

RECIPES FOR HEALTHY LIVING

BEAN RECIPES

Be a bean counter! The new USDA guidelines recommend having 1 1/2 cups of legumes weekly for their protein, fiber, iron and more.

MAY 2014

Tuscan White Bean & Spinach Soup

By justcallmetoni on January 08, 2006



Ingredients

1. 2 teaspoons olive oil
2. 1 garlic clove, finely minced
3. 1 shallot, finely diced
4. 3 -4 cups fat free chicken broth or 3 -4 cups vegetable stock
5. 1 (14 1/2 ounce) cans diced tomatoes
6. 1 (14 1/2 ounce) cans white beans (cannellini or other)
7. 1/2 cup whole wheat pasta shells or 1/2 cup shell pasta
8. 1 teaspoon rosemary
9. 3 cups Baby Spinach, cleaned and trimmed
10. 1/8 teaspoon black pepper
11. 1 dash crushed red pepper flakes

Directions

1. In a large sauce pan, sautee the shallots & garlic in the olive oil.
2. Add broth, tomatoes, beans and rosemary to pot. Season with black and red pepper. Bring to boil.
3. Add pasta and cook 12 minutes. If the soup seems too thick for your liking add a bit more broth.
4. Add spinach and cook until wilted.

Hummus



Ingredients

1. 1 (12 ounce) cans chickpeas, rinsed and drained
2. 1/3 cup tahini paste
3. 1/4 cup lemon juice (or to taste)
4. 1/4 cup olive oil
5. 3 -4 minced garlic cloves, minced (or to taste)
6. salt and pepper

Directions

1. Place all ingredients in food processor and blend until smooth, adding more lemon if necessary to obtain desired consistency. The blending can take as long as 3-4 minutes Be patient it comes out better!
2. I have made this a lot lately and I have come to learn that I must follow the directions EXACTLY especially with the Tahini paste.
3. Refrigerate for several hours. May be made a week ahead of time.
4. Serve with Pita Bread or Pita Chips or your fingers. They all taste great with it!

Chicken Chili with White Beans

Serves 6-8

Ingredients

3 tablespoons chili powder (chili powders can vary; I use McCormick in the plastic jar)
1 tablespoon ground cumin
2 teaspoons ground coriander
¼ teaspoon red pepper flakes
1 teaspoon dried oregano
¼ teaspoon cayenne pepper
2 teaspoons salt, divided
2 tablespoons vegetable oil
2 cups yellow onions, chopped (about 2 medium onions)
1 red bell pepper, diced
6 medium cloves garlic, minced
2 pounds ground chicken (not extra lean breast meat)
2-26 oz. boxes Pomi* chopped tomatoes or two 28 oz. cans chopped or diced tomatoes
2 cups low-sodium chicken broth (I use Swanson organic)
1 teaspoon sugar
1-15 oz. can small Cannellini beans, drained and rinsed

*from Once Upon a
Chef*



Directions

1. Make spice mixture by combining chili powder, cumin, coriander, red pepper flakes, oregano, cayenne pepper and 1 teaspoon salt in small bowl. Mix well and set aside next to stove.
2. Heat oil in a large, heavy-bottomed nonreactive** pot over medium heat. Add onions and red bell pepper and cook, stirring frequently, until softened, about 10 minutes. Add garlic and cook, stirring to prevent garlic from burning, about two minutes more.
3. Increase heat to medium high and add the ground chicken and spice mixture. As the chicken cooks, use a wooden spoon to break the meat into very small clumps; cook until no longer pink, about 5 minutes.
4. Add tomatoes, chicken broth, remaining teaspoon salt and sugar. Bring to a boil, then reduce heat to low and simmer, partially covered (set lid ajar so steam has a few inches to escape), for about one hour, stirring occasionally.
5. Stir in white beans and let simmer, uncovered, for about 50 minutes more, or until meat is tender and flavors are well combined. For a soupier chili, you can add additional water. For a thicker chili, simmer uncovered until desired consistency is reached. Taste and add salt if necessary.

*Pomi boxed tomatoes are available at some regular grocers, Whole Foods and gourmet food shops.

**A nonreactive pot is made of a material that will not react negatively with acidic ingredients. Stainless steel, enamel, glass and nonstick (as long as there are no scratches in the nonstick coating) are all safe to use. Do not use cast iron or aluminum.

