



# Beans

are one of the most commonly eaten foods around the world because of their versatility, nutritional value and cost effectiveness.

Many varieties of beans are grown in the U.S., with North Dakota the leading producer of several types. Dry edible beans, such as black, red, pinto, navy and kidney, are part of the legume family. Other members of the legume family include lentils, peas, peanuts and soybeans.

Beans are rich in a variety of essential nutrients such as protein, fiber, iron, folate, potassium, magnesium and zinc. Beans also contain important cancer-fighting antioxidants. Because of their variety of nutrients, beans can be classified as a vegetable or protein food. However, beans contain a greater range of nutrients than many other vegetables or protein foods, making them a unique food.

## Nutritional Analysis\* of Selected Dry Beans Compared With a Reference Diet

Serving Size = ½ cup

|                                | Calories<br>(kcal) | Total<br>Fat<br>(g) | Saturated<br>Fat<br>(g) | Trans<br>Fat<br>(g)      | Choles-<br>terol<br>(mg) | Sodium<br>(mg)        | Total<br>Carbo-<br>hydrate<br>(g) | Fiber<br>(g) | Protein<br>(g) | Iron<br>(mg) | Folate<br>(mcg DFE) |
|--------------------------------|--------------------|---------------------|-------------------------|--------------------------|--------------------------|-----------------------|-----------------------------------|--------------|----------------|--------------|---------------------|
| Reference Diet<br>(Food Label) | 2000               | Less<br>than<br>65  | Less<br>than<br>20      | Mini-<br>mize<br>in diet | Less<br>than<br>300      | Less<br>than<br>2,400 | 300                               | 25           | 50             | 18           | 400**               |
| Pinto                          | 122                | 0.5                 | 0.1                     | 0                        | 0                        | 1                     | 22.4                              | 7.7          | 7.7            | 1.8          | 147                 |
| Navy                           | 127                | 0.5                 | 0.09                    | 0                        | 0                        | 0                     | 23.7                              | 9.6          | 7.5            | 2.2          | 127                 |
| Black                          | 114                | 0.5                 | 0.12                    | 0                        | 0                        | 1                     | 20.4                              | 7.5          | 7.6            | 1.8          | 128                 |
| Great Northern                 | 104                | 0.4                 | 0.1                     | 0                        | 0                        | 2                     | 18.7                              | 6.2          | 7.3            | 1.9          | 90                  |
| Cranberry                      | 120                | 0.4                 | 0.1                     | 0                        | 0                        | 1                     | 21.6                              | 8.8          | 8.3            | 1.8          | 183                 |
| Pink                           | 126                | 0.4                 | 0.1                     | 0                        | 0                        | 2                     | 23.6                              | 4.5          | 7.7            | 1.9          | 142                 |
| Red Kidney                     | 112                | 0.4                 | 0.06                    | 0                        | 0                        | 2                     | 20.2                              | 6.5          | 7.7            | 2.6          | 115                 |

Sources: U.S. Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference and U.S. Food and Drug Administration.

\* All nutrient values per ½ cup, cooked, boiled, without added salt

\*\* 400 mcg DFE (dietary folate equivalents) per day is recommended dietary allowance (RDA) for adult men/women (not pregnant or lactating)

Key to abbreviations: kcal = calories; g = grams; mg = milligrams; mcg = micrograms

## Bean Health Benefits

Dry edible beans bring several health benefits to the table because they are naturally a rich source of several nutrients, and they contain negligible saturated fat and no trans fat or cholesterol.

According to published research, bean consumption may reduce the risk for heart disease and certain types of cancer, such as colon cancer. Additionally, a diet that includes beans is associated with lower body weight and better control of blood sugar among those with diabetes.

For those who have food allergies or follow special diets (such as vegetarian or gluten-free), beans are valuable because they provide nutrients, including fiber, protein, and many vitamins and minerals, that may be missing or low in specialized diets.



# How to Cook Dry Edible Beans

**1** First, inspect the dry beans and remove any broken beans or foreign materials. Rinse thoroughly in cold water.

Next, use the “Preferred Hot Soak” method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.

**3** Finally, drain and rinse soaked beans. Add fresh, cold water to fully cover beans. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe for a dish your family will love.

**4** Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine and molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.



## Tip:

Because dry edible beans have a neutral flavor, you can substitute one type for another.

## Tip:

Hard water does not soften beans properly. If you have hard water, use bottled water for soaking and cooking dry beans, or use canned beans.



## Are Green Beans Part of the Bean Family?

Snap beans, also commonly referred to as green beans or string beans, are close relatives to dry edible beans. They both belong to the same genus/species and together are referred to as “common beans.” However, snap beans are harvested and consumed while immature, before the inner bean in the pod has begun to develop. On the other hand, dry edible beans actually are the inner seeds of the pod and are not harvested until mature (when the pod is too firm and fibrous to be consumed fresh). Because snap beans are picked at this young stage, the beans can be snapped in half with a simple twist of the fingers, hence the name “snap” beans. Snap bean varieties include purple, wax (yellow) and the very common green bean.

