

BEANS

Adzuki Beans with Rice and Sesame

Serves 4

½ cup dried adzuki beans
2 cups raw Japanese (sushi) rice
7 tbsp. toasted sesame seeds
1 tbsp. coarse sea salt

Sort and soak beans overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water using a sieve. Put beans in saucepan and cover with two inches of water and bring to a boil. Reduce heat and simmer uncovered until tender (30-45 minutes).

To prepare rice, rinse with cool water and drain. In pan, add 3 cups water and bring to boil. Add rice, lower heat to simmer and cover. Do not stir rice or remove lid. Cook until rice is tender and water has evaporated (15-20 minutes). Turn off heat and let rice sit for several minutes. In the meantime, combine sesame seeds with sea salt and put mixture in spice grinder. Fluff rice with two forks, add cooked Azuki beans and serve individual portions of rice and beans with sprinkling of sesame salt.

Anasazi Beans with Tomato-Avocado Salsa

Serves 4

1 cup dried anasazi beans
3 tbsp. olive oil
1 avocado peeled and diced
2 large ripe tomatoes, finely chopped
3 scallions, including half the greens, thinly sliced
jalapeno chili, seeded and finely diced (optional)
1 garlic clove, minced
1 tbsp. lemon juice
salt to taste
fresh cilantro, chopped.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put drained beans in heavy saucepan, cover with two inches of fresh water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35-45 minutes). Drain beans and drizzle with olive oil.

To prepare salsa: Combine avocado, tomato, scallions, chili and garlic in a bowl. Add salt to taste and lemon juice. Serve salsa alongside beans and garnish with cilantro.

New Mexican Pot Beans

Serves 2-4

1 cup dried appaloosa beans
½ quart water
½ cup yellow onion, chopped
1-2 tsp. chili powder
2 cloves garlic, minced
1-2 tsp. salt

Sort and soak beans overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. In large pot combine drained beans fresh water, onions, chili powder and garlic. Bring to simmer, then partially cover and cook, stirring occasionally, for 45 minutes. Stir in salt and continue cooking until beans are very tender and broth is thick.

To make refried beans: In large skillet over low heat, warm 2 tbsp. olive oil and add ½ cup of leftover pot beans with liquid and cook, mashing them roughly and stirring often, until thick, about 2-3 minutes. Repeat, adding beans and liquid ½ cup at a time. Beans are done when they are thick and creamy, but not dry.

Borlotti Beans with Pesto and Pasta

Serves 4

1 cup dried baby borlotti beans
2 garlic cloves, coarsely chopped
salt to taste
1 ½ cup loosely packed basil leaves
1/3 cup extra virgin olive oil
½ cup Parmesan cheese, freshly grated
3 tbsp. tomato paste
¾ lb. elbow macaroni, cooked.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put drained beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (30-45 minutes). Drain beans.

To prepare pesto: mash garlic and ½ tsp. salt in a bowl with back of wooden spoon until smooth. Chop basil in food processor and gradually add the oil to make a coarse puree. Add the garlic, cheese and tomato paste and blend quickly until combined. Taste and add salt, if necessary. Combine beans, pesto and macaroni. Serve with an extra helping of grated cheese, if desired.

Lima Bean Stew

Serves 2

- 1 cup dried baby lima beans
- 1 large celery stalk, cut in ½-inch dice
- 1 medium carrot, peeled and cut into rounds
- 1 small potato, peeled and cut into ½-inch dice
- 3 fresh or canned plum tomatoes, chopped
- ½ tsp. salt or to taste, fresh ground pepper
- 3 tbsp. olive oil
- 1 whole dried red hot chili (optional)
- 1 small onion, chopped
- 2 cloves garlic, chopped.

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water. In medium saucepan, combine soaked beans with 4 cups water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are slightly tender (30 minutes).

Add celery, carrot, potato, tomatoes, salt and pepper and gently simmer for additional 20 minutes until vegetables are tender. Turn off heat. In small fry pan, heat olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix.

Black Eye Beans with Greens

Serves 2

- 1 cup dried black eye beans
- 5 tbsp. olive oil
- 1 whole dried red hot chili
- 1 small onion, finely chopped
- 3 cloves garlic, finely chopped
- salt and freshly ground black pepper to taste
- 1 lb. greens, such as Swiss chard or kale, washed and cut into ½-inch wide strips
- 1 fresh lemon, sliced

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. In medium saucepan, combine soaked drained beans with 1-quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (about 30 minutes). Turn off heat and set aside.

In small fry pan, heat 3 tbsp. olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix. Season to taste with salt and pepper. In large pan heat olive oil, add greens and coat with oil. Add several tablespoons of water; cover pan and steam until greens are tender. Combine greens with beans or serve on the side and garnish with fresh lemon slices.

