

Old Fashion Sugar Cookies

from "Lion House Classics"

1 1/2 cups sugar
2/3 cup butter or shortening or beans
2 eggs, beaten
2 Tbsp milk
1 tsp vanilla
3 1/4 cups flour
2 tsp baking powder
1/2 tsp salt

Cream sugar and butter (beans- mash beans before adding); add eggs, milk, and vanilla. Sift dry ingredients together and beat into creamed mixture, combining thoroughly. With hands, shape dough into a ball. Wrap and refrigerate 2 to 3 hours or overnight until dough is easy to handle.

Grease cookie sheets lightly. On lightly floured board, roll one-half or one-third of dough at a time, keeping remaining dough refrigerated. For crisp cookies, roll dough paper thin. For softer cookies, roll 1/8-inch to 1/4-inch thick. Cut into desired shapes with floured cookie cutter. Re-roll trimmings and cut.

Place cookies half an inch apart on cookie sheets. Bake at 375 degrees about 8 minutes. Remove cookies to racks to cool. Makes about 6 dozen.

* I rolled these cookies out thin, the beans add volume and moisture.

Chocolate Chip Cookies

1/2 cup pureed white beans
1 cup brown sugar
4 eggs (1/4 C. Egg Powder + 1/2 C. Water)
1 tsp. vanilla
2 1/4 cups wheat flour (or half white, half wheat) *I add 1 T more for the altitude- refrigeration not required
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 cups chocolate chips
1 cup pecans (or walnuts) chopped

Beat beans and sugar together. Add eggs, vanilla. In separate bowl sift together flour, baking soda, baking powder and salt. Add flour moisture to bean/sugar mixture. Stir until well blended. Stir in chocolate chips, and nuts. Cover and refrigerate dough for 1 hour. Preheat oven to 350°F. Drop by tablespoonfuls onto greased cookie sheet. Bake 10-15 minutes depending on size of cookies. Makes 4 dozen.

Harvest Pumpkin Brownies

1 (16 oz.) can pumpkin

4 eggs (1/4 C. dry egg powder + 1/2 C. water)
3/4 C. vegetable oil (or 3/4 C. white bean puree)
2 t. vanilla
2 C. whole wheat flour
2 C. sugar
1 T. pumpkin pie spice
2 t. ground cinnamon
2 t. baking powder
1/2 t. salt

Mix wet ingredients (including the water needed for your powdered eggs but not the dry egg powder...remember you DON'T need to mix these before adding to your recipes) Mix dry ingredients with wet ingredients. Pour into 9x13 pan and bake at 350 for 25-30 minutes. Allow to cool and frost with cream cheese frosting or dollop cinnamon whipped topping.

using beans in place of oil and butter doesn't change the taste and it actually IMPROVES the texture, making it very moist, light, and fluffy!

Pumpkin Pie Spice

(makes more than the recipe calls for)

2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp ginger
1/4 tsp cloves

Nickell's Brownies

1/2 cup pureed black beans
1/2 cup butter
2 Tbsp corn syrup
2 cups sugar
4 eggs
1 tsp salt
2 tsp vanilla
1/2 cup cocoa powder
2 cups flour (or 1/2 c. whole wheat 1 1/2 c. flour)

Beat together the beans/butter with the sugars. Slightly beat the eggs, then mix just until combined. Add the rest of the ingredients, mix just until combined. Bake 350 degrees for 30-35 min. in a greased 9 x 13" pan.

Awesome Food Storage Brownies

3/4 C. unsweetened cocoa powder
1/2 tsp. baking soda
2/3 C. vegetable oil (substitute 2/3 C. bean puree)
1/2 C. boiling water
2 C. sugar
2 eggs, lightly beaten (substitute 2 Tbsp. dehydrated eggs +1/4 C. water)
1-1/3 C. flour
1 tsp. vanilla
1/4 tsp. salt

1 C. chopped walnuts (optional -- can leave out, or substitute chocolate or other chips)

Preheat oven to 350. Combine cocoa and baking soda in mixing bowl; blend in 1/3 cup of the vegetable oil (bean puree). Add boiling water and stir until thickened. Stir in sugar, eggs (or substitute), and remaining vegetable oil (bean puree); stir until batter is smooth. Stir in flour, vanilla, and salt, mixing until well blended. Fold in chopped nuts (if using). Pour into a greased 9"x13" baking pan. Bake for 30 to 35 minutes. Cool in pan on rack.

