

Beans, Split Peas, and Lentils



Beans, split peas, and lentils are high in fiber, low in fat, and contain no cholesterol. They taste great and go well in soups, salads, and casseroles.

Beans, split peas, and lentils are incomplete proteins. To make the protein complete, serve with grains, milk, or cheese.

1 can (15½ ounces) cooked beans, drained = 1⅔ cups cooked beans
1 pound (2 cups) dry uncooked beans = 5 to 6 cups cooked beans
1 pound (2¼ cups) dry uncooked split peas = 5 cups cooked split peas

How to Cook Dry Beans

Inspect dry beans and remove dirt, rocks, and damaged beans.

Wash beans and soak in cold water before cooking. Use a pot large enough to allow beans to expand 2½ times. Do not add acid ingredients (tomatoes, lemon juice, vinegar, ketchup, etc.) or salt until the end of the cooking time. Choose either the overnight soak or the quick soak method.

Overnight Soak:

For each pound of dry beans, add 6 cups of cold water. Cover and let stand overnight, or at least 6 to 8 hours, in the refrigerator. Drain, rinse, and add enough water to cover.

Quick Soak:

For each pound of dry beans, add 6 to 8 cups of hot water. Bring to a boil and let boil 2 minutes. Remove from heat, cover, and set aside for an hour. Drain, rinse, and add enough water to cover.

Cover partially (lid tilted) and simmer until beans are tender*. To reduce foaming, add 2 tablespoons of oil to the cooking water. After the beans are tender, add 2 teaspoons of salt for every pound of dry beans.

*Timetable:	<u>1 to 2 hours</u>	<u>1½ to 2 hours</u>	<u>3 to 4 hours</u>
	lima beans pinto beans	Great Northern beans kidney beans, red beans small white beans, pink beans	garbanzo beans navy beans

How to Cook Split Peas and Lentils

Rinse and drain split peas or lentils shortly before cooking. DO NOT SOAK.

Combine split peas or lentils and water in a saucepan. Use twice the amount of water as split peas or lentils. Do not add acid ingredients (tomatoes, lemon juice, vinegar, etc.) or salt until the end of the cooking time. Cover and bring to a boil. Reduce heat and simmer until tender*.

*Timetable: 10 to 20 minutes for salads
20 to 30 minutes for main dish recipes
30 to 40 minutes for soups and purees.

Cooking times may vary. Split peas may take longer to cook than lentils.

Black Beans and Rice

(makes 4 to 6 servings)

1 bouillon cube
½ cup water
2 tablespoons oil
½ cup chopped onion
2 cups cooked black or other beans, drained
1 cup cooked rice
3 cans (8 ounces) tomato sauce
1 teaspoon minced garlic
1 teaspoon chili powder
½ teaspoon cumin
1 teaspoon salt
¼ teaspoon pepper
½ cup grated cheese

Dissolve bouillon cube in water. Set aside.

Heat oil in large skillet. Add onion and cook until tender, stirring occasionally. Stir in beans. Add rice, tomato sauce, dissolved bouillon, garlic, chili powder, cumin, salt, and pepper.

Cover and cook on low until thoroughly heated. Top with cheese; cover and let stand 5 minutes until cheese is melted.

Bean and Chili Mac

(makes about 9 cups)

½ pound ground beef
1 onion, chopped
½ green pepper, chopped
1 clove garlic, minced
4 cups canned tomatoes
2 cups cooked kidney or other beans
1 tablespoon chili powder
1½ cups water
1 cup uncooked macaroni

Brown ground beef; drain off excess grease. Add onion, green pepper, and garlic. Cook until tender. Add tomatoes, beans, chili powder, water, and uncooked macaroni. Bring to a boil, and then reduce heat to medium. Cover and simmer for 15 minutes until macaroni is tender, stirring occasionally.

Refried Beans

(makes 4 main dish or 8 to 16 snack servings)

1 tablespoon oil
¼ cup chopped onion
2 cups cooked, mashed pinto, kidney,
or other beans
½ teaspoon garlic powder
½ teaspoon salt
½ teaspoon cumin
¾ cup bean water or meat broth

Heat oil. Add onion and cook until tender, stirring occasionally. Add mashed beans. Cook over medium heat for about 10 minutes, stirring often, allowing the beans to brown slightly. Stir in garlic powder, salt, and cumin. Add bean water or broth, stirring well. Continue cooking over medium heat for 1 to 2 minutes until the beans have thickened to the desired consistency.

Make Your Own Bean Burrito

Fill a flour tortilla with refried beans, grated cheese, chopped tomatoes, chopped onion, salsa, or other favorite fillings.

Make Your Own Bean Tostado

Spread 1 tablespoon of oil on a baking sheet. Rub one side of a corn tortilla in the oil. Turn tortilla over and do the same on the other side.

Bake at 425° for 3 minutes. Turn tortilla over and bake on the other side for 3 minutes. Let cool slightly.

Spread tortilla with warm refried beans. Top with grated cheese, chopped tomatoes, shredded lettuce, chopped green pepper, sliced olives, salsa, or other favorite toppings.