Black Rice Bean Salad

Serves 4

1 cup dried black rice beans
1 cup frozen yellow corn, thawed
½ cup sweet red pepper, diced
1 small red onion, finely chopped
4 tbsp. olive oil
2 tbsp. wine vinegar
2 cloves garlic, finely chopped
½ cup fresh cilantro, minced
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1-quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (30 - 45 minutes). Drain beans and cool. In large bowl, combine beans with corn, pepper and onion. Drizzle with olive oil and vinegar. Add garlic and cilantro and toss gently using two forks. Season to taste with salt and pepper.

Quick Black Bean Salsa

Serves 4-6

1 cup dried black turtle beans
32 ounces tomato salsa, from jar
1 ½ cup frozen corn, thawed

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put beans in pot, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35 to 45 minutes).

Combine cooked beans (about 2 cups) with salsa and thawed corn. Gently stir to combine. Serve with yellow corn chips for appetizer or entrée with rice.

Calypso Bean Soup

Serves 4

1 cup dried calypso beans

1 quart water

1 small onion, chopped

2 stalks celery, chopped

2 carrots, chopped

1 garlic clove, chopped

salt and pepper to taste

Garnish: green onions, finely sliced, jalapeno chili, diced, (optional) bacon, chopped, sour cream and tomato salsa.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water.

In soup pot, add beans, water, onion, carrots, celery and garlic. Bring to boil, lower the heat and simmer, partially covered, until the beans are tender, about 1 hour. Add salt and pepper and serve beans with broth and garnishes.

Cannellini Bean Soup

Serves 4

1 cup dried cannellini beans

¼ cup olive oil

1 large red onion, chopped

1 carrot, chopped

2 stalks celery, chopped

4 cups water

salt and pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. In soup pot, sauté onion, carrots and celery in 2 tbsp. olive oil for 10 minutes. Add drained beans, fresh water and bring to boil. Reduce heat to a simmer and cook 1 - 1½ hour, until soup is thick and creamy and beans are tender. Season soup with salt and pepper; remove from heat and stir in remaining olive oil.

Chana Dal with Indian Spices

Serves 2-4

1 cup chana dal
½ tsp. turmeric
2 thin slices fresh ginger, peeled
1 tsp. salt
¼ tsp. garam masala
3 tbsp. oil
½ tsp. cumin seeds
2 cloves garlic, peeled and chopped
½ tsp. chili powder
fresh lemon wedges.

Sort and rinse Chana dal with cool water. In soup pot, combine Chana dal with 4 cups water. Add turmeric and ginger. Bring to boil; reduce heat and simmer, partially covered until dal is tender (45 minutes to 1 hour). Add salt and garam masala and stir. In small fry pan, heat oil. When hot, add cumin seeds and stir 1 minute. Then add garlic and fry until lightly browned. Add chili powder, and add contents – oil and spices – to pan with dal. Stir to mix. Serve in bowls with lemon wedges.

Christmas Limas with Butter and Garlic

Serves 2-4

1 cup dried Christmas limas
3 tbsp. unsalted butter
3 cloves garlic, finely chopped
3 tbsp. flat-leaf parsley, chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1½ quarts fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (about 1-½ hours). Add more water if necessary; Lima beans absorb a lot of water. Turn off heat, drain excess liquid and set aside. In small fry pan, heat butter. Add garlic and cook until garlic is soft, but not brown. Add contents of fry pan to pot of beans and stir to mix. Add parsley, salt, pepper and gently stir once more.

Italian Rice Salad with Cranberry Beans

Serves 4-6

¾ cup dried cranberry beans
2 cups Arborio rice
2 tbsp. olive oil
½ cup onion, minced
1 tsp. salt
¼ cup lemon juice
¼ cup capers, drained
1/3 cup sundried tomatoes (in oil), drained and chopped
½ cup flat-leaf parsley, chopped
¼ cup olive oil for finishing salad
Fresh-ground black pepper

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35 to 45 minutes).

Wash rice thoroughly. In pot, place 2 tbsp. olive oil over medium heat; add onion and cook, stirring frequently, until soft. Add rice and stir, until the grains become opaque (3 minutes). Add 3 cups water, salt and stir gently until liquid comes to a boil. Cover tightly, lower heat and cook for 15 minutes until all the water has evaporated. Remove from heat and let stand for 15 minutes. Turn rice out into large bowl to help it cool, gently breaking up any lumps. Add lemon juice and toss lightly to mix. Add capers, tomatoes, parsley, beans, olive oil, and pepper and gently toss.

Dapple Grey Bean Soup

Serves 2-4

1 cup dried dapple grey beans
1 quart water
1 small onion, chopped
1-2 garlic cloves, minced
½ tsp. dried Mexican oregano
salt and pepper to taste
For garnish: finely sliced green onion, diced jalapeno chili, chopped cilantro, crumbled bacon, sour cream, tortilla chips

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. In soup pot, add beans, water, onion, garlic and oregano. Bring to boil, lower the heat and simmer, partially covered, until the beans are tender, about 1 hour. Add salt and pepper and serve beans with broth and choice of garnishes.