Black-Eyed Susan Cake

adapted from Vegetarian Times, Feb. 2005

Serves 12

Cake

2 cups dried apricots
2 cups cooked, drained and rinsed black-eyed peas
1/4 cup canola oil
1 cup packed light brown sugar
3 large eggs
1 cup whole wheat flour
2 tsp. ground cinnamon
1/2 tsp. ground cloves
1 1/2 tsp. baking soda
1/2 tsp. baking powder
2/3 cup golden or regular raisins
1 cup chopped pecans, optional

Frosting

1/3 of 8-oz. pkg. fat-free cream cheese
2 1/2 cups confectioners' sugar
2 tsp. lemon zest
1 tsp. vanilla extract
Optional Decoration
12 chocolate drops or stars
32 dried apricots

1. If using dried beans, measure out a little more than 1/2 a cup. (1 cup dried=3 1/2 cups cooked, so if you do some algebra, you'll actually need .57 cups). To soak dried black-eyed peas, rinse them, and place them in a pot. Add enough water to cover them plus at least 4 inches more. Add 1/4 tsp. baking soda to the water, and stir. (This pulls out the sugars that cause gas in the intestines.) Let them sit overnight. Rinse thoroughly. The beans will cook perfectly in fewer than 90 minutes. Add salt after cooking.
2. Preheat oven to 375F (350F if using glass or dark-colored pans). Grease and flour 2 8-inch cake pans, or grease and line pans with circles of parchment.
3. To make Cake: Cook apricots in 2 cups water, about 12 minutes, until very soft. Measure out 1 cup apricots and liquid, and set aside. Put

remaining apricots and liquid in blender, and puree. Add black-eyed peas, and puree.

4. Put oil, brown sugar and eggs in mixing bowl; beat on high 3 minutes. Mixture will look creamy. Whisk flour, cinnamon, cloves, baking soda and baking powder in separate bowl. Mix in raisin and pecans, if using. (Hint: tossing nuts, fruit, or chocolate chips with flour keeps them from sinking to the bottom of the cake.)
5. Pour egg mixture over puree, and fold together. Gently fold in flour mixture. Pour into prepared cake pans.
6. Bake 35 to 40 minutes, or until toothpick inserted in center of cake comes out clean. Remove from pans, and cool completely on wire rack. Ooh, nice and crusty! While this cake was baking, the entire kitchen smelled like gingerbread.
7. To make Frosting: Using an electric mixer, beat cream cheese until creamy. Beat in remaining ingredients. Frosting should be soft; it will firm upon sitting.
8. Place one cake layer on plate, and spread reserved apricots evenly over it. Top with second layer. Spread frosting evenly over top and sides of cake.
9. To decorate, cut apricots into slices. Place chocolate drop on cake, and arrange 8 apricot "petals" around it (skin side up). Repeat until cake is covered.

Bean Fudge

2/3 cup canned milk
1-1/2 cups miniature marshmallows
1-1/2 cups strained pinto beans (puree)
1 teaspoon vanilla
1-2/3 cups sugar
1/2 cup nuts
1-1/2 cups chocolate chips

1. Combine sugar and milk in kettle then boil 5 minutes stirring constantly.
2. Add remaining ingredients and stir until marshmallows melt then pour into buttered pan.
3. Cool and cut into squares.

Black Bean fudge

4 squares (1 oz. size) unsweetened chocolate
3/4 cup butter
1 teaspoon vanilla extract
1 2/3 cup black beans, cooked
2 1/2 pounds confectioners' sugar

Melt unsweetened chocolate squares with butter. Mix in drained and mashed black beans, vanilla extract and sugar. Place mixture in a large buttered 15 x 10-inch jellyroll pan. Refrigerate.

