

Those Magical Beans

Pediatric Residents' Cooking School

April 24, 2024

Soups

Chili

1 medium onion, chopped
1 bell pepper, chopped*
1 – 2 stalks celery, diced (opt)
2 tsp oil or water
6 cups cooked beans, drained (4 cans)*
2 15-oz cans diced tomatoes, with liquid
2 cups water adjusted to desired consistency
1/2 - 1 tsp chili powder (adjust to taste)
1 tsp cumin
1 tsp basil
1 tsp oregano
Salt to taste
1/2 - 1 cup beef-flavored, plant-based Crumbles (such as TVP, Gardein, MorningStar) (opt)

*While pinto beans are the commonly used bean in chili, consider using a combination of different colors for both nutritional and visual appeal. Do the same with the peppers.

- Drain beans, reserving cooking water. (Rinse and drain any canned beans.) In a large saucepan, sauté onion, bell pepper and celery in hot oil (or water) until tender. Add all remaining ingredients; use enough water or cooking water to give desired consistency to soup. Bring to a boil; cover, reduce heat and simmer at least 10 minutes to blend flavors.
- Serving Suggestions: Garnish with chopped cilantro and serve with cornbread and salad. Use on haystacks, in burritos, over quinoa or brown rice. Make a Mexican Lasagna by layering corn tortillas, beans, enchilada sauce and plant-based cheese in a casserole dish; bake until lightly browned and bubbly.

Middle-Eastern Lentil Soup

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|-----------------------|--|
| 6 cups water | 1 10-oz pkg chopped spinach (or 1/2 lb fresh spinach, torn) |
| 1 cup dry lentils | |
| 1 large potato, diced | |
| 1 large onion diced | 1/4 – 1/3 cup olive oil |
| 1 cup carrots, diced | 2 tsp salt or to taste |
| 1 cup celery, diced | Juice from 1/4 lemon (about 1 TBSP) |

Bring all ingredients (except last 3) to a boil for 10 minutes, then reduce heat to simmer for another 30 minutes. Add the salt, oil, and lemon juice after the lentils are soft and a few minutes before serving

Black Bean Soup

3 cans black beans
1 cup water
1 can diced tomatoes
1 can whole kernel sweet corn or 1 cup frozen corn
1 onion, diced
1/2 cup celery, diced
1 cup carrots, diced (optional)
1 tsp garlic powder or to taste
2 tsp onion powder
1 tsp cumin powder or to taste
Cilantro (optional)
Avocado or sprouts (optional)

- Place 1 can black beans with 1 cup water in blender and blend until smooth.
- Sauté onions and celery in small amount of water until soft.
- Place blended mixture into a saucepan and add all other ingredients.
- Simmer on low heat until flavors are well blended. Stir in cilantro a few minutes before serving. Add extra seasonings to taste and water to desired consistency.
- Use avocado, sprouts or extra cilantro as a garnish when serving.

White Bean and Barley Soup

6 cups water
1/2 cup barley*
2 cups diced carrots
1 cup diced celery
1 cup or more diced onion
3 cloves garlic, minced or crushed
1 Tbsp McKay's chicken-style seasoning**
1/2 tsp salt or to taste
1 28-oz can diced tomatoes
2 cups cooked white beans of choice
1 cup frozen green peas
1 – 2 Tbsp dried parsley flakes

- Boil barley in water for 30-60 minutes; add vegetables and seasonings and cook until all are soft.
- Add tomatoes and beans and continue simmering for flavors to mix.
- Just before serving add peas and parsley to warm but to leave peas a bright green.

*Hulled barley (found in some natural food markets) is best but pearled barley works. Do NOT use the quick pearled barley; it is more of a flake than a pearl.

**McKay's chicken-style is a powdered vegetarian seasoning but it can be substituted with another favorite seasoning cube or powder.

Salads

Edamame Corn Salad

(From Greeneville CHIP Cookbook)

- 1 12-oz package frozen shelled green soybeans (edamame)
- 1 16-oz package frozen corn (white or yellow)
- 1 cup jicama or water chestnuts, diced
- 1/2 cup celery, chopped
- 1/2 cup sweet pepper (red or green), diced
- 1/2 cup green onions, sliced
- 1/2 cup sunflower seeds (optional)

Dressing:

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|-----------------------------|-------------------------------|
| 5 TBSP lemon juice | 1/4 – 1/2 tsp garlic powder |
| 1 TBSP honey | 1/4 – 1/2 tsp sweet basil |
| 1 TBSP minced fresh parsley | 1/4 – 1/2 tsp dried dill weed |
| Or 1 tsp dried | 1 1/2 tsp salt |

Rinse and drain soy beans and corn. Place in bowl with remaining ingredients. Mix dressing ingredients in a separate bowl; pour onto salad and toss. Chill three or more hours before serving.

