

Recipe for: Beans, Beans and More Beans Soup Serves: 12

Ingredients –

- 1/4 cup each dry Black Beans, Cranberry Beans, Pinto Beans, and Light Red Kidney Beans
- 1/2 cup dry Navy Beans
- 1/2 cup onion, diced
- 2 cloves garlic, diced
- 6 cups water
- 4 carrots, diced
- 2 celery ribs, diced
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1/2 teaspoon basil
- 1/4 cup each dry split peas and lentils
- 1/2 cup each dry green split peas and black-eyed peas
- 1 (28-ounce) can crushed tomatoes

Preparation -

In a large stockpot, cover dry beans with 4 cups of water. Bring to a boil and cook for 2 minutes. Cover the Pot and let stand for 1 hour. Drain and rinse. In a small saucepan coated with nonstick cooking spray, sauté mixture, beans, water, carrots, celery, rosemary, thyme, and basil to stockpot. Bring to a boil. Cover and simmer for 1-1/2 hours or until tender. Stir in peas, lentils, and tomatoes and cook for 30 minutes.

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Easy Navy Bean Soup Serves: 3

Ingredients –

- 2 cups dry Navy Beans
- Water
- 1/2 cup carrots, chopped
- 1 medium onion, chopped
- 1 cup lean ham, chopped
- Salt and pepper to taste

Preparation -

Soak, drain and rinse beans. Put the soaked beans, 6 cups of water, the carrots, onion, and meat in a large pan and bring it all to a boil. Turn the heat to low and cook 2 hours (until the beans are tender.) If needed, add more water while the beans are cooking.

Easy Navy Bean Soup

NUTRITION FACTS

Amount Per Serving
Calories: 227
Total Fat: 2 g
Cholesterol: 6 mg
Sodium: 1560mg
Total Carb: 42 g
Dietary Fiber: 10 g
Protein: 19 g

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Senate Bean Soup Serves: 10

Ingredients –

- 1 pound (2 cups) dry Navy Beans
- 1 meaty ham bone or 1-1/2 pounds ham hocks
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 cup chopped celery
- 2/3 cup mashed potato flakes or 1-1/2 cups mashed potatoes
- 1/4 cup chopped parsley
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon each, nutmeg, oregano, and basil
- 1 bay leaf

Preparation -

Wash and sort beans. In a large kettle, cover beans with 6 to 8 cups of hot water. Bring to a boil; boil 2 minutes. Remove from heat, cover, and let stand 1 hour. Add another 2 quarts of cold water and ham bone. Bring to a boil; simmer 1-1/2 hours. Stir in remaining ingredients. Simmer 20 to 30 minutes or until beans are tender. Remove ham bone, trim off meat, return to soup.

Source: Michigan Bean Commission,
<http://www.michiganbean.org/cooking.html>

Recipe for: Hearty Bean Stew

Serves: 6

Ingredients -

- 1/2 cup dry Great Northern or navy beans
- 1/2 cup dry red kidney beans
- 1 medium onion, sliced and separated into rings
- 2 teaspoons curry powder
- 1 1/2 teaspoons instant chicken bouillon granules
- 1/2 teaspoon salt
- 2 cloves garlic, minced
- 2 medium parsnips, sliced
- 2 medium carrots, cut into julienne strips
- 1 small zucchini, halved lengthwise and sliced
- 1/2 cup tiny shell macaroni
- 1/4 cup cracked wheat cereal
- 1/4 cup lemon juice
- 2 cups fresh spinach

Preparation -

Rinse beans. In a 4 1/2-quart kettle or Dutch oven combine Great Northern or Navy beans and kidney beans and 3 cups water. Bring to a boil and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or, soak beans in water overnight in a covered pan.) Drain beans. In the same kettle or Dutch oven, combine beans, onion, curry powder, bouillon granules, salt, garlic, and 8 cups water. Bring to a boil. Reduce heat. Cover and simmer for 1 hour. Meanwhile, in a small saucepan, cook parsnips in a small amount of boiling water about 10 minutes or till very tender. Cool. Transfer undrained parsnips to blender container or food processor. Cover and blend till smooth. Stir pureed parsnips, carrots, zucchini, macaroni, and cracked wheat into bean mixture. Simmer for 10 to 15 minutes more or till vegetables and cracked wheat are tender. Stir in lemon juice. Top each serving with spinach leaves.