Southwest Skillet Dinner

Serves 6

1 cup dried dark kidney beans
1 tbsp. olive oil
1 onion, chopped
1 lb. lean ground beef
1 tbsp. chili powder
½ tsp. ground cumin
salt to taste
3 cups cooked brown rice
1 medium fresh tomato, chopped
1 cup cheddar cheese, grated
fresh cilantro, chopped.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans put them in saucepan and cover with two inches of fresh water. Bring to a slow boil, reduce heat and simmer uncovered until tender (45 minutes - 1 hour).

In large skillet, sauté onion in olive oil for 3 minutes, add ground beef, chili powder, cumin and salt and cook until meat is browned, stirring to break meat into small pieces. Add rice and cooked beans and heat through. Turn off heat and top with cheese. When cheese has melted, garnish with tomato and cilantro.

New England Baked Beans

Serves 2-4

1 cup dried European soldier beans
2 tbsp. olive oil
1 small onion, finely chopped
2 cloves garlic minced
2 slices smoked bacon, cut in one-inch pieces (optional)
½ cup canned crushed tomatoes
1 tbsp. apple cider vinegar
1½ tbsp. maple syrup
½ tsp. prepared yellow mustard
1 tsp. salt (less if bacon is used)
½ tsp. freshly ground black pepper

Sort beans and soak beans overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches fresh water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35-45 minutes). Reserve some bean liquid for casserole.

Preheat oven to 325 degrees. In fry pan, sauté onion in the oil for 5 minutes, then add garlic and bacon (if using) and cook 2 minutes more. Combine drained beans with the rest of the ingredients in large casserole. Cover dish with lid or foil. Bake for 1 hour, checking twice for drying. If beans begin to look dry, stir in extra bean water or plain water. Serve piping hot.

Fava Bean Spread

Serves 2-4

1 cup dried Fava beans
2 tbsp. olive oil
2 cloves garlic, peeled
salt to taste
½ tsp. ground cumin
½ tsp. paprika
2 tbsp. flat-leaf parsley, chopped
½ lemon, cut in wedges
flat bread, cut in triangles for dipping

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (45 minutes - 1 hour). Drain, cool slightly, peel and mash beans. In small fry pan, sauté garlic in 1 tbsp. olive oil until soft, 1-2 minutes. Add garlic to mashed beans along with cumin and paprika. Place bean spread in serving bowl and drizzle with remaining olive oil, top with parsley and garnish with lemon wedges.

Fawn Beans with Chile

Serves 2

1 cup dried fawn beans
3 tbsp. olive oil
1 whole dried red hot chili
1 small onion, finely chopped
3 cloves garlic, finely chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1 quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (30 - 45 minutes). Turn off heat, drain excess liquid and set aside. In small fry pan, heat olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix. Season to taste with salt and pepper.

Flageolet Bean Salad

Serves 4

1 cup dried flageolets
3 tbsp. red onion, finely chopped
¼ cup black olives, pitted
3 tbsp. fruity olive oil
3 tbsp. white wine vinegar
1 clove garlic, minced
¼ cup flat-leaf parsley, chopped
3 leaves torn fresh basil
½ tsp. salt, or to taste
freshly ground black pepper to taste
roasted or fresh tomato slices for garnish.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cool water. Put beans in medium pan and cover with two inches water. Bring to boil, reduce heat to a simmer and cook uncovered until beans are tender (about 45 minutes - 1 hour). Drain beans and let cool slightly.

Combine beans, onions and olives in a bowl. Drizzle olive oil and vinegar over salad. Add minced garlic, salt, pepper and fresh herbs. Toss gently. Garnish with tomatoes.

Navy Bean Soup with Ham

Serves 2-4

1 cup dried navy beans
1 tbsp. olive oil
1 tbsp. butter
1 small onion, chopped
2 carrots, chopped
2 stalks celery, chopped
2 cups chicken broth
¼ lb. smoked ham, cut in cubes
salt and pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water.

In soup pot, sauté onion in olive oil and butter for 3 minutes, add carrots and celery and cook 2 more minutes. Add drained beans, chicken broth and enough fresh water to cover beans by 1½ inch and bring to boil. Reduce heat to a simmer and cook for 45 minutes to one hour, or until beans are tender. Add ham cubes, salt and pepper and continue cooking until ham is warmed.

Garbanzo Bean Stew with Tomatoes

Serves 4

1 cup dried garbanzo beans
¼ cup olive oil
1 onion, chopped
2 carrots, chopped
4 small potatoes, peeled and diced
2 cloves garlic, finely chopped
1 can (14.5 oz.) diced tomatoes with juice
½ tsp. dried thyme
1 cup water
salt and pepper to taste
½ cup parsley, chopped.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35-45 minutes).