4-Bean Salad

(adapted from *Best Gourmet Recipes* by Neva Brackett)

- 1 15-oz can green beans, drained
- 1 15-oz can wax beans, drained
- 1 15-oz can red kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- Choice of 2 - 3 vegetables
 - 3 carrots, sliced
 - 3 stalks celery, sliced
 - 1/2 cup red or green pepper, diced
 - 1/2 cup red or sweet onion, diced

- 1 tomato, diced
- 1 can corn
- 1 can sliced olives

Dressing:

- | | |
|--------------------------------|---------------------------------------|
| 4 TBSP lemon juice | 2 tsp McKay's chicken-style seasoning |
| 1 – 2 TBSP sweetener of choice | 1 tsp dill weed |
| 2 tsp onion powder | 1 tsp celery salt |
| 1/4 tsp garlic powder | |

Place all ingredients in a large salad bowl, mixing well. Chill. The longer it marinates, the better the flavor.

TIP: any combination of beans, such as pintos or black beans, may be used as substitutes.

One-Dish Meals

Haystacks (AKA Taco Salad)

Corn Chips
Beans seasoned to taste or vegetarian chili (1/2– 1 cup/person)
Lettuce, shredded
Tomatoes, diced
Onions, or green onions (diced finely)
Black olives, sliced
Salsa of choice
Cucumbers, diced
Carrots, shredded
Avocado dip or guacamole
Sour Cream, plant-based
Shredded plant-based cheese

When all is ready allow each person to build their own haystack on their plate, starting with chips, adding beans and then all the salad and sauce choices.

TIP: Other toppings can be added. Some people like to add cooked brown rice at the bottom of the stack.

Lentil Haystacks (AKA Mazidra)

(Adapted from *Vegetarianism, Key to Health* by Michaelan Bowers)

Brown rice
Cooked lentils (seasoned with salt, garlic, and cumin)
Cabbage, shredded
Choice of:
 Carrots, shredded
 Green onions, sliced
 Cucumbers, diced
 Olives, sliced
 Sunflower Seeds
 Salsa or seasoned, diced tomatoes
 Sour Cream (consider plant-based) or Coconut Milk, canned

Season lentils as suggested. To prepare cabbage, season 1/4 cup water with a chicken-style seasoning or vegetable bouillon. Use water to sauté cabbage just until it turns a bright green. Doing the same with the carrots is optional. Prepare remaining ingredients of choice.

To serve, individual plates receive a rice base which is then covered with lentils. The remaining toppings are added by each individual as desired. This is a very tasty one-dish meal with a Mediterranean flavor.

Main Dishes

Fajitas

(adapted from *Give Them Something Better* by Frain and Howard)

- 1 recipe Refried Beans (below)
- 1 recipe Roasted Fajita Vegetables (below)
- 1/2 cup chopped, fresh cilantro (opt)
- Small soft tortilla shells or tacos

Fill tacos or tortilla shells with beans, veggies, and a sprinkle of cilantro. Roll and enjoy.

Refried Beans

(adapted from *Best Gourmet Recipes* by Neva Brackett)

- 2 cups cooked pinto beans
- 1/2 TBSP garlic powder
- 1 TBSP onion powder
- 1 tsp salt or to taste
- 1/2 TBSP cumin
- 1 tsp basil
- 1/2 TBSP oil (opt)

Using a slotted spoon, scoop beans into a food processor or blender. (Reserve cooking water). Add remaining ingredients. Process until smooth, adding just enough cooking water (probably 1-3 TBSP) to get machine to turn and to obtain consistency desired. Adjust seasonings to taste. Use on burritos, tacos, or fajitas.

Roasted Fajita Vegetables

- 1 medium onion, cut in thin strips
- 2 colored bell peppers, cut in thin strips
- 1-1/2 TBSP oil
- 1 TBSP lemon juice
- 1 TBSP flour
- 1/2 tsp chili powder or to taste
- 1/2 tsp cumin
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/8 tsp onion powder
- 1/8 tsp paprika
- Pinch of cayenne (opt)

Preheat oven to 400 F. Place onions, peppers, oil, and lemon juice in a large bowl or plastic bag. Mix dry ingredients. Add to the bowl/bag and thoroughly mix. Spread onto a prepared baking sheet and bake for 20 - 30 minutes until vegetables are tender. Stir every 10 minutes. (Alternatively, vegetables could be sautéed, if time is of essence.) Use in making fajitas (above).