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: 6 Bean Soup

Serves: 16

Ingredients -

- 1/4 cup each: dry baby limas, small whites, blackeyes, garbanzos, pinks and light red kidney beans
- 1 teaspoon salt
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1/2 cup chopped green pepper
- 1/2 cup minced parsley
- 1 garlic clove, crushed and minced
- 2 tablespoons butter or margarine
- 2 envelopes (2 oz. each) chicken noodle soup mix
- 1/2 bay leaf, crumbled
- 1/2 teaspoon fine herbs
- 1 cup fresh or canned tomatoes, chopped
- Grated Parmesan cheese

Preparation -

Soak beans by preferred method. (To maintain color integrity, soak beans separately.) Drain. Cook onion, celery, carrot, green pepper, parsley and garlic in butter until soft. Combine cooked vegetables with soup mix, 2 quarts water, bay leaf, fines herbs and soaked beans. Simmer, covered, about 1 hour to desired tenderness. Add tomato. Serve hot, sprinkled with cheese.

6 Bean Soup

NUTRITION FACTS

Amount Per Serving

Calories: 112
Total Fat: 3 g
Cholesterol: 7 mg
Sodium: 628 mg
Total Carb: 16 g
Dietary Fiber: 4 g
Protein: 6 g

Source: Idaho Bean Commission,
<http://www2.state.id.us/bean/recipes/recipes.cfm>

Recipe for: Bean Meatball Soup

Serves: 6-8

Ingredients -

- 1 pound dry pink or red kidney beans
- ¾ cup chopped onion
- 2 cloves garlic
- ¾ cup sliced celery
- ¾ cup julienne cut carrots
- 1 can (14 1/2 -oz.) stewed tomatoes
- Meatballs
- 1 ½ cups shredded cabbage
- Salt and pepper
- 2 tablespoons minced parsley

Preparation -

For best results, soak and cook dry beans by preferred method. Drain and rinse. Combine beans, 2 quarts fresh water, onion and garlic. Simmer, covered, 1-1/2 hours or until beans are almost tender. Add celery, carrots, stewed tomatoes and meatballs. Simmer 25 minutes. Add cabbage and simmer 5 minutes longer. Salt and pepper to taste. Sprinkle with parsley.

MEATBALLS - Combine 1 pound ground beef, 1/4 cup each minced onion and bread crumbs, 2 tablespoons minced parsley, 1 egg, 1 teaspoon salt, 1/2 teaspoon oregano leaves and 1/8 teaspoon pepper. Shape into 24 meatballs. Brown on all sides in 2 tablespoons oil. Drain excess fat. Leftover Bean Meatball Soup may be frozen.

Bean Meatball Soup

NUTRITION FACTS

Amount Per Serving

Calories: 393

Total Fat: 12 g

Cholesterol: 73 mg

Sodium: 548 mg

Total Carb: 48 g

Dietary Fiber: 7 g

Protein: 25 g

Source: California Dry Bean Board,
<http://www.calbeans.com/recipes.html>

Recipe for: Best Bean Chili

Serves: 6

Ingredients -

- Vegetable cooking spray
- 1 pound lean ground beef
- 1 1/2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 teaspoon minced garlic
- 2 to 3 tablespoons chili powder
- 1 to 2 teaspoons ground cumin
- 1 1/2 cups cooked dry-packaged Red Kidney beans, rinsed, drained
- 1 1/2 cups cooked dry-packaged Pinto beans, rinsed, drained
- 3 cans (14 1/2 ounces each) chili-seasoned diced tomatoes
- 2 tablespoons brown sugar
- 1 tablespoon unsweetened cocoa

Preparation -

Spray large saucepan with cooking spray; heat over medium heat until hot. Cook ground beef until browned, 5 to 8 minutes, crumbling with a fork. Add onions, bell pepper, and garlic; cook 5 minutes longer.

Add remaining ingredients; heat to boiling. Reduce heat and simmer, covered, 20 to 30 minutes.

SLOW COOKER TIP: To make the chili in a slow cooker, combine all ingredients in slow cooker. Cover and cook on low 5 to 6 hours.

Source: US Dry Bean Council,

<http://americanbean.com/RecipeBook/Home.htm>