In large pot, heat oil and sauté onions 5 minutes, stirring occasionally. Add carrots, potatoes and garlic and cook for 5 minutes more. Add tomatoes, thyme, cooked beans, water, salt and pepper. Cover and simmer gently until the potatoes are tender, 15 to 20 minutes. Garnish stew with parsley when served.

Savory White Bean Salad

Serves 2-4

1 cup dried great northern beans
½ red onion, finely chopped
½ cup finely chopped fresh herbs of choice: flat-leaf parsley, thyme, oregano, savory, or chives
4 tbsp. olive oil
2 tbsp. white wine vinegar
salt and freshly ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35 to 45 minutes).

Combine drained cooked beans in large bowl with red onion and herbs and mix gently. Drizzle salad with oil and vinegar and season with salt and pepper and toss again lightly using two large spoons. Serve at room temperature or chilled.

Green Rice Beans with Chili

Serves 2-4

1 cup dried green rice beans
3 tbsp. olive oil
1 whole dried red hot chili
1 small onion, finely chopped
3 cloves garlic, finely chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1-quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (30 - 45 minutes). Turn off heat, drain excess liquid and set aside. In small fry pan, heat olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix. Season to taste with salt and pepper.

Jackson Wonder Beans with Garlic

Serves 2-4

1 cup dried Jackson wonder beans
3 tbsp. unsalted butter
3 cloves garlic, finely chopped
3 tbsp. flat-leaf parsley, chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1½ quarts fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (about 35- 45 minutes). Turn off heat, drain excess liquid from pot and set aside. In small fry pan, heat butter. Add garlic and cook until garlic is soft, but not brown. Add contents of fry pan to pot of beans and stir to mix. Add parsley, salt, pepper and gently stir once more.

Greek-Style Baked Lima Beans

Serves 4

1 cup dried large lima beans
¼ cup olive oil
1 onion, chopped
1 carrot, chopped
3 large, fresh tomatoes, finely chopped
salt and black pepper to taste
¼ cup fresh parsley, finely chopped
1 tsp. dried oregano.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put drained beans in saucepan and cover with two inches of water. Bring to a slow boil, reduce heat and simmer uncovered until tender (35-45 minutes). Drain beans reserving ½ cup liquid.

In large flame and ovenproof casserole, heat the oil, add onion and cook for 2 minutes. Add carrots and cook another minute, then add tomatoes and cook for 10 minutes. Turn off heat. Add cooked limas, bean liquid, salt, pepper, parsley and oregano. Stir to mix. Put the casserole in preheated 325-degree oven and bake, uncovered for 1 hour. Serve hot.

Turkey Chili

Serves 2-4

1 cup dried pink kidney beans
2 tbsp. olive oil
1 small onion, chopped
2 garlic cloves, chopped
½ red bell pepper, chopped
½ green bell pepper, chopped
1 tbsp. chili powder
2 cans (14.5 oz.) diced tomatoes,
1 can (14.5 oz.) fire roasted diced tomatoes
½ lb. ground turkey meat, cooked in fry pan
salt and pepper to taste
optional garnishes: thin-sliced green onions, grated cheddar cheese

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a boil. Reduce heat and simmer uncovered until tender (45 minutes – 1 hour).

In soup pot, sauté onions, garlic and peppers in olive oil for 3 minutes. Add drained cooked kidney beans, chili powder, canned tomatoes, ¾ cup water, cooked ground turkey, salt and pepper. Bring to a boil, lower heat to simmer, and stir occasionally, uncovered for 1 hour. Serve chili with garnishes.

Lupini Bean Snack

Serves 4

1 cup dried Lupini beans
salt
black pepper
olive oil

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cool water and drain. In large pot, cover beans with several inches of fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, for one hour. Drain beans and rinse well. Pack beans in jar(s) and cover with salted water (about 1 tablespoon per quart of water). Refrigerate. Repeat this process; draining and adding fresh salted water, every day for 5 days, or until the soaking brine is no longer bitter. Beans will keep for weeks, covered with lightly salted water and refrigerated. To serve as a snack, drain desired quantity of beans, and drizzle with olive oil and freshly ground black pepper.

Maxibell Salad with Cherry Tomatoes

Serves 4

1 cup dried Maxibell beans
½ mild onion or shallot finely chopped
½ cup finely chopped fresh herbs of choice: flat-leaf parsley, thyme, basil, or chives
4 tbsp. olive oil
2 tbsp. sherry vinegar
salt and black pepper to taste
1 cup cherry tomatoes, sliced in half
fresh salad greens.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35 to 45 minutes).

Combine drained cooked beans in large bowl with onion and herbs and mix gently. Drizzle salad with oil and vinegar. Add cherry tomatoes, salt, pepper and toss lightly using two large spoons. Serve at room temperature or chilled on a bed of salad greens.