Mock Pecan Pie

1 1/2 C. cooked, drained PINTO beans (you can also use white beans if you don't have pinto)
1 1/2 C. brown sugar
1/2 C. butter
3 eggs, beaten (3 T. dry egg powder + 1/3 C. water)
1 1/2 t. vanilla
1/2 t. sea salt if desired
1/2-3/4 C. finely chopped pecans (I used more pecans...enough to generously cover the top of the pie)

Cream sugar, butter, eggs, and beans. (If you are using powdered eggs you don't need to mix the dry egg powder with water first-just put the dry egg powder in with creaming and add the water with the vanilla, which is the next step). Add vanilla and salt. Pour into 9 inch unbaked pie shell. Sprinkle the chopped pecans over mixture. Bake at 375 for 25 minutes. Reduce heat to 350 degrees and bake for about 20 minutes more. Pie is done when knife inserted in center comes out clean. Serve with whipped topping or ice cream.

Low-Fat Whole Wheat Blueberry Muffins

2 cups whole wheat flour (or half white, half wheat)
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
4 eggs (1/4 c. dry egg powder + 1/2 c. water)
2 cups sour cream
1/2 c. + 2 T. bean puree
2 cups light brown sugar
2 cups rolled oats
2 cups blueberries (1-1/2 c. freeze dried blueberries, hydrated and drained)

2 tbsp. sugar

Preheat the oven to 375 degrees. Line two 12 cup muffin tins with paper liners. (This recipe won't work without them.) In a small bowl, combine the flour, baking powder, baking soda and salt; set aside. In a large bowl, beat the eggs with the sour cream until thoroughly combined. Add bean puree and brown

sugar. Stir in the oats. Fold in the flour mixture and then, very gently, fold in the berries. Fill the muffin cups 2/3 full. Drop a generous pinch of sugar onto the top of each muffin.

Bake the muffins for 25 to 28 minutes, or until the edges are medium brown and the tops are firm. Cool for 5 minutes; then remove muffins (in their papers) and finish cooling them on a rack. Makes 2 dozen muffins.

Cream of Chicken Condensed Soup Recipe:

Grind: 4 T of any white bean (lima, navy, etc.) to make 5 T bean flour

Combine into a saucepan:
5 T bean flour (or 1/3 c.)
1 3/4 c. water
4 t chicken bouillon

Cook: On stovetop at medium temperature until thick and delicious (whisk frequently). The soup should cook in 3 minutes! (this may be longer if your grinder makes a very coarse flour). Season with salt, pepper and onion powder.

Use this with cooked veggies and or meat for a complete meal. You can also add this to recipes calling for cream of chicken soup cans (I have found this replaces a can plus the water or milk in recipes).

Cheese Sauce

Grind: 4 T of any white bean (lima, navy, etc.) to make 5 T bean flour

Combine into a saucepan:
5 T bean flour (or 1/3 c.)
1 3/4 c. water or milk (I used 1/2c water, 1 1/4 c milk)
1/4 t chicken bouillon
1/8 cup Parmesan cheese
1/2 cup grated cheese (or to taste)
salt, pepper, and onion powder to taste

Cook: On stovetop at medium temperature until thick and delicious (whisk frequently). The soup should cook in 3 minutes! (this may be longer if your grinder makes a very coarse flour). Pour over pasta for a mac and cheese.

Emily's Black Bean Burgers

1 15 oz. Can black beans, drained and rinsed
1 large egg
1 carrot, peeled and grated
1 large green onion, minced
1/4 red onion, chopped very small (any onion works)
1 clove garlic, minced
1/2 red or green bell pepper, minced very small (any pepper works)

1 Tbsp. Cornmeal
1 tsp. Pepper sauce, or to taste (Tabasco or similar)
1 tsp. Salt
1 Tbsp. Oil
3 wheat hamburger buns (or open face on a slice of bread)

Toppings: white cheese, tomato, lettuce, pickles, sautéed mushrooms/onions, mayonnaise, mustard...

Mash beans in large bowl with potato masher. Add egg, carrot, green onion, red onion, bell pepper, pepper sauce, salt, and cornmeal. Stir well, shape into 3 patties. Fry patties in oil about 3 min. each side, or until heated through and crusty.

Meanwhile, chop mushrooms and onions and sauté in olive oil, if using.

If using cheese, place burgers on baking sheet. Top with mushroom/onion mix, then cheese. Broil a few minutes until cheese melts.