Although snap beans are botanically similar to dry edible beans, they differ greatly in nutritional value. They are an excellent, low-calorie food that contains a variety of nutrients, such as vitamin A, vitamin C, vitamin K, folate and potassium. However, snap beans contain less starch, protein, fiber and folate than dry edible beans. While snap beans are a very nutritious food, they are not quite as nutrient-dense as dry edible beans; therefore, they are not classified as beans or protein foods in the Dietary Guidelines

for Americans. Instead, snap beans are classified as vegetables.

Snap beans can be an important part of a healthy diet for several reasons. They are naturally low in calories, fat, cholesterol and sodium, which may contribute to the prevention of obesity and heart disease. Snap beans, along with many other fruits and vegetables, also may protect against the formation of cancerous cells in the body because of their antioxidant properties.

Snap (or green) beans are found in a variety of forms in the grocery store, including fresh, canned and frozen. Some nutrients are lost during packaging, so choosing fresh is the best option. When selecting fresh green beans, look for beans that are deep green and straight, and snap easily. Snap beans are a delicious and versatile vegetable that can be prepared in a number of ways, including steamed, stir-fried or even tossed in a salad.

*Check out the recipes for more ideas for using snap beans.*

## Nutrient Comparison\* of Dry Edible Beans and Snap Beans

Serving Size = ½ cup

|                                | Calories<br>(kcal) | Total<br>Fat<br>(g) | Sodium<br>(mg) | Total<br>Carbo-<br>hydrate<br>(g) | Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(IU) | Vitamin C<br>(mg) | Iron<br>(mg) | Folate<br>(mcg DFE) |
|--------------------------------|--------------------|---------------------|----------------|-----------------------------------|--------------|----------------|-------------------|-------------------|--------------|---------------------|
| Reference Diet<br>(Food Label) | 2,000              | < 65                | < 2,400        | 300                               | 25           | 50             | 5,000             | 60                | 18           | 400**               |
| Dry edible beans<br>(average)  | 118                | 0.4                 | 1.3            | 21.5                              | 7.3          | 7.7            | 0.9               | 0.6               | 2            | 134                 |
| Snap Beans                     | 22                 | 0.2                 | 1              | 4.9                               | 2            | 1.2            | 438               | 6.1               | 0.4          | 21                  |

Sources: U.S. Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference and U.S. Food and Drug Administration.

\* All nutrient values per ½ cup, cooked, boiled, without added salt

\*\* 400 mcg DFE (dietary folate equivalents) per day is recommended dietary allowance (RDA) for adult men/women (not pregnant or lactating)

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\* An asterisk by the recipe name indicates it features snap beans.  
\*\* This collection includes several recipes featuring other legumes, such as chickpeas, split peas and lentils.

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## Key to Abbreviations

**c. = cup(s)**

**lb. = pound(s)**

**Tbsp. = tablespoon(s)**

**pkg. = package(s)**

**tsp. = teaspoon(s)**

**g = gram(s)**

**oz. = ounce(s)**

**mg = milligram(s)**

## No e:

You may note variations in the weights of the canned products you purchase.

A slight difference in the amount of ingredients you add will not affect the overall quality of these recipes.

You can substitute an equal amount of one type of canned bean for another type within these recipes, although some substitutions may result in the recipes having a different appearance.

**2 cups of dry beans = 4 to 5 cups of cooked or canned beans**

## Tip:

Draining and rinsing canned beans reduces the sodium content by 41 percent.

**Recipes were analyzed using Food Processor SQL software.**

# Breakfast Dishes, Breads and Desserts



Chocolate Chip Bean Muffin  
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(photo by John Borge)

Chickpea Chocolate Cake  
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## Apple Cinnamon Muffins

- 2 (15.5-oz.) cans Great Northern beans
- 1/3 c. low-fat milk
- 1 c. sugar
- 1/4 c. margarine or butter
- 3 eggs
- 2 tsp. vanilla extract
- 1 c. all-purpose flour
- 1/2 c. whole-wheat flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 4 tsp. cinnamon
- 1 large apple, peeled, finely chopped

*Process beans and milk in a food processor or blender until smooth. Mix sugar and margarine or butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda, salt and cinnamon. Gently mix in apples. Spoon mixture into 16 greased or paper-lined muffin tins. Bake at 375 F for 20 to 25 minutes. Cool on wire racks.*

*Makes 16 servings.*

*Per serving: 180 calories, 4 g fat, 5 g protein, 32 g carbohydrate, 4 g fiber and 190 mg sodium*

## Black Bean Brownies

- 1 (15.5-oz.) can black beans
- 3 eggs
- 3 Tbsp. vegetable oil
- 1/4 c. cocoa powder
- 1 pinch salt
- 1 tsp. vanilla extract
- 3/4 c. white sugar
- 1 tsp. instant coffee (optional)
- 1/2 c. semisweet chocolate chips

Preheat oven to 350 F. Lightly grease an 8- by 8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

*Makes 16 servings.*

*Per serving: 140 calories, 6 g fat, 3 g protein, 20 g carbohydrate and 105 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*



## Breakfast Burritos

- 1 (15.5-oz.) can vegetarian refried beans
- 2 Tbsp. onion, chopped
- ½ c. tomatoes, chopped
- 4 tortillas, corn or wheat
- ½ c. salsa
- Low-fat shredded cheese (optional)

Mix beans with onion and tomatoes. Microwave the tortillas for 15 seconds. Divide bean mixture among the tortillas. Fold each tortilla to enclose filling. Place on microwave-safe dish and spoon salsa over each burrito. Microwave on high for 15 seconds. If desired, sprinkle with cheese.