Moccasin Beans with Chili

Serves 2-4

1 cup dried moccasin beans
3 tbsp. olive oil
1 whole dried red hot chili
1 small onion, finely chopped
3 cloves garlic, finely chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1 quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (30 - 45 minutes). Turn off heat, drain excess liquid and set aside. In small fry pan, heat olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix. Season to taste with salt and pepper.

Orca Beans with Spicy Tomato Salsa

Serves 4

1 cup dried orca beans
3 tbsp. olive oil
2 large ripe tomatoes, finely chopped
3 scallions, including half the greens, thinly sliced
jalapeno chili, seeded and finely diced
1 garlic clove, minced
1 tbsp. lemon juice
salt to taste
fresh cilantro, chopped

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cool water. Put drained beans in heavy saucepan, cover with two inches of fresh water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35-45 minutes). Drain beans and drizzle with olive oil.

To prepare salsa: Combine tomatoes, scallions, chili and garlic in a bowl. Add salt to taste and lemon juice. Top each serving of beans with salsa, garnish with cilantro and add a side of corn chips, if desired.

Paris Bistro Soup with Ham

Serves 4

1 cup dried Paris bistro mix
1 tbsp. olive oil
1 tbsp. butter
1 small onion, chopped
½ tsp. dried thyme
2 carrots, chopped
2 stalks celery, chopped
½ quart chicken broth
¼ lb. smoked ham, cut in cubes
salt and pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. In soup pot, sauté onion in olive oil and butter for 3 minutes, add thyme and cook 1 more minute. Add carrots and celery and cook 2 more minutes. Add drained beans, chicken broth and enough fresh water to cover beans by 1½ inch and bring to boil. Reduce heat to a simmer and cook for 45 minutes to one hour, or until beans are tender. Add ham cubes, salt and pepper and continue cooking until ham is warmed.

Peruano Bean Soup with Bacon

Serves 4

1 cup dried Peruano beans
1 tbsp. olive oil
1 tbsp. butter
1 small onion, chopped
2 carrots, chopped
2 stalks celery, chopped
½ quart chicken broth
salt and pepper to taste
¼ lb. best-quality smoked bacon, cooked until brown and crisp, minced

Sort and soak beans overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. In soup pot, sauté onion in olive oil and butter for 3 minutes, add carrots and celery and cook 2 more minutes. Add drained beans, chicken broth and enough fresh water to cover beans by 1½ inches and bring to boil. Reduce heat to a simmer and cook for 45 minutes to one hour, or until beans are tender. Add salt and pepper and garnish soup with bacon when served.

Pink Bean Salad with Fresh Herbs

Serves 4

1 cup dried pink beans
½ mild onion, finely chopped
½ cup finely chopped fresh herbs of choice: flat-leaf parsley, thyme, basil, or chives
4 tbsp. olive oil
2 tbsp. sherry vinegar
salt and black pepper to taste
fresh salad greens.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35 to 45 minutes).

Combine drained cooked beans in large bowl with onion and herbs and mix gently. Drizzle salad with oil and vinegar and season with salt and pepper and toss again lightly using two large spoons. Serve at room temperature or chilled on a bed of salad greens.

Mexican Pot Beans

Serves 2-4

1 cup dried pinto beans
½ quart water
½ cup yellow onion, chopped
1-2 tsp. chili powder
2 cloves garlic, minced
1-2 tsp. salt

Sort and soak beans overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. In large pot combine drained beans fresh water, onions, chili powder and garlic. Bring to simmer, then partially cover and cook, stirring occasionally, for 45 minutes. Stir in salt and continue cooking until beans are very tender and broth is thick.

To make refried beans: In large skillet over low heat, warm 2 tbsp. olive oil and add ½ cup of leftover pot beans with liquid and cook, mashing them roughly and stirring often, until thick, about 2-3 minutes. Repeat, adding beans and liquid ½ cup at a time. Beans are done when they are thick and creamy, but not dry.

Provence Bean Salad

Serves 2-4

1 cup dried Provence beans
1 shallot, finely chopped
½ cup chopped fresh herbs of choice: flat-leaf parsley, thyme, savory, or chives
3 tbsp. olive oil
1 ½ tbsp. sherry wine vinegar
salt and freshly ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (45 minutes to 1 hour).

Combine drained cooked beans in large bowl with shallot and herbs and mix gently. Drizzle salad with oil and vinegar and season with salt and pepper and toss again lightly using two large spoons. Serve at room temperature or chilled.