Hamburger Vegetable Lentil Soup

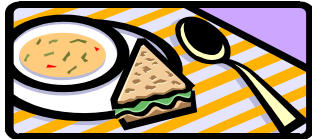
(makes 6 servings)

1 pound ground beef
46 ounce can V8 juice
(or use 5¾ cups tomato juice)
4 cups of water
1 cup lentils, rinsed
1 cup diced carrots
1 cup diced cabbage
1 cup chopped celery
½ cup chopped onion
1 teaspoon salt
½ teaspoon pepper
1 teaspoon green pepper
or green pepper flakes (optional)
1 bay leaf

Brown ground beef until crumbly.

Bring juice and water to a boil in a large saucepan. Add vegetables, salt, pepper, green pepper, and bay leaf. Bring to a boil again. Reduce heat and add browned ground beef. Simmer 1½ hours.

This soup freezes well.



Vegetarian Split Pea Soup

(makes 10 servings)

2 cups dry split peas, rinsed
8 cups water
1 cup sliced celery
½ cup diced onion
1 cup chopped carrots
1 cup diced potato
1 clove garlic, minced
1 bay leaf
¼ cup snipped fresh parsley
½ teaspoon crushed oregano
½ teaspoon crushed basil
1 teaspoon dried Italian seasoning
½ teaspoon salt
pinch cayenne

Combine all ingredients in a Dutch oven. Bring to a boil. Reduce heat, cover and simmer 1 hour until split peas are cooked through. Remove bay leaf before serving.

Bean Soup

(makes 10 to 12 servings)

5-1/2 cups cooked beans
2 to 3 cups water
1 medium onion, chopped
1 can whole kernel corn
1 cup diced carrots
1 can (16 ounces) tomatoes or sauce
1½ teaspoons chili powder
¼ teaspoon each of salt
¼ teaspoon pepper

Combine all ingredients. Simmer 30 to 35 minutes until carrots are tender.

Meatless Lentil Chili

(makes 6 to 8 servings)

1 pound lentils, rinsed
5 cups water
1 packet (1 ounce) dry onion soup mix
1 can (16 ounces) tomatoes or tomato sauce
1½ teaspoons chili powder
½ teaspoon cumin

In a large saucepan, bring lentils and water to a boil. Add dry onion soup mix. Simmer for 30 minutes. Add tomatoes, chili powder, and cumin. Simmer 30 minutes longer.

Split Pea Soup

(makes 4 to 6 servings)

4 cups water
1½ cups dry split peas
one or all of the following vegetables:
1 stalk celery, diced
1 large onion, diced
1 medium potato, diced
1 can mixed vegetables
canned ham or salt pork, diced (optional)
salt and pepper to taste

Bring water to a boil; add split peas, vegetables, and ham. If using canned vegetables, add closer to the end of cooking time. Simmer 30 to 45 minutes, adding more water if necessary. Add salt and pepper.

Split pea soup improves with reheating. Use within 2 to 3 days.

Lentil Confetti Salad

(makes 8 servings)

1 cup lentils, rinsed
3 cups water
1 cup rice, cooked and warm
1 large tomato, seeded and diced
½ cup chopped onion
½ cup chopped celery
¼ cup pimento stuffed olives, sliced
¼ cup diced sweet green pepper
1 tablespoon chopped parsley
½ cup light Italian dressing

Put lentils in saucepan; pour water over. Bring to a boil. Reduce heat and simmer 20 minutes until lentils are tender. Drain lentils. Combine with rice and vegetables. Toss lightly with dressing.

Hot Bean and Potato Salad

(makes 5 to 6 servings)

1 tablespoon margarine
1 onion, chopped
2 stalks celery, chopped
2 medium potatoes, cut into 1-inch cubes
1 can (15 ounces) beans
1 tablespoon parsley (optional)
1 teaspoon mustard
2 tablespoons catsup
2 tablespoons vinegar
½ teaspoon pepper
¼ cup water

Melt margarine. Add onion and celery; cook about 10 minutes until soft. Add potatoes, beans, parsley, mustard, catsup, vinegar, pepper, and water. Cover and cook on low heat for 30 minutes, stirring occasionally. Serve warm.

Lentil Lasagna

(makes 8 servings)

1 cup lentils, rinsed
2 cups water
1 can (6 ounces) tomato paste
1 can (15 ounces) tomato sauce
1 package spaghetti sauce mix
1 cup water
½ pound lasagna noodles, cooked
2 cups cottage cheese
¾ pound mozzarella cheese, sliced or grated

Cook the lentils in the 2 cups of water for 30 minutes. Drain.

Combine tomato paste, tomato sauce, spaghetti sauce mix, and 1 cup water. Simmer over low heat for 20 minutes.

Lay half of the noodles in a greased 8x12-inch baking dish. Layer with the lentils, a third of the sauce, and then the cottage cheese. Lay the remaining noodles on top. Cover with the rest of the sauce, and then top with the cheese. Bake at 350° for 45 minutes.

This information is provided by the Expanded Food and Nutrition Education Program, a free program teaching limited-income families economical ways to buy and prepare nutritious food. For more information, please write or call: EFNEP, 5880 Glenwood, Boise, ID 83714, 208-376-1036.

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