White Bean Ravioli with Balsamic Vinegar

1 cup cooked white beans, plus 1 cup
1/2 cup virgin olive oil
1 egg
1/4 cup balsamic vinegar plus 1/4 cup
1/2 cup freshly ground Parmesan plus 4 tablespoons
1 bunch Italian parsley, finely chopped to yield 1/4 cup
-- set aside 2 tablespoons
Salt and pepper to taste
1 recipe roasted beet pasta (see separate recipe),
rolled out on thinnest setting to 4 sheets (or use
wonton wrappers see other ravioli recipe)
6 ounces sweet butter

FILLING:

In a food processor, blend one cup cooked white beans with virgin olive oil, 1/4 cup balsamic vinegar, grated Parmesan cheese, egg and parsley until smooth (about 1 minute). Remove to medium mixing bowl and stir in remaining cup of beans. Season to taste with salt and pepper.

ASSEMBLY:

Lay out 1 sheet of pasta and cut into 8 pieces, 3 1/2-inches by 3 1/2-inches. Place 1 1/2 tablespoons filling in center of each square and fold corner to corner to form triangle shaped pillow. Press edge firmly around to seal. Continue with all remaining pasta. Should yield 32 ravioli. These can be set aside on a baking tray in refrigerator for 6 hours, separated by a kitchen towel.

TO COOK:

Bring 6 quarts water to boil in a large spaghetti pot and add 2 tablespoons salt. Drop ravioli into water and

return to boil. Lower heat slightly and cook just below boiling for 3 minutes.

Meanwhile, place sweet butter in 10-inch to 12-inch saute pan and cook until foam subsides and butter begins to brown. Turn off heat and add remaining 1/4 cup balsamic vinegar (careful: it will spatter). Remove ravioli from cooking liquid with spider and place in pan with butter and vinegar. Toss over medium heat and sprinkle with remaining cheese and parsley. Divide among 4 plates and serve immediately.

Roasted Beet Pasta Ingredients

To prepare roasted beets:

1 1/2 pounds beets (2 to 2 1/2-inches around), washed and dried
1 tablespoon kosher salt
2 tablespoons pure olive oil

Directions

Preheat oven to 400 degrees. In a large mixing bowl, toss beets with oil and salt to coat. Place on lined baking sheet and place in 400 degree oven for 1 hour. Remove and allow to cool (about 20 minutes). Peel beets under running water and cut into 1/4-inch dice.

To prepare roasted beet pasta:

3 jumbo eggs
1 cup roasted beets in cubes (see recipe above), pulse in food processor until smooth
4 cups all-purpose unbleached flour

Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, beet puree and any other flavoring you choose. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well. As you

expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when 1/2 of the flour is incorporated.

Start kneading the dough with both hands, using the palms of your hands primarily. Once you have a cohesive mass, remove the dough from the board and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature. Note: do not skip the kneading or resting portion of this recipe, they are essential for a light pasta. Roll out to four 7-inch by 16-inch sheets.

Yield: 1 pound

White Bean Ravioli with Brown Butter and Capers Sauce

For the ravioli:

1 (15-ounce) can cannellini beans
1 egg
3 tablespoons balsamic vinaigrette
1/2 cup freshly grated Parmesan
1 teaspoons Italian seasoning (recommended: McCormick)
24 wonton wrappers (recommended: Dynasty)

For the sauce:

1/2 cup unsalted butter (1 stick)
2 tablespoons capers
1 teaspoon Italian seasoning (recommended: McCormick)
1 tablespoon freshly minced parsley leaves
Salt
Freshly grated Parmesan, for serving

For the ravioli:

In a blender, puree together the beans, egg, vinaigrette, cheese, and Italian seasoning; set aside.

Working in batches, so the wrappers don't dry out, lay out 6 to 8 wonton wrappers. Place 1/2 tablespoon of bean mixture in the center of each. Moisten 2 connecting edges of the wonton wrapper with your finger dipped in water.

Fold wrapper in half to form a triangle. Press edges together to seal. Repeat with remaining wonton wrappers and filling.

Meanwhile, bring a large pot of salted water to a low boil.

For the sauce:

Melt butter in a large skillet over medium-high heat. Cook until it begins to brown and have a nutty aroma. Turn off heat and stir in capers and Italian seasoning.

Working in batches, cook ravioli in boiling salted water until just tender, about 3 minutes. Using slotted spoon, transfer ravioli to hot butter sauce. Add parsley to pan. Use a spoon to coat ravioli with sauce. Transfer to plates and add salt.

Serve immediately garnished with grated Parmesan.