*Makes four servings.*

*Per serving: 240 calories, 3 g fat, 10 g protein, 42 g carbohydrate, 8 g fiber and 820 mg sodium*

## Chickpea Chocolate Cake

- 1½ c. semisweet chocolate chips
- 1 (15.5-oz.) can chickpeas (garbanzo beans), rinsed and drained
- 4 eggs
- ¾ c. white sugar
- ½ tsp. baking powder

Optional toppings: powdered sugar, frosting or fresh berries

Preheat oven to 350 F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

*Makes nine servings.*

*Per serving (without frosting): 320 calories, 13 g fat, 7 g protein, 47 g carbohydrate, 3 g fiber and 190 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*



## Chocolate Chip Bean Muffins

2 (15.5-oz.) cans Great Northern beans, drained and rinsed

1/3 c. low-fat milk

1 c. sugar

1/4 c. margarine or butter

3 eggs

3 tsp. vanilla extract

1 c. all-purpose flour

1/2 c. whole-wheat flour

1 tsp. baking soda

1/2 tsp. salt

3/4 c. semisweet chocolate chips

Combine beans and milk in a food processor or blender until smooth. Mix sugar and margarine or butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda and salt. Add in chocolate chips. Spoon mixture into 16 greased or paper-lined muffin tins about half full. Bake at 375 F for 20 to 25 minutes. Cool on wire racks.

*Makes 16 servings.*

*Per serving: 240 calories, 7 g fat, 6 g protein, 37 g carbohydrate, 5 g fiber and 115 mg sodium*

## Mexican Egg Scramble

1 whole egg plus 2 egg whites\*

1/4 c. canned black beans, drained and rinsed

1/4 c. shredded cheese

2 Tbsp. salsa

\* Tip: Using egg whites reduces the fat and calories in the dish. Egg whites are an excellent source of protein.

Drain and rinse black beans. Scramble the eggs with beans and cheese. Top with salsa.

*Makes one serving.*

*Per serving: 280 calories, 15 g fat, 24 g protein, 13 g carbohydrate, 4 g fiber and 820 mg sodium*

*Featured in: FN1472, "Cooking 101: Equipping Your Kitchen," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf)*



## Scrambled Egg Burrito

- 1 whole-wheat tortilla
- 1 egg
- 2 egg whites
- 1 c. spinach
- ¼ c. canned black beans, drained and rinsed
- 2 Tbsp. shredded cheese
- 2 Tbsp. salsa
- 1 Tbsp. light sour cream

Spray pan. On stovetop with medium heat, cook eggs and spinach until eggs are completely cooked. On a heated tortilla, add cooked eggs, black beans and shredded cheese. Roll up tortilla and serve with salsa and sour cream.

*Makes one serving.*

*Per serving: 370 calories, 15 g fat, 25 g protein, 37 g carbohydrate, 6 g fiber and 900 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*



# Dips and Salsas



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*(photo by John Borge)*



Layered Bean Dip  
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Split Pea Salsa  
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*(photo by John Borge)*



## Arriba Nacho Dip

- 2 cloves garlic, finely chopped
- 1 c. onion, finely chopped
- 1 c. green bell pepper, finely chopped
- ½ jalapeno pepper, finely chopped
- 3 large Roma tomatoes, chopped
- ¼ c. cilantro, finely chopped
- ¼ c. lemon juice
- 1 (15-oz.) can refried beans
- 4 oz. cheddar cheese, shredded

Make salsa by combining the first seven ingredients in a bowl; mix to combine. Put refried beans and salsa in a pot; stir until blended. Cook on low to medium heat for 20 minutes. Add cheese and stir until melted. Serve with tortilla chips or veggies.

*Makes 12 servings.*

*Per serving: 60 calories, 0.5 g fat, 4 g protein, 8 g carbohydrate, 2 g fiber and 230 mg sodium*

## Black Bean and Fruit Salsa

- ½ c. mango, peeled and cubed
- 1 c. papaya, peeled and diced
- ½ c. pineapple, diced
- ½ c. black beans, canned, drained and rinsed
- 1 Tbsp. cilantro, minced
- 1 Tbsp. lime juice
- 1 Tbsp. extra-virgin olive oil
- 1 tsp. cumin
- ¼ tsp. black pepper
- 1 clove garlic, minced

Combine all ingredients in a large bowl; toss gently to coat.

