t. salt  
Dash pepper  
Bring to boil and cook 10 minutes  
Add:  
1 ½ c. rice  
Additional 1 c. water

**Sauce:** Simmer together for 20-30 min.  
¾ c. tomato paste  
3c. tomato juice  
1 green pepper chopped  
Chopped celery leaves  
1 t. sugar  
½ t. salt  
1 t. cumin  
¼ t. cayenne pepper or crushed chilies

## **Browned Onions:**

Heat 2 T. oil & sauté 3 sliced onions and 4 minced cloves garlic

To serve: put rice-lentil mixture on plate, pour sauce over top, cover with Browned onions & garlic.

## **ns:**

[Type recipe directions here]

# Coconut-Almond Rice with Black Beans, Raisins & Pineapple

Cook 2 cups rice according to package directions in ½ coconut-almond milk and ½ water or chicken broth. Servings 15 – Approximate cost/servings – 40 cents



## **Ingredients:**

2 c. Black Beans cooked (or you can use canned beans)  
1 c. cubed or crushed pineapple  
2 T. sesame oil  
1 T. brown sugar

½ cup coconut-almond milk  
Cook milk, raisins and brown sugar together for about a minute. Brown almonds in oil. Stir all together with rice and serve with toppings as below.

## Calico Beans with Dill Vinaigrette

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Soak and Cook 16 oz. package of mixed soup beans according to package directions. Rinse well and add the following ingredients.

12 Servings – Approximate cost per serving 22 cents



### **Ingredients:**

**For Vinaigrette**                      ½ cup diced celery  
½ cup cider vinegar                1 cup diced peppers (green, yellow or red)  
4 T. each –water, honey,        ½ cup diced green onion  
olive oil  
1 tsp each – garlic powder,  
dill weed and dried parsley  
½ tsp salt  
¼ tsp pepper & celery seed

Mix all together and marinate overnight in refrigerator

## Beans with Sweet & Sour Sauce

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12 servings - Approximate cost per serving 15 cents

### **Ingredients:**

Soak & cook until tender:	Gradually add:
1 lb. white or navy beans & 2 qt. water	4 T. brown sugar
Brown lightly in skillet:	4 T. corn syrup
3 T. fat	½ tsp. slat
3 T. flour	4 t. vinegar
1 onion diced	

Stir well and add 1 cup of bean liquid. Bring to a boil and cook a few minutes.  
Pour over hot beans.



## Calico Beans with Dill Vinaigrette

---

Soak and Cook 16 oz. package of mixed soup beans according to package directions. Rinse well and add the following ingredients.

12 Servings – Approximate cost per serving 22 cents

### **Ingredients:**

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½ cup cider vinegar                1 cup diced peppers (green, yellow or red)  
4 T. each –water, honey,        ½ cup diced green onion  
olive oil  
1 tsp each – garlic powder,  
dill weed and dried parsley  
½ tsp salt  
¼ tsp pepper & celery seed



Recipes from Millie Hendricks:

BROCCOLI RICE CASSEROLE

2 CUPS COOKED RICE

1 PKG FROZEN BROCCOLI COOKED OR AN EQUAL AMOUNT OF FRESH COOKED BROCCOLI

1 MEDIUM ONION, CHOPPED

½ CUP SLICED CELERY

1 CAN CREAM OF MUSHROOM OR CREAM OF CHICKEN SOUP

1 JAR (8 OZ) CHEESE SAUCE

PREHEAT OVEN TO 350 DEGREES. COMBINE INGREDIENTS IN A GREASED CASSEROLE AND BAKE 40 MIN. MAKES 6-8 SERVINGS

BLACKED EYED PEAS

1 LB DRIED BLACK EYED PEAS

1 LARGE ONION

2 CLOVES GARLIC

2 STALKS CELERY

2 TBS DRIED RED PEPPER

2 tsp SALT

2 tsp PEPPER

1 LB SALT PORK

2 TBS OIL

1 CAN CHICKEN BROTH

1 LARGE CAN (24 OZ) DICED OR CRUSHED TOMATOES

2 tsp oregano

Wash and sort the black eyed peas. In a large pot put the peas and the chicken broth. The peas should be covered by at least 1 inch of liquid, so add water if you need more liquid. LET SOAK FOR 6- 8 HOURS.

Wash and rinse the blacked eyed peas after they have soaked. Do not use the liquid and be careful not to mash or peel the skin off.

Chop the onion, celery and garlic. In a large pan with the oil, and sauté until the onions are translucent.

Add the Black Eyed Peas, diced tomatoes including the juice. Add salt pepper, oregano, and dried peppers. Add the salt pork

Once again, you will want to add some liquid (water, chicken stock) to make sure the peas are covered.

Stir it all together and bring to a boil. Lower the heat and simmer for 1 ½ hours.

Serve with cornbread diced onions and relish.