White Chili

Saute: 1 Tbsp Oil or butter
1 chopped onion (2-3 Tbsp dehydrated onion)
1 tsp cumin

Add: 1 can chicken (2 cooked, diced chicken breasts)
3 cans Northern beans with juice (or 1 c. cooked beans + 1/4 c. water)
1 (15oz) can Garbanzo beans (or 1 c. cooked + 1/4 c. water)
1 (12oz) can white corn with juice (or yellow corn/ 1 c. frozen corn + 1/3 c. water)
1 can diced green chilies
2 cubes chicken bouillon
1 cup water

Saute in a large pot, then add the rest of the ingredients to the pot. Bring to a boil. Serve immediately, or put into a crock pot for a few hours. (Optional, add 5 shakes of Tabasco sauce.)

Split Pea Soup

1 lb. green split peas
1/4 cup red lentils
1/4 cup yellow split peas
2 tsp salt
1/2 tsp pepper
1 tsp dried thyme
1 bay leaf
2 tbsp oil
1 med. onion, chopped or 1 Tbsp dehydrated onion
3 carrots, peeled and chopped or 1 tbsp dehydrated carrot
3 ribs celery or 1 tbsp dehydrated celery
1/2 cup potato flakes
1 lb. polish sausage, sliced or bacon or 1 c. leftover ham (optional)
1 can of evaporated milk (or 1 c. milk)
9-10 cups water

Heat the oil in a large stock pot. Add the fresh onion, carrots, celery and sausage. Saute until the vegetables are tender. (If using dehydrated vegetable, you can omit the oil and cook it all day in a crock pot). Add the rest of the ingredients and bring to a slow boil. reduce the heat to simmer, and cook over low heat for 2-3 hours. If too thick, add water. If too thin, add potato flakes.

NOTE: Make dry ingredients in bulk and store in bags, just add liquid

Bean Soup with Kale

1 tbsp olive oil
4 garlic cloves, minced
1 medium onion, minced
4 cups kale, chopped small
1 medium carrot, sliced
4 cups chicken broth
1 (15oz) can diced Italian tomatoes
1 can black or cannellini beans, drained

Saute in the oil the garlic and onion until soft. Add the kale. Stir until wilted. Add the carrot, broth, tomatoes and beans. Simmer at least 20min longer and add up to 1 tsp. Italian seasoning, if desired.

Lentil Soup

(Allrecipes.com - Cecile Leverman)

1/2 cup red or green lentils
1 cup chopped onion
1 stalk celery, chopped
2 cups shredded cabbage
1 (28oz) can whole peeled tomatoes, chopped
2 cups chicken broth
3 carrots, chopped
1 clove garlic, crushed
1 tsp salt
1/2 tsp ground pepper
1/4 tsp white sugar
1/2 tsp dried basil
1/2 tsp dried thyme
1/4 tsp curry powder
grated cheddar cheese (optional) as a topping

Place the lentils into a stockpot or a dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower the heat and let simmer for about 15 minutes. Drain and rinse lentils; return them to the pot. Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season with salt, pepper, sugar, basil, thyme and curry. Cook, simmering for 1 1/2 to 2 hours or until desired tenderness is achieved.

* You can put this in a slow cooker.

Hummus

(Family Circle Magazine)

1 lemon, squeezed
15 oz can garbanzo beans, drained
1/4 cup tahini (sesame seed butter)
1 tsp olive oil, plus oil for drizzling
2 garlic cloves, peeled and crushed
1/2 tsp ground cumin
1/8 tsp cayenne pepper
1/4 tsp salt
1/4 cup water

chopped fresh parsley leaves for garnish

Put everything except the parsley in a blender or a food processor and puree everything.

Taste and adjust the seasoning as needed. Drizzle olive oil on top and add the parsley as a garnish. serve with pita chips.

Pita Chips

1 package pita bread (6 rounds)
olive oil for brushing
garlic salt
pepper
Italian seasonings

Split the pitas in half to make 12 rounds. Brush oil on top and sprinkle the seasonings on top. Bake at 400° for 7 minutes.