*Makes eight servings.*

*Per serving: 40 calories, 2 g fat, 0 g protein, 6 g carbohydrate, 1 g fiber and 0 mg sodium*



## Black Bean Dip

- 2 c. canned black beans, drained and rinsed
- 4 tsp. tomato paste
- 3 Tbsp. water
- 2 medium garlic cloves, minced
- 1 Tbsp. lemon juice
- ½ tsp. ground cumin
- ½ tsp. salt
- ⅛ tsp. cayenne pepper
- 2 scallions, green parts, chopped
- 2 Tbsp. canned green chilies, chopped

Combine all ingredients except scallions and green chilies in a food processor or blender. Puree ingredients until a consistent dip-like texture appears. Pour dip into a bowl. Stir in scallions and green chilies. Top with extra scallions. Serve chilled with crackers or vegetables.

*Makes eight servings.*

*Per serving: 40 calories, 0 g fat, 3 g protein, 10 g carbohydrate, 3 g fiber and 310 mg sodium*

## Black Bean Salsa

- 1 (15.5-oz.) can black beans, drained and rinsed
- 1 medium tomato, diced
- ½ medium onion, finely chopped
- ½ green bell pepper, chopped
- 1 jalapeno pepper, minced
- ½ cup fresh cilantro, chopped
- 2 Tbsp. lime juice

Add all ingredients to a bowl and mix together. Serve with baked tortilla chips.

*Makes eight servings.*

*Per serving: 40 calories, 0 g fat, 2 g protein, 9 g carbohydrate, 3 g fiber and 260 mg sodium*



## Black Bean Sandwich Spread

- ½ c. canned black beans, drained and rinsed
- 2 oz. cream cheese, softened
- 2½ tsp. lemon juice
- ⅛ tsp. cayenne pepper
- ¼ c. bell pepper, finely chopped

Blend all ingredients except peppers in a blender or food processor until smooth. Transfer to a serving bowl and add peppers. Refrigerate for one hour. Serve spread chilled on sandwiches or wraps, or try as a dipping sauce for crackers or vegetables.

*Makes 12 servings.*

*Per serving: 25 calories, 1.5 g fat, 1 g protein, 2 g carbohydrate, 1 g fiber and 35 mg sodium*

## Cheddar Bean Dip

- 1 (15.5 oz.) can cannellini beans, drained and rinsed
- ⅓ c. low-sodium chicken broth
- 1 clove garlic, minced
- ½ tsp. cumin
- ½ c. low-fat shredded cheddar cheese

Preheat oven to 375 F. Combine all ingredients except cheese in a blender or food processor; mix until smooth. Pour mixture into greased 8- by 8-inch pan; spread evenly. Sprinkle cheese over mixture. Bake for 15 to 20 minutes.

*Makes 10 servings.*

*Per serving: 45 calories, 1 g fat, 4 g protein, 6 g carbohydrate, 2 g fiber and 70 mg sodium*



## Cheesy Barbecue Bean Dip

- ½ c. vegetarian baked beans
- 3 Tbsp. shredded cheddar cheese
- 2 Tbsp. regular or hickory-smoked barbecue sauce
- 2 large carrots cut into diagonal slices (as dippers)
- 1 medium red or green pepper, cut into chunks (as dippers)

Place beans in small microwaveable bowl; mash slightly with fork. Stir in cheese and barbecue sauce. Cover with vented plastic wrap. Microwave on high for one minute; stir. Microwave for 30 seconds or until hot. Serve with corn chips, crackers, bell pepper chunks or carrot slices.

*Makes four servings.*

*Per serving: 80 calories, 2 g fat, 3 g protein, 13 g carbohydrate, 1 g fiber and 280 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## Easy Bean Dip

- 1 (15.5-oz.) can refried beans (no fat added)
- ¼ c. salsa

Mix beans and salsa together. Microwave until heated through. Serve with whole-grain crackers or veggies.

*Makes five servings.*

*Per serving: 60 calories, 0 g fat, 3 g protein, 11 g carbohydrate, 3 g fiber and 360 mg sodium*

*Featured in: "Eat Smart Play Hard Magazine 2009" available at [www.ag.ndsu.edu/eatsmart/magazine/07recipes.pdf](http://www.ag.ndsu.edu/eatsmart/magazine/07recipes.pdf)*



## Fresh Corn and Black Bean Salsa

1 (15.5-oz.) can black beans,  
drained and rinsed

1½ c. frozen corn

2 c. salsa

Mix ingredients and refrigerate.  
Serve as a dip with tortilla chips.

*Makes six servings.*

*Per serving: 80 calories, 0 g fat, 4 g protein,  
19 g carbohydrate, 4 g fiber and 260 mg sodium*

*Featured in: FN1584, "Let's Preserve Salsa II," available  
at [www.ag.ndsu.edu/pubs/yf/foods/fn1584.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1584.pdf)*

## Green Chili Bean Dip

1 c. canned black beans, drained and rinsed

1 c. canned kidney beans, drained and  
rinsed

½ c. nonfat yogurt, plain

1 clove garlic, minced

½ tsp. paprika

¼ tsp. cayenne pepper

2 Tbsp. lemon juice

2½ Tbsp. green chilies (canned or fresh)

Blend all ingredients in a blender or food  
processor until smooth. Transfer to serving  
bowl. Refrigerate for one hour. Serve as a  
dip with crackers or vegetables.