Scarlet Runner Beans with Garlic

Serves 2-4

1 cup dried scarlet runner beans
3 tbsp. unsalted butter
3 cloves garlic, finely chopped
3 tbsp. flat-leaf parsley, chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1 ½ quarts fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (about 1-½ hours). Add more water if necessary; Lima beans absorb a lot of water. Turn off heat, drain excess liquid and set aside. In small fry pan, heat butter. Add garlic and cook until garlic is soft, but not brown. Add contents of fry pan to pot of beans and stir to mix. Add parsley, salt, pepper and gently stir once more.

Red Beans and Rice

Serves 4

1 cup dried small red beans
¼ lb. smoked ham
1 carrot, chopped
1 celery, chopped
1 small onion, chopped
1 bay leaf
2 tbsp. tomato paste
salt and pepper to taste
steamed white rice

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cool water and drain. In pot, combine beans, ½ quart fresh water, carrot, celery, onion and bay leaf. Bring to boil, reduce heat and simmer until beans are tender (45 minutes). Add tomato paste, salt and pepper and cook for 15-20 minutes longer. Serve beans on top of steamed rice.

Chili Beans with Fire Roasted Tomatoes

Serves 4

1 cup dried snowcap beans
½ quart water
½ cup yellow onion, chopped
1-2 tsp. chili powder
2 cloves garlic, minced
1 can (14.5 ounces) fire roasted tomatoes
1-2 tsp. salt

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. In large pot combine drained beans, fresh water, onions, chili powder and garlic. Bring to simmer, then partially cover and cook, stirring occasionally, for 45 minutes. Stir in fire roasted tomatoes and salt and continue cooking until beans are very tender and broth is thick.

Tongues of Fire Beans with Tomato-Basil Pesto

Serves 2-4

1 cup dried tongues of fire beans
2 garlic cloves, coarsely chopped
salt to taste
1½ cup loosely packed basil leaves
1/3 cup extra virgin olive oil
½ cup Parmesan cheese, freshly grated
3 tbsp. tomato paste

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans with cold water. Put beans in heavy saucepan, cover with two inches of water and bring to a slow boil. Reduce heat and simmer uncovered until tender (35-45 minutes). Drain beans.

To prepare pesto: Mash garlic and ½ tsp. salt in a bowl with back of wooden spoon until smooth. Chop basil in food processor and gradually add the oil to make a coarse puree. Add garlic, cheese and tomato paste and blend until quickly combined. Taste and add salt, if necessary. Top each serving of beans with pesto and add a side of fresh steamed grains, if desired.

Trout Bean Soup

Serves 4

1 cup dried trout beans
1 quart water
1 small onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 garlic clove, chopped
salt and pepper to taste
Garnish: green onions, finely sliced, jalapeno chili, diced, (optional), sour cream and tomato salsa.

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water.

In soup pot, add beans, water, onion, carrots, celery and garlic. Bring to boil, lower the heat and simmer, partially covered, until the beans are tender, about 1 hour. Add salt and pepper and serve beans with broth and garnishes.

White Emergo Beans with Sage

Serves 2-4

1 cup dried white Emergo beans
3 cloves garlic, peeled
½ tsp. dried sage
1 bay leaf
2 Tbsp. best-quality olive oil
sea salt and fresh ground black pepper to taste
fresh lemon wedges

Sort beans and soak overnight in bowl using 3 times as much water as beans. The next morning rinse beans thoroughly with cold water. Put beans in heavy saucepan and cover with five inches of water. Add garlic, sage and bay leaf. Bring to a boil; reduce heat and simmer, partially covered, until tender (1 ½ - 2 hours). Add water as necessary because Emergo beans absorb a lot of water while cooking. When beans are tender, ladle into bowls, using a little bean broth if desired, drizzle with olive oil, sprinkle with salt and pepper and serve with lemon wedge.

White Rice Beans with Chile

Serves 2

1 cup dried white rice beans
3 tbsp. olive oil
1 whole dried red hot chili
1 small onion, finely chopped
3 cloves garlic, finely chopped
salt and fresh-ground black pepper to taste

Sort beans and soak overnight in bowl using 3 times as much water as beans. After soaking, rinse beans thoroughly with cold water.

In medium saucepan, combine soaked drained beans with 1 quart fresh water. Bring to boil; reduce heat and simmer, leaving lid slightly ajar, until beans are tender (30 - 45 minutes). Turn off heat, drain excess liquid and set aside. In small fry pan, heat olive oil. Add dried red chili, onion and garlic and cook until onion turns brown on the edges. Add contents of fry pan to pot of beans and stir to mix. Season to taste with salt and pepper.

PEAS

Old-Fashioned Split Pea Soup

Serves 4

1 cup, sorted and rinsed, green split peas
2 tbsp. olive oil
1 small onion, chopped
2 cloves garlic, chopped
½ tsp. dried oregano
1 tsp. salt
½ tsp. black pepper
2 large carrots, chopped
1 cup potatoes, peeled and chopped
1 quart chicken broth
smoked bacon, cooked until brown and crisp, optional garnish

In soup pot, sauté onion and garlic in olive oil for 3 minutes. Add oregano, salt and pepper and cook for additional 1 minute. Add carrots, potatoes, split peas and chicken stock. Bring to boil, then reduce heat and simmer, uncovered for 45 minutes to one hour, or until peas are tender. Taste for salt and pepper and garnish with bacon, if desired.