Black Bean Lasagna

(Better Homes and Garden Magazine)

Serves 8

9 lasagna noodles (8oz)
2 (15oz) cans black beans, rinsed and drained
non-stick coating spray
1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 garlic cloves, minced
1 (15oz) cans low-sodium tomato sauce
1/4 cup snipped cilantro
1 (12oz) container low-fat cottage cheese
1 (8oz) pkg. reduced fat cream cheese, softened
1/4 cup light dairy sour cream
halved tomato slices (optional)
cilantro (optional)

Cook noodles according to the package directions; drain. mash 1 can of beans; set aside. Spray a large skillet with non-stick spray; add onion, green bell pepper and garlic. Cook and stir over medium heat until tender but not brown. Add mashed beans, unmashed beans, tomato sauce and snipped cilantro; heat through.

In a large mixing bowl combine cottage cheese, cream cheese, and sour cream; set aside. Spray a 3-qt rectangular baking dish. Arrange 3 of the noodles in the dish. top with one-third of the bean mixture. Spread with one-third of the cheese mixture in the dish. Repeat layers twice, ending with bean mixture and reserving the remaining cheese mixture.

Bake, covered, in a 350 degree oven for 40-45 min. or until heated through. Dollop with reserved cheese mixture. Let stand for 10min. If desired, garnish with tomato and cilantro.

Rainbow Bean Soup

3/4 cup dried red beans
3/4 cup Great Northern beans
3/4 cup split peas
3/4 cup lentils, preferably red or yellow
3/4 cup black beans
1 (28oz) can crushed tomatoes
2 tbs dried minced onion

2 tbsp beef bouillon granules
2 tbsp dried parsley flakes
2 tsp dried basil
2 tsp powdered lemonade mix with sugar
1 1/2 tsp chili powder
1 tsp pepper
1 tsp dried oregano

Rinse beans and place in microwave safe dish. Cover with water, 1 to 2 inches over top of beans. Cover dish loosely with plastic wrap and microwave on high for 15min, rotating after 7min. Drain and rinse beans very well. Place beans in a large soup pot. Add 8 cups water, cover and bring to a boil. Lower heat, cover and simmer 1 hour or until beans are tender. Stir occasionally. Add tomatoes and seasonings and simmer for another 1/2 hour.

White Bean Chowder

1 2/3 cup dried Great Northern beans
1 cup Hungry Jack® instant potato flakes
1/3 cup imitation bacon bits
1/3 cup dried minced onion
2 tsp chicken bouillon granules
1 tsp pepper
1 tsp sage
1/2 tsp celery flakes
1 bay leaf
1 tsp garlic powder
1 carrot, chopped or 1/4 cup dehydrated carrot
1 (14oz) can diced or crushed tomatoes

Rinse beans and place in microwave safe dish. Cover with water, 1 to 2 inches over top of beans. Cover dish loosely with plastic wrap and microwave on high for 15min, rotating after 7min. Drain and rinse beans very well. Place beans in a large soup pot. Add 8 cups water and the rest of the ingredients except for the potato flakes. Cover, bring to a boil. Lower heat, cover and simmer 1 3/4 hours or until beans are tender. Stir in potato flakes.

Italian Soup

1 lb. ground turkey or beef
2 tbsp butter
2 onions, diced
2 celery stalks, sliced
2 carrots, sliced
1 garlic clove, minced
2 cups cabbage, chopped
1/4 cup ketchup
1 (15oz) can diced tomatoes
1 (15oz) can cannellini beans
3 cubes chicken bouillon
1 tbsp brown sugar
1 1/2 tsp basil
7 cups water

a splash of Worcestershire sauce
pepper to taste

In a stock pot, saute onion, celery, carrot and garlic with the butter. add the remaining ingredients and let cook until heated through and the cabbage is wilted; about 20-30 min.

Lentil Spinach Soup

(Taste of Home) 5 servings

1/2 lb. bulk Italian turkey sausage
1 small onion, chopped
1 carrot, chopped
4 cups water
1/2 cup dried lentils, rinsed
2 tsp chicken bouillon granules
1/8 tsp crushed red pepper flakes
1 (10oz) pkg. fresh spinach, coarsely chopped
2 tbsp shredded Parmesan cheese

In a large saucepan, cook sausage and onion until meat is no longer pink; drain. Stir in water, carrots, lentils, bouillon and red pepper flakes. Bring to a boil. Reduce heat; cover and simmer for 25-30 min. or until lentils are tender. Stir in spinach right before serving. Sprinkle with cheese.