*Makes eight servings.*

*Per serving: 70 calories, 0 g fat, 4 g protein,  
13 g carbohydrate, 4 g fiber and 85 mg sodium*



## Hummus

- 1 (15.5-oz.) can chickpeas
- 4 Tbsp. tahini
- ¼ c. lemon juice
- 3 cloves crushed garlic
- 1 tsp. salt

Puree peas in blender or food processor. Add remaining ingredients and blend until smooth. The final product should be thick and smooth.

*Makes 12 servings.*

*Per serving: 70 calories, 3 g fat, 3 g protein, 10 g carbohydrate, 1 g fiber and 160 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*

## Layered Bean Dip

- 1 (15.5-oz.) can refried beans
- 1 (1-oz.) package taco seasoning mix
- 1 (8-oz.) package cream cheese, softened
- 1 (4.5-oz.) can chopped green chilies
- 1 c. chunky salsa (any variety)
- 2 c. shredded lettuce
- 2 c. shredded cheddar or Mexican cheese blend (8-oz.)
- 1 medium tomato, finely diced (¾ c.)
- Tortilla chips or whole-wheat crackers, if desired

In medium bowl, mix refried beans and taco seasoning mix. Spread mixture on large platter. In another medium bowl, mix cream cheese and chilies. Carefully spread over bean mixture. Top with salsa, lettuce, cheese and tomato. Refrigerate until serving time. Serve with tortilla chips or whole-wheat crackers.

*Makes 16 servings.*

*Per serving: 130 calories, 7 g fat, 7 g protein, 10 g carbohydrate, 2 g fiber and 550 mg sodium*



## Split Pea Salsa

- 1 c. dry green or yellow split peas, rinsed
- 2½ c. water
- 1 (15.5-oz.) can black beans, drained and rinsed
- 2 c. frozen corn
- ½ red bell pepper, chopped
- ¼ c. fresh cilantro, chopped
- ¼ c. lime juice
- 2 medium tomatoes, diced
- ½ c. onion, diced
- 1 tsp. ground cumin

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips.

*Makes 10 servings.*

*Per serving: 110 calories, 0.5 g fat, 5 g protein, 20 g carbohydrate, 4 g fiber and 250 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*

## Super Bean Dip

- 1 (15.5-oz.) can fat-free refried beans
- 1 (8 or 9 oz.) container bean dip
- 1 (8 oz.) container low-fat sour cream
- 1 c. tomatoes, chopped
- ½ c. ripe olives, chopped
- ½ c. green onion, chopped
- 2 c. grated low-fat sharp cheddar cheese
- Salsa (optional)
- Pita bread, raw vegetables or tortilla chips

Spread refried beans on a large plate. Combine dip and sour cream in a small bowl and spread over beans. Layer tomatoes, ripe olives, green onion and cheese over dip. Serve with wedges of pita bread, raw vegetables, fat-free tortilla chips and salsa. Refrigerate leftovers promptly.

*Makes 20 servings.*

*Per serving: 70 calories, 3 g fat, 5 g protein, 7 g carbohydrate, 2 g fiber and 300 mg sodium*

*Featured in: FN1406, "Quick Facts: Your Game Plan: Healthful Snacking for Sports Fans," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf)*



# Appetizers and Snacks



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Lentil (or Black Bean) Mini Pizzas  
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*(photo by John Borge)*



Mexican Tostadas  
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*(photo by John Borge)*



## Bean Quesadillas

- 4 (10-inch) tortillas, whole-wheat or white
- 1 (15.5-oz.) can chili beans
- 1 c. shredded cheese, divided (such as Monterey Jack)
- 1 c. salsa (optional)
- 1 c. shredded lettuce (optional)

Open can of beans; pour onto plate, stir and mash with fork, if desired. Place tortilla on plate and spread one-half of beans on tortilla. Sprinkle  $\frac{1}{2}$  c. cheese over beans and cover with second tortilla and cook in a frying pan until cheese melts. Use a spatula to transfer to plates when finished. Repeat with second quesadilla. Cut each quesadilla into four pieces. Serve warm and top with salsa and lettuce, if desired.

*Makes four servings.*

*Per serving: 430 calories, 16 g fat, 18 g protein, 58 g carbohydrate, 7 g fiber and 1,070 mg sodium*

\*Recipe courtesy of Northarvest Bean Growers\*

## Black Bean Quesadillas

- 1 (15.5-oz.) can black beans, drained, rinsed
- $\frac{1}{4}$  c. chopped tomato
- 3 Tbsp. chopped cilantro
- 8 (6-inch) whole-wheat tortillas
- 4 oz. soy cheese/Jalapeno Jack, shredded
- 32 spinach leaves, shredded
- 1 c. salsa of choice

Preheat oven to 350 F. Mash beans. Stir in tomato and cilantro. Spread evenly onto four tortillas. Sprinkle with cheese, spinach and salsa. Top with remaining tortillas. Bake tortillas on ungreased cookie sheet for 12 minutes. Cut into wedges and serve.

