

**"mommy,  
please pass the beans"**



**VEGETARIAN  
RECIPE MAGIC:**  
Healthy meals that  
please the toughest  
critic – your child.

# for moms who know beans

Your precious family deserves the best. When you give them beans, you are giving them the best. Beans, nature's perfect food, are a mom's best friend.

Beans come dried or canned. Dried beans require advance planning but not much "hands on" time. Directions for preparing dried beans are below. Canned beans are convenient and inexpensive—just rinse and add directly to recipes.

## PREPARATION: dried beans

**Directions for soaking dried beans:** In a large pot, add 10 cups of water to 1 pound of beans. Cover and soak 8 hours or overnight. Drain and rinse beans.

**Directions for gas-free beans:** In a large pot, add 10 cups of water to 1 pound of beans. Boil for 2-3 minutes, cover and set aside overnight. Drain and rinse beans. (Reduces gas by 75-90%)

**Directions for cooking dried beans:** Put soaked and rinsed beans into a large pot. Cover the beans with 3 times their volume of water—about 6 cups for one pound of beans. Bring to a boil; reduce the heat and simmer until tender, about 1 ½-2 hours. Drain and use in recipes.

**Storing beans for later use:** Drain and cool beans. Freeze in 1-2 cup packages. One pound of beans will result in 5-6 cups cooked beans.

### black beans and rice

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

Prepare 2 cups rice using the package directions. While rice is cooking, heat 1 tablespoon olive or canola oil in a large skillet over medium-high heat. Add 1 chopped red or green pepper, ½ cup chopped onion and 1 clove of minced garlic. Cook for 5 minutes, or until peppers are soft. Add 2 cups black beans (canned or cooked) and 1 (16 oz) can Italian style diced tomatoes with juices. Simmer for 10 minutes. Divide 2 cups cooked rice between 4 plates. Top each serving with the black bean mixture. Makes 4 servings.

### vegetarian chili

**Prep Time:** 10 minutes  
**Cook Time:** 26 minutes

Heat 1 tablespoon olive oil in a medium-size non-stick skillet. Add 1 each: medium chopped onion, red and green pepper and 2 cloves of minced, garlic. Cook, stirring, for 5 minutes. Add 1 tablespoon chili powder and 2 teaspoons ground cumin; cook 30 seconds. Add 1 (16 oz) can whole tomatoes (with the juice), breaking up tomatoes with a spoon. Stir in 2 cups each black beans and kidney beans, canned or cooked, and 1 cup frozen corn kernels. Simmer 20 minutes. Add salt to taste. Makes 4 servings.

### bean tacos

**Prep Time:** 5 minutes  
**Cook Time:** 30 minutes

Heat 2 tablespoons of canola or olive oil in a large non-stick saucepan. Add 1 pound diced firm tofu. Add ½ chopped small onion, 1 chopped green pepper, 1 clove minced garlic and 1 tablespoon chili powder. Cook for 3 minutes. Add 2 cups kidney beans, canned or cooked, and 1 (8 oz) can of tomato sauce. Simmer for 20 minutes or until thick enough to use as taco filling. Divide mixture between 8 taco shells and serve along with shredded cheese, shredded lettuce and diced tomato. Makes 4 (2 tacos each) servings.

*NOTE: 1 pound lean ground turkey can be used instead of tofu.*

### red bean pizza

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes

Preheat oven to 425°F. Heat 1 tablespoon oil in large skillet over medium heat. Add 1 cup chopped onion. Cook 3 minutes or until softened. Add 2 cloves minced garlic and cook two minutes. Add 3 cups red beans (cooked or canned), a 12 oz jar salsa and ¼ cup chopped parsley. Cook stirring occasionally, until heated through, about 5 minutes. Meanwhile, prepare 1 (10 oz) tube refrigerated pizza dough for 12-inch pie according to package directions. Sprinkle dough with ½ cup shredded cheddar or Monterey jack cheese. Spoon bean mixture on top of cheese; spread to cover entire surface. Top with an additional ½ cup shredded cheddar or Monterey jack cheese. Bake in preheated hot oven (425°F) for 10 to 15 minutes or until hot and cheese is melted. Makes 4 servings.

*EVEN EASIER: Buy a pre-made pizza crust in your supermarkets' bread aisle and follow directions as above.*