Yellow Split Pea Soup with Sausage

Serves 4

1 cup, sorted and rinsed, yellow split peas
2 tbsp. olive oil
1 small onion, chopped
½ tsp. dried thyme
1 tsp. salt
½ tsp. black pepper
2 carrots, chopped
2 celery stalks, chopped
6 small red potatoes, scrubbed and cut in ¼ -inch dice
1 quarts chicken broth
2 pork sausages, browned and sliced

In soup pot, sauté onion in olive oil for 3 minutes. Add thyme, salt and pepper and cook for additional 1 minute. Add carrots, celery, potatoes, split peas and chicken broth. Bring to boil, reduce heat and simmer, uncovered for 45 minutes to one hour, or until peas are tender. Add sliced sausage and serve.

LENTILS

Beluga Lentils with Thyme

Serves 2

1 cup black beluga lentils
3 tbsp. olive oil
½ cup onion, finely chopped
1 tsp. thyme
1 dried red chili pod
salt and freshly ground pepper to taste
2 tbsp. fresh herbs of choice: flat-leaf parsley, basil, or chives, finely chopped

Sort lentils and rinse with cool water. Heat 2 tbsp. oil in saucepan over medium heat. Add onion, thyme, chili, 1 tsp. salt and a pinch of pepper. Cook onion, stirring often, until soft, about 5 minutes. Add lentils and cook 2 minutes, stirring to coat lentils in the oil. Add 4 cups water, and bring to simmer. Cook 30-40 minutes until lentils are tender. Drain excess liquid; add remaining olive oil, salt and pepper to taste. Sprinkle with fresh herbs and mix lightly.

Indian Dhal with Canary Lentils

Serves 4

1½ cup canary lentils
4 tbsp. oil
6 cloves
1 1-inch piece cinnamon stick
1 onion, chopped
1 1-inch piece fresh ginger root, chopped
1 fresh green chili, finely chopped
1 clove garlic, chopped
½ tsp. garam masala
salt to taste
4 tablespoons lemon juice

Sort and rinse lentils in cool water. In soup pot, heat oil and fry cloves and cinnamon stick until they start to swell. Add onion and cook until translucent. Add ginger, chili, garlic, and garam masala and cook for 5 minutes. Add lentils, stir thoroughly, and cook for 1 minute. Add salt to taste and 3½ cups water (enough water to cover lentils 1½ inches). Bring to boil, cover and simmer for 20 minutes or longer, until lentils are tender and mixture is thick and creamy. Serve with a spoonful of lemon juice.

Golden Lentils with Cumin Seeds

Serves 4

1 cup petite golden lentils
4 cups water
2 thin slices unpeeled ginger
½ tsp. ground turmeric
1 tsp. salt
3 tbsp. vegetable oil
1 tsp. cumin seeds
1 tsp. ground coriander
¼ tsp. cayenne pepper
2 tbsp. fresh parsley, finely chopped

Sort and rinse lentils with cool water. Combine lentils and water in medium saucepan and bring to simmer. Add ginger and turmeric, stir to mix, cover, leaving lid slightly ajar and turn to low. Simmer gently for 30-45 minutes until lentils are tender; stir lentils occasionally to prevent sticking. Add salt and stir. Remove ginger slices. Put oil in small frying pan over medium heat. When hot, add cumin seeds and let seeds sizzle, then add coriander and cayenne. Stir once and then add contents of frying pan into the pan with lentils and stir to mix. Sprinkle with fresh parsley. Serve with steamed rice.

Ivory Lentils with Spinach

Serves 2

1 cup ivory lentils
3 tbsp. olive oil
3 garlic cloves, chopped
10 oz. bag frozen chopped spinach, thaw and squeeze out excess water
salt and freshly ground pepper to taste
sweet roasted pepper strips for garnish, optional

Sort and rinse lentils with cool water and put in saucepan with 3 cups fresh water. Bring to a slow boil; reduce heat and simmer, partially covered until tender (30-45 minutes). Drain excess water from lentils, if necessary. In medium fry pan, heat oil, add garlic and soften for 1-2 minutes. Add spinach, salt and pepper and cook until spinach is warmed through. Combine spinach with lentils and garnish with roasted red pepper strips, if desired.