*Makes eight servings.*

*Per serving: 250 calories, 8 g fat, 11 g protein, 32 g carbohydrate, 6 g fiber and 480 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*



## Black Bean Quesadillas 2

- 1 (15.5-oz.) can black beans, drained and rinsed
- ½ c. shredded Pepper Jack cheese
- ½ c. Roma tomatoes, diced
- 4 8-inch whole-wheat tortillas
- 2 tsp. canola oil, divided
- 1 ripe avocado, diced (optional)

Combine beans, cheese and ¼ c. tomatoes in a medium bowl. Place tortillas on a work surface. Spread ½ c. filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Heat 1 tsp. oil in a large nonstick skillet over medium heat. Add two quesadillas and cook, turning once, until golden on both sides, two to four minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 tsp. oil and quesadillas. Serve the quesadillas with avocado (optional) and the remaining tomatoes.

*Makes four servings.*

*Per serving: 310 calories, 10 g fat, 13 g protein, 42 g carbohydrate, 6 g fiber and 550 mgs sodium*

## Chicken and Black Bean Quesadilla

- 2 whole-wheat tortillas
- ½ c. cooked chicken
- ¼ c. canned black beans, drained and rinsed
- ¼ c. shredded cheese
- ¼ c. bell peppers, chopped
- Salsa, sour cream (optional)

Place pan on stove and turn to medium heat. Put one tortilla in pan, add half of the cheese, add the other toppings and sprinkle on the other half of the cheese. Place other tortilla on top of cheese and cover pan for approximately two to four minutes. Flip quesadilla very carefully to heat other side approximately one to two minutes. Cut into six pieces and serve with salsa and sour cream.

*Makes two servings.*

*Per serving: 250 calories, 7 g fat, 18 g protein, 29 g carbohydrate, 4 g fiber and 620 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*



## Confetti Quesadilla

- 2 c. fat-free plain yogurt
- 1 c. finely minced cilantro
- 1 tsp. cumin
- 12 soft corn tortillas
- 1 c. (4-oz.) shredded reduced-fat Monterey Jack cheese
- 1 c. (4-oz.) shredded reduced-fat Colby cheese
- ½ c. fresh corn kernels or black beans
- ½ c. coarsely chopped cilantro
- 1 red bell pepper, finely minced
- 1 jalapeno pepper, finely minced

Line a large strainer with a coffee filter or paper towel and place over a mixing bowl. Pour in yogurt and let sit until some of the liquid has drained away and yogurt is the consistency of sour cream. Transfer to a small mixing bowl. Stir in cilantro and cumin. Preheat large skillet over low heat.

Line up six tortillas. Divide cheese, corn, cilantro and peppers among tortillas, then cover each with a second tortilla. Place a tortilla on dry skillet or grill and warm until cheese is melted and tortilla is slightly golden. Flip and cook other side until golden. Cut into wedges and serve. Repeat with remaining quesadillas. Serve each wedge with a dollop of cilantro yogurt dip.

*Makes six servings.*

*Per serving: 300 calories, 9 g fat, 16 g protein, 39 g carbohydrate, 3 g fiber and 440 mg sodium*

*Featured in: Eat Smart Play Hard Magazine 2010 available at [www.ag.ndsu.edu/eatsmart](http://www.ag.ndsu.edu/eatsmart)*

3-A-Day Dairy recipe courtesy of Char Heer, Midwest Dairy Council



## Hummus Dippers

### Hummus Ingredients

- 1 (15.5-oz.) can chickpeas (garbanzo beans)
- 4 Tbsp. tahini
- $\frac{3}{4}$  c. lemon juice
- 3 cloves garlic, minced

To prepare hummus, puree peas in blender or food processor. Add remaining ingredients; blend until thick and smooth.

### Dipper Ingredients

- 1 recipe Hummus
- 2 eggs, lightly beaten
- $\frac{3}{4}$  c. bread crumbs (try whole wheat)
- $\frac{1}{4}$  c. Parmesan cheese
- Large pinch of salt

To prepare dippers, preheat oven to 350 F. Lightly beat the eggs in a bowl. In separate bowl, mix bread crumbs, Parmesan and salt together. Set up hummus, beaten eggs and bread crumb mixture into an assembly line. Roll the hummus into 1-inch portions or balls and dip into eggs, then bread crumb mixture. Set breaded hummus on greased baking sheet 1 inch apart. Bake for 10 to 15 minutes and then turn on broil setting and brown dippers two to five minutes. Serve warm with favorite dipping sauce.

*Hummus – Makes 12 servings.*

*Per serving: 70 calories, 3 g fat, 3 g protein, 10 g carbohydrate, 2 g fiber and 160 mg sodium*

*Dippers – Makes 18 servings.*

*Per serving: 70 calories, 3 g fat, 3 g protein, 7 g carbohydrate, 1 g fiber and 95 mg sodium*



## Lentil (or Black Bean) Mini Pizzas

- 1/3 c. dry lentils, rinsed (or substitute drained, rinsed canned black beans)
- 1 1/3 c. water
- 4 (6-inch) whole-wheat pitas
- 1 medium zucchini, thinly sliced
- 1/4 c. red onion, thinly sliced into rings
- 1/2 c. red bell pepper, chopped
- 1/4 tsp. black pepper
- 1/8 tsp. salt
- 1/2 c. garlic-and-herbs spreadable cheese
- 6 Tbsp. shredded Asiago cheese (or cheese of choice)

In a 1-qt. saucepan, combine lentils with water and bring to a boil; reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes. Drain lentils and set aside.