Chicken Tortilla Soup

1/2 cup chicken broth (1 bouillon + 1/2 cup water)
1/2 can beans, drained
1/2 can green chilies, drained
1/2 can diced tomatoes, drained
1/4 cup salsa
1/4 tsp cumin
1 chicken breast
Toppings: cilantro, chips, sour cream, cheese and corn

Bring to a boil all ingredients except the toppings and chicken. In a small separate pot, boil the chicken, shred it, then add it to the soup. Top with toppings you like and enjoy!

Black Bean & Mango Chicken Salad (or Dip)

Serves 4

1 (16oz) can black beans, drained and rinsed
1 (10oz) pkg. frozen corn, thawed
1 cup chopped ripe mango
1/2 lb. boneless, skinless chicken breasts, cooked and cubed
1/2 cup chopped red bell pepper
1/3 cup cilantro, chopped
1/3 cup chopped red onion
1/4 cup lime juice
1 envelope Good Seasons Italian Dressing mix

Toss add ingredients together, refrigerate. Serve with tortilla chips.

Spinach, White Bean & Bacon Salad

1/4 cup pure maple syrup
3 tbsp cider vinegar
1 tbsp extra virgin olive oil
1 tbsp Dijon mustard
1/4 tsp salt
1/4 tsp ground pepper
1 (15oz) can Great Northern beans, rinsed and drained
1/2 cup thinly sliced green onions
1/2 cup finely chopped red bell pepper
5 bacon slices, cooked and crumbled
14oz fresh baby spinach
1/2 romaine head

Combine the first 6 ingredients in a small microwave safe bowl, stirring with a whisk; microwave 1 min. or until hot. Combine onions, bell pepper, bacon, spinach, and romaine in a large bowl. Add syrup mixture and beans. Toss well to combine. Serve immediately.

Southwest Quinoa Chopped Salad with Chicken and Creamy Salsa Dressing

1 cup quinoa
1 tsp sea salt
1 cup salsa
1/2 cup sour cream or plain yogurt
3 Tbsp chopped cilantro
2 tsp olive oil
juice and zest from 1 lime
sea salt to taste
1 cup black beans, rinsed
1/2 red or orange bell pepper, chopped
2 ears corn or 1 cup frozen sweet corn
1 avocado, chopped
1 large ripe tomato, chopped
1 large head of romaine lettuce, chopped

chopped cilantro and lime wedges for garnish

Bring 1 1/2 cups cold water to a boil. Place quinoa in a fine mesh strainer and rinse thoroughly under cold water. Place quinoa and salt in boiling water. Bring back to a boil. Cover and reduce heat to a simmer. Cook about 15 minutes. Turn off the heat and let set 5 minutes. Drain quinoa in a fine mesh strainer and set aside to cool.

Place salsa, sour cream, cilantro, olive oil, lime juice and zest in a blender. Pulse until smooth. Season with salt. Place in refrigerator to chill.

Toss cooled quinoa with chicken, beans, pepper, corn, avocado and tomato. Just add enough dressing to coat evenly.

Divide romaine on six plates and top with quinoa salad mixture. garnish with wedges of fresh lime and cilantro.

Pinto Bean Bread

Amber Cola

1 cup bean puree (made with pinto beans)
1 Tbsp honey
2 Tbsp oil
2 cups whole wheat flour
1 cup lukewarm water
1 pkg. active dry yeast
1 tsp salt
3/4 - 1 1/2 cups all purpose flour

Bean puree: put beans and liquid (about 1/4 to 1/3 cup) in blender. Blend on medium speed until smooth; stop occasionally to scrape down sides and stir beans up from the bottom. Bean puree should be smooth in consistency. It will thicken as it cools.

Bread:

In a large bowl, combine water and honey, stirring to mix completely. Dissolve yeast in honey/water mixture. Let stand until foamy. Stir in bean puree, oil and salt. Stir in wheat flour. Mix until dough is stiff. Stir in additional white flour as needed. Turn out on a lightly floured surface and knead until smooth and elastic. Return dough to bowl. Lightly oil or butter top of dough and let rise until double in bulk and either bake in loaf pan or baking sheet. Bake bread until golden brown, about 50 min. Remove from pan or sheet. Cool on rack.

NOTE: I let it rise in the refrigerator for about 8-10 hours and then baked it. It turned out great.