Green Lentil and Rice Pilaf

Serves 6

1 cup green lentils
4 cups chicken broth
1 cup water
1 cup raw white rice
salt to taste
½ cup onion minced
¼ cup olive oil
2 fresh tomatoes, peeled and chopped
black pepper to taste

Sort and rinse lentils with cool water. In medium saucepan, gently boil lentils in chicken broth and water for 5 minutes. Add rice and salt and simmer, covered until all liquid has been absorbed (about 30 minutes). In separate sauté pan heat oil and cook onion for 3 minutes. Add tomatoes and simmer for 10 minutes. When lentil and rice mixture is done, remove from heat and add tomato mixture and pepper and toss using two forks.

Morton Lentils with Fresh Thyme

Serves 2-4

1 cup Morton lentils
1 clove
1 small yellow onion, peeled
2 cups chicken broth
1 bay leaf
salt and freshly ground pepper to taste
1 clove garlic, peeled and minced
½ tsp. fresh thyme, finely chopped
1 tsp. butter

Sort and rinse lentils in cool water. Press clove into onion and place in medium saucepan. Add broth, bay leaf, lentils and a pinch of salt and pepper. Bring to boil over high heat and reduce heat to medium and simmer until lentils are tender (30-35 minutes). When lentils are done, discard onion and bay leaf, and stir in garlic, thyme and butter. Reduce heat to low and cook for 10 minutes allowing flavors to blend. Season with salt and pepper and serve with steamed rice, if desired.

Red Lentil Soup with Indian Spices

Serves 4

1 cup red chief lentils
3 tbsp. olive oil
1 onions, chopped
2 cloves garlic, minced
1 tbsp. tomato paste
2 tsp. ground cumin
salt and pepper to taste
¼ tsp. chili powder or more to taste
1 quart chicken broth
1 large carrots, diced
3 large fresh tomatoes, peeled, seeded and chopped or 1 can (14.5 oz.) diced tomatoes, juice of 1 lemon

Sort and rinse lentils in cool water. In large soup pot on medium heat, sauté the onions and garlic with the olive oil for 3 minutes. Add tomato paste, cumin, salt, pepper and chili powder and sauté 2 minutes longer. Add broth, ½ cup water, lentils, carrots and tomatoes. Bring to a simmer, partially cover, and turn heat to medium-low. Simmer until lentils are soft, about 30-40 minutes, Taste and add salt as needed. Add lemon juice and serve. Top with a drizzle of olive oil, if desired.

Roasted French Green Lentils

Serves 6

1½ cup French green lentils
3 small beets, peeled and diced
2 carrots, peeled and diced
4 shallots, peeled and halved
6 tbsp. olive oil
1 tsp. dried thyme, salt and pepper to taste,
3 tbsp. red wine vinegar
¼ cup chopped parsley

Sort and rinse lentils in cool water. Preheat oven to 400 degrees. Place beets, carrots, shallots and 3 tbsp. olive oil in a medium-roasting pan. Coat vegetables evenly with oil. Add thyme, salt and pepper and cook in oven until vegetables begin to brown, about 20 minutes. Add lentils, 3 cups of water, stir, then cover pan with foil. Cook until lentils are tender and all water is absorbed, about 1 hour. Remove pan from oven, and dress lentils with vinegar and remaining oil. Cool slightly and stir in chopped parsley. Adjust salt and pepper and serve.

Spanish Pardina Lentil Soup

Serves 4

1 cup Spanish Pardina lentils
1 medium yellow onion, chopped
2 cloves garlic, minced
1 cup celery, chopped
1 cup carrots, chopped
2 tbsp. olive oil
1 tsp. salt
½ tsp. black pepper
2 tsp. fresh thyme leaves, minced (or 1 tsp. dried)
1½ quart chicken stock
2 tbsp. tomato paste
1 tbsp. red wine or sherry vinegar

Sort and rinse lentils with cool water. In large soup pot on medium heat, sauté the onions, garlic, celery and carrots with the olive oil, salt, pepper and thyme leaves for 10 minutes. Add chicken stock and lentils. Cover and bring to a boil. Reduce heat and simmer uncovered for one hour, until lentils are cooked through and tender. Add tomato paste 15 minutes before lentils are finished cooking. Add wine vinegar and serve. Top with grated Parmesan cheese if desired.

Zursun Lentil Blend

Serves 2-4

1 cup chicken scratch or desert lentil blend
1 small onion, chopped
2 garlic cloves, chopped
1 bay leaf
1 carrot, diced
1 celery stalk, diced
1 cup water
2 cups chicken broth
salt and freshly ground pepper to taste
2 tbsp. olive oil or butter
red wine vinegar
fresh parsley, finely chopped

Sort and rinse lentils with cool water. In medium saucepan, combine lentils with water and broth. Add onion, garlic, bay leaf, carrot, celery and salt. Bring to boil. Reduce heat to simmer and cook until lentils are tender, but still a little firm – not mushy (25-30 minutes). Drain excess liquid and remove bay leaf. Taste for salt and season with pepper. Stir in oil or butter, a few drops of vinegar and garnish with parsley.