(Note: If using black beans, drain and rinse them and begin preparation at this point.)

Preheat broiler and place pitas on a nonstick baking sheet; broil for three minutes. Heat a nonstick skillet over medium heat; coat with cooking spray. Add zucchini, onion, red bell pepper, black pepper and salt. Sauté mixture for three minutes or until vegetables are crisp tender. Stir in lentils. Remove pitas from the oven, then spread 2 Tbsp. of spreadable cheese on each pita. Top evenly with vegetables and shredded cheese. Broil three minutes or until edges are brown and cheese is melted.

*Makes four servings.*

*Per serving: 340 calories, 13 g fat, 13 g protein, 45 g carbohydrate, 7 g fiber and 710 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*



## Mexican Tostadas

- 1/3 c. lentils
- 1 1/3 c. water
- 2 Tbsp. vegetable oil
- 1 lb. chicken breasts, boneless, skinless
- 2/3 c. green onion, finely chopped
- 2 cloves garlic, minced
- 1 (16-oz.) jar medium salsa (or your choice)
- 1 c. black beans, drained and rinsed
- 1 1/2 c. bell pepper, chopped
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 8 tostadas

In a medium saucepan, bring lentils and water to a boil, reduce heat, cover and simmer until lentils are tender. In a frying pan, cook chicken until it reaches an internal temperature of 165 F. Heat oil in a separate pan and sauté onion and garlic in oil, stirring constantly. Reduce heat and add salsa, lentils, black beans and seasonings. Shred or cube chicken and add to the salsa mixture. Continue cooking until heated through. Portion onto tostadas and top with peppers and your other favorite toppings.

*Makes eight servings.*

*Per serving: 220 calories, 8 g fat, 15 g protein, 21 g carbohydrate, 3 g fiber and 820 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*

## Mexican Veggie Pizza

- 12 small flour or corn tortillas
- Vegetable oil or margarine
- 1 (15.5-oz.) can refried beans
- 1/4 c. onion, chopped
- 2 oz. fresh or canned green chili peppers, diced (optional)
- 6 Tbsp. salsa or taco sauce
- 3 c. vegetables, chopped (such as broccoli, mushrooms, bell peppers)
- 1/2 c. mozzarella cheese (part-skim), shredded

Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan; set aside. Heat refried beans, onion and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about a cup of the bean mixture on each tortilla pizza.

Sprinkle with 1 Tbsp. salsa and then top with 1/2 c. of chopped vegetables, 1 tsp. chili peppers and 1 Tbsp. cheese for each pizza. Return to frying pan and heat until cheese melts. Serve immediately.

*Makes six servings.*

*Per serving: 310 calories, 7 g fat, 47 g carbohydrate, 7 g fiber and 1,010 mg sodium*



## Taco Sticks

1 c. canned pinto or kidney beans,  
drained and rinsed

1 tsp. chili powder

½ tsp. salt

¼ tsp. garlic powder

4 stalks of celery

1 c. salsa

With a fork, mash the beans with the chili powder, garlic powder and salt. Try to make it smooth. Wash celery. Cut each stalk of celery into three pieces. Spread bean mixture on the celery sticks. Top with some salsa and serve.

*Makes four servings.*

*Per serving: 100 calories, 0.5 g fat, 5 g protein, 18 g carbohydrate, 7 g fiber and 580 mg sodium*

*Featured in: FN1384, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1384.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1384.pdf)*



# Salads



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## Black Bean Salad

2 (15.5-oz.) cans black beans, rinsed and drained

1½ c. salsa (mild or medium)

Combine in bowl and refrigerate until serving.

*Makes eight servings.*

*Per serving: 70 calories, 0 g fat, 16 g carbohydrate, 5 g fiber and 290 mg sodium*

## Fiesta Bean Salad

1 (15.5- oz.) can red kidney beans

1 (15.5- oz.) can yellow wax beans

1 (15.5- oz.) can green beans

1 (15.5- oz.) can garbanzo beans

1 large red onion, sliced

1 large green pepper, sliced

½ c. vinegar

½ c. oil (such as canola or sunflower)

1 c. sugar

Salt and pepper to taste

Drain and rinse the canned beans. Combine beans, onion and pepper in a large bowl. Mix vinegar, oil and sugar in separate container. Pour over mixture and stir well. Season with salt and pepper. Marinate at least three hours in the refrigerator.

*Makes 10 servings.*

*Per serving: 310 calories, 12 g fat, 7 g protein, 44 g carbohydrate, 8 g fiber and 350 mg sodium*

*\*Recipe courtesy of Utah State University Extension\**



## “Lite” Italian Pasta Bean Salad

- 1 c. dry spiral macaroni
- 1 small head fresh broccoli, cut into bite-sized pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 (15.5-oz.) can black beans, drained and rinsed
- ¼ c. reduced-calorie/“lite” Italian dressing
- ¼ c. grated Parmesan cheese

Cook macaroni in large saucepan of water just until tender. Drain and rinse with cold water. In a large bowl, mix broccoli, carrots and tomato. Add the rest of the ingredients to vegetables and stir gently. Cover and chill. Before serving, stir salad; add additional dressing if necessary.