Note: If your kids are sensitive to spice, omit the red pepper flakes or cut back on both the cayenne and red pepper flakes. You can always add some red pepper flakes or hot sauce to individual portions after chili is cooked.



Black Bean Burgers



Rated: ★★★★★

Prep Time: 15 Minutes
Cook Time: 10 Minutes

Ready In: 1 Hour 25 Minutes
Servings: 8

"These black bean burgers feature the flavors of cumin, chili powder, garlic, liquid smoke flavoring, and ranch dressing mix."

INGREDIENTS:

2 (15 ounce) cans black beans, drained	2 tablespoons ground cumin
1/4 cup minced jalapeno pepper, or more to taste	2 tablespoons chili powder
1 1/3 cups plain breadcrumbs	6 cloves garlic, minced
1 red bell pepper, diced	1/4 cup liquid smoke flavoring
1 small onion, diced	1/4 cup ranch dressing mix
2 eggs, slightly beaten	2 tablespoons olive oil
	8 slices smoked Gouda cheese

DIRECTIONS:

1. Blend black beans and jalapeno pepper in a food processor until the beans are completely pureed; transfer to a large mixing bowl.
2. Mix breadcrumbs, red bell pepper, onion, eggs, cumin, chili powder, garlic, liquid smoke flavoring, and ranch dressing mix into the black bean mixture until evenly combined.
3. Chill mixture in freezer until firm enough to shape into patties, about 1 hour.
4. Divide mixture into 8 portions; shape into patties.
5. Heat olive oil in a skillet over medium-high heat; cook burgers in hot oil until cooked through, about 5 minutes per side.
6. Top burgers with smoked Gouda cheese to serve.

Linguine With Italian Tuna and White Beans



From Self.com

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Serves 4

INGREDIENTS

- 8 oz spinach linguine
- 8 oz canned Italian tuna packed in oil
- 1/4 cup fresh lemon juice
- 2 large cloves garlic, chopped
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 can (15 oz) cannellini beans, rinsed and drained
- 1 small red onion, thinly sliced
- 1/2 cup chopped Italian leaf parsley, plus whole leaves for garnish
- 1/2 thinly sliced lemon (optional)

PREPARATION

1. Cook pasta as directed on package; drain and rinse under cold water. Drain tuna, reserving oil in a salad bowl; whisk juice, garlic, salt and pepper with oil. Flake tuna into same bowl. Add pasta, beans, onion and chopped parsley; toss gently to coat with dressing. Serve garnished with parsley leaves and lemon slices, if desired.

THE SKINNY

386 calories, 6 g fat (1 g saturated), 62 g carbs, 9 g fiber, 26 g protein

Chicken and Chickpea Stew



Talk about a lean bean! Adding about 1/2 cup of filling high-fiber chickpeas to your daily diet can cut your consumption of fatty foods, a study in the journal *Appetite* finds.

From Self.com

Serves 4

INGREDIENTS

- 3/4 cup whole-wheat couscous
- 1 lb boneless, skinless chicken breasts
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 2 large cloves garlic, chopped
- 1 tablespoon tomato paste
- 1 can (14.5 oz) diced tomatoes, drained
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cup low-sodium chicken broth
- 1 yellow or green zucchini (6 oz), cut into 1-inch pieces
- 3 tablespoons chopped fresh cilantro (or mint)

PREPARATION

1. Cook couscous as directed on package. Season chicken with 1/4 tsp salt and 1/4 tsp pepper. In a nonstick skillet, heat oil over medium heat. Cook chicken, turning once, 2 minutes per side. Transfer chicken to a plate. Cook onion in same skillet, stirring occasionally, 5 minutes. Add garlic and tomato paste; cook, stirring, 1 minute more. Add tomatoes, cumin and cinnamon; cook, stirring, 2 minutes more. Return chicken to skillet; add chickpeas, broth, zucchini, remaining 1/2 tsp salt and remaining 1/4 tsp pepper. Simmer, covered, until chicken is cooked through, about 10 minutes. Serve stew with couscous. Garnish with cilantro.

THE SKINNY

477 calories, 7 g fat (1 g saturated), 66 g carbs, 13 g fiber, 41 g protein