Black Bean-Smothered Sweet Potatoes with Cashew Cheese

(from *Greeneville CHIP Recipe Book*)

3 medium sweet potatoes
2 15-oz can black beans, drained and rinsed (or equivalent cooked beans)
1/2 tsp ground cumin
1 clove garlic, crushed or 1/2 tsp garlic powder
Salt to taste
Cashew Cheese Sauce (see recipe)
Fresh cilantro, chopped

- Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork. (Alternatively, may microwave 12-15 minutes.)
- Meanwhile, combine beans, cumin, garlic and salt in a bowl; heat through to combine flavors.
- To serve, slash sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top with cashew cheese sauce and cilantro.

Cuban Black Beans

(From *Five Loaves* by Neva Brackett)

2 1/2 cups dry black beans (1 lb)
5 cups water
1/2 cup diced red or green pepper
1/4 cup diced dehydrated onion or 1 chopped fresh onion
2 TBSP nutritional yeast flakes
1 1/2 tsp cumin
1 1/2 tsp McKay's chicken- or beef-style seasoning
1 tsp onion powder
3/4 tsp garlic powder
1/4 tsp sweet basil
2 TBSP soy sauce or Bragg's liquid aminos
1 TBSP lemon juice
Salt to taste

- Sort black beans and soak in 10 cups of water overnight, or bring to a boil, turn off heat, and let sit one hour. Drain and rinse beans.
- Place beans in a large pan along with all remaining ingredients except salt and bring to a boil, then simmer on low heat for 1 1/2 - 2 hours or until tender. Add salt if needed.
- Serve over brown rice and garnish with tofu sour cream, fresh diced tomatoes, toasted almond silvers, and chopped green onions.

Nutty Lentil Patties

1 small onion, chopped (about 1/2 cup)
2 cloves garlic, finely chopped
1 1/2 cup cooked lentils (15-oz can) rinsed and drained
1 1/2 TBSP Braggs Liquid Aminos or soy sauce
3 TBSP peanut butter or other nut butter
1/2 cup quick oats
1/2 - 1 tsp of favorite seasoning, such as basil, sage, curry powder, all-purpose, etc)

Place all ingredients in a bowl and mix well to combine. Form into balls slightly larger than a golf ball. Flatten into patties about 1/2 inch thick. Bake on an oiled baking sheet at 350 F for 20 minutes. Turn and continue baking 10 – 15 minutes longer, until nicely browned on both sides.

TIP: Either recipe on this page may be formed into meatballs with a small scoop and baked as directed.

Lentil Patties

1 15-oz can lentils*, drained
 OR 1/2 cup dried lentils, cooked and drained)
1 carrot, peeled and coarsely chopped
1 small onion, coarsely chopped (about 1/2 cup)
1 cup rolled oats
1/4 cup walnuts, chopped
 OR sunflower seeds OR pumpkin seeds
1 TBSP ground flax seed
1 1/2 - 2 TBSP Braggs Liquid Aminos or soy sauce
2 tsp cumin OR basil
1/2 tsp salt
1/2 - 1 tsp garlic powder OR 1 - 2 cloves fresh garlic, crushed

Preheat oven to 400 F.

Combine onions and carrots in food processor and pulse until they are small bits.** Add the rest of the ingredients and pulse to combine, adding a little water if mixture is too thick. Portion into 6 balls and place on an oiled baking sheet, flattening each ball to about 1/2 inch thick. Place in the oven and bake for 25 minutes. Alternatively, pan fry in a nonstick skillet for 7 minutes per side.

*Other beans (eg black, pinto, garbanzo) may be substituted.

** If no food processor is available, cut or shred all ingredients into small pieces, and mix in a bowl.

Spreads and Dips

Hummus

1 15-oz can (or 1-1/2 cups) garbanzos, drained
1/3 cup tahini*
2 -3 cloves garlic
1/3 cup lemon juice
1/2 tsp salt or to taste
1 tsp cumin
1 roasted red pepper (optional)

Place all the ingredients in a blender and puree until smooth. Cool and serve as a dip or bread spread. Parsley makes a nice garnish.

*Substitute 1/3 cup raw sesame seeds for the tahini. Dry blend to a fine powder. Add 2 Tbsp olive oil with remaining ingredients.

Bean Spread

(From *The Optimal Diet* by Darlene Blaney and Hans Diehl)

2 cups cooked kidney beans (or bean of choice)
3/4 cup celery, finely chopped (2 - 3 stalks)
1 tsp onion powder
1 tsp garlic powder
1/4 cup onions, finely chopped
1/2 cup mayonnaise of choice

Mash beans using a potato masher or food processor. Leave a bit chunky. Stir in remaining ingredients and mix well. Cover bowl and chill in refrigerator. Use as a sandwich spread or a cracker dip.

Tofu Mayonnaise (Or Sour Cream)

(From Greeneville CHIP Cookbook)

1 box MoriNu tofu, firm or extra firm
1 - 4 TBSP vegetable oil (optional)
1 tsp salt
1 tsp onion powder
1/2 tsp garlic powder
2 TBSP lemon juice
Dill and paprika (opt.)

- Process in a blender until smooth. Chill before using. May be used as a mayonnaise or sour cream. Keeps about 1 week in the refrigerator.

Pinto Beans, Greens, and Cornbread – don't forget this quintessential Appalachian fare

Miscellaneous Ideas

Garlic Roasted Chickpeas

(From <ohsheglows.com>)

- 1 14-oz can chickpeas, drained and rinsed, or 1½ cups (375 mL) cooked chickpeas
- 1 tsp extra-virgin olive oil
- 1/2 tsp garlic powder
- 1/2 tsp fine sea salt
- 1/8 – 1/4 tsp cayenne pepper, to taste (opt)

Preheat the oven to 400°F (200°C). Line a large baking sheet with parchment paper. Place the chickpeas in a dishcloth and rub dry (it's okay if some skins fall off). Spread the chickpeas out on the baking sheet. Drizzle with the oil and roll the chickpeas around with your hands to coat. Sprinkle on the garlic powder, salt, and cayenne (if using) and gently shake the pan until combined. Roast for 15 minutes. then gently roll the chickpeas around on the baking sheet and roast for 15 to 20 minutes more, until lightly golden. Remove from the oven and let cool for about 10 minutes. The chickpeas will be soft coming out of the oven, but they will firm up as they cool.

Black Bean Brownies

- 2 heaping TBSP flax meal
- 6 TBSP water
- 1 15-oz. can black beans, rinsed and drained
- 4 TBSP oil
- 3/4 cup cocoa powder
- 1/2 cup flour
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract
- 1/2 cup sugar of choice
- 1 1/2 tsp baking powder
- 1/2 cup dairy-free chocolate chips
- 1/2 cup chopped walnuts

- Preheat oven to 350 degrees F. Place parchment paper in the bottom and up 2 sides of a 9x6- OR 8x8-inch baking dish
- Place ground flax and water in the bowl of a food processor. Pulse a couple times and then let rest for a few minutes.
- Add remaining ingredients (except walnuts and chips) and puree about 3 minutes to get a very smooth mixture. Scrape down sides as needed. If the batter is too thick, add water, tablespoon by tablespoon until the mixture is slightly less thick than chocolate frosting but not runny.
- Add nuts and chips and pulse briefly to mix in.
- Evenly spread the batter in the pan and smooth with a spoon or your finger.
- Bake for 20-26 minutes. Cover with foil after 20 minutes if it is too brown before baking is finished. Top should be dry and edges pulling away from pan.
- Remove from oven and let cool for 30 minutes before removing from pan. Lift out of pan with the parchment paper. The inside is meant to be very fudgy, so don't be concerned if it seems too moist. When completely cooled, store in an airtight container. Refrigerate to keep longer.

Digesting Beans²

What causes gas or flatulence?

1. Drastic increase in fiber.
2. Lack of enzymes to digest two carbohydrates: raffinose and stachyose
3. Bacteria from plant-derived foods and animal-derived foods competing in the colon.

How can you reduce the gas in beans?*

1. Soak the beans and discard soaking water
2. Cook beans thoroughly
3. Drain and freeze beans after soaking or after cooking
4. Mash beans when appropriate for the recipe
5. Chew thoroughly
6. Eat a plant-based diet
7. Eat beans in small quantities and slowly increase the times per week that you eat them
8. Additional aids
 - Activated charcoal tablets (not a good long-term solution due to absorption of vitamins and minerals)
 - Drink chamomile, mint, fennel or ginger tea
 - Eat fennel seeds or ginger
 - Use Beano (has an enzyme that helps digest the two carbohydrates that cause gas production in the colon. Put a few drops on your first bite of food)

*Research is conflicting on many of these methods, but your personal experience may find some of them help – it is worth a try. The main aid is getting your body adjusted to the increased fiber intake. It is also worth it to note that an individual may have increased sensitivity to a specific type of bean but not be affected by others.

Beans that may be easier to digest:

1. Lentils
2. Split Peas
3. Lima Beans
4. Mashed Beans

²From Kissinger, Evelyn, *“Change Your Body One Bite At A Time”*