*Makes eight servings.*

*Per serving: 135 calories, 3 g fat, 8 g protein, 21 g carbohydrate, 6 g fiber and 142 mg sodium*

*Featured in: FN1485, “Now Serving: Beans!” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*

\*Recipe courtesy of Northarvest Bean Growers Association

## Mandarin Orange-Kidney Bean Salad

- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 (11-oz.) can mandarin oranges, drained
- 2 stalks celery, sliced
- ½ c. creamy low-fat salad dressing (try poppy seed dressing)
- 2 Tbsp. sugar

Combine ingredients in bowl and chill several hours.

*Makes six servings.*

*Per serving: 188 calories, 7 g fat, 4 g protein, 27 g carbohydrate, 6 g fiber and 182 mg sodium*



## Mediterranean Bean Salad

- 1 (15.5-oz.) can Great Northern beans or garbanzo beans, drained and rinsed
- ½ c. sun-dried tomatoes, cut into strips
- ⅓ c. black olives, drained and chopped
- ⅓ c. fat-free or reduced-fat feta cheese, crumbled
- ⅓ c. red onion, finely chopped
- 2 cloves garlic, finely minced
- 2 Tbsp. fresh cilantro, chopped
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Fresh ground pepper

Drain and rinse beans. Combine all ingredients in a bowl and mix thoroughly. Serve on a lettuce leaf with grilled flat bread, tossed with pasta, in a pita pocket sandwich, on top of tossed salad or with whole-grain chips or crackers.

*Makes six servings.*

*Per serving: 150 calories, 7 g fat, 5 g protein, 16 g carbohydrate, 5 g fiber and 200 mg sodium*

## Middle Eastern Bean Salad

- ½ c. vegetable oil
- ¼ c. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ c. chopped parsley
- 1 tsp. cumin (if you like)
- 2 (15- to 16-oz.) cans beans, such as pinto, kidney, garbanzo, black beans
- ½ c. chopped onion
- 1 large chopped tomato
- 1 medium chopped cucumber

Mix together oil, lemon juice and spices in measuring cup. Combine other ingredients in large mixing bowl. Add lemon juice and oil to bowl. Chill several hours or overnight for flavors to blend.

*Makes six servings.*

*Per serving: 360 calories, 19 g fat, 12 g protein, 36 g carbohydrate, 14 g fiber and 105 mg sodium*

*Featured in: FN1386, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf)*



## Taco Salad

- 1 small head of lettuce, torn into small pieces
- 2 fresh tomatoes, chopped
- ½ c. green pepper, chopped
- 1 lb. ground beef or turkey
- 1 (15.5-oz.) can pinto beans, drained and rinsed (or 2 c. cooked beans)
- 1 small onion, chopped
- ¾ c. salsa or taco sauce
- Baked tortilla chips (optional)
- Shredded cheese (optional)

Wash produce well before cutting. Put lettuce in large bowl. Add tomatoes and green peppers. Brown meat and onion in frying pan. Drain off fat and liquid. Mix meat, beans and salsa. Add to salad mixture. Serve with additional salsa and top with baked tortilla chips and shredded cheese.

*Makes six 2-c. servings.*

*Per serving (without chips and cheese): 290 calories, 8 g fat, 29 g protein, 22 g carbohydrate, 7 g fiber and 210 mg sodium*

## Tex-Mex Chicken and Bean Salad

- 1 (10-oz.) can chunk chicken, drained
- 1 (15.5-oz.) can red kidney beans, no salt, drained
- 1 (4-oz.) can green chilies, chopped, drained
- ½ c. taco sauce
- 1 c. Monterey Jack and/or cheddar cheese, shredded
- 1 large tomato, diced
- 1 bag of chopped romaine lettuce

In 10-inch round baking dish or other microwave-safe dish, combine chicken, beans, chilies and taco sauce. Cook, covered with plastic wrap, on high five to seven minutes, until heated through, stirring once. Toss lettuce, tomatoes and cheese, then dish salad and top with the chicken mixture. Also may top with salsa, onions and sour cream if desired.

*Makes six servings.*

*Per serving: 200 calories, 8 g fat, 18 g protein, 14 g carbohydrate, 3 g fiber and 470 mg sodium*

*Featured in: FN1618, "Cooking 101: Microwave Cooking in Small Spaces," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf)*



## Three-Bean Pasta Salad

8 oz. whole-grain pasta  
1 (15.5-oz.) can three-bean salad, chilled  
2 c. grape tomatoes  
1 tsp. dried dill weed

Cook pasta according to package directions. Drain. Rinse with cold water and place in a medium-sized bowl. Add undrained three-bean salad, tomatoes and dill. Mix gently, cover and chill.

*Makes six servings.*

*Per serving: 110 calories, 0 g fat, 5 g protein, 25 g carbohydrate, 4 g fiber and 280 mg sodium*

*Featured in: FN1559, "Cooking 101: Week 4," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1559.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1559.pdf)*

## Three-Bean Salad

1½ c. celery, sliced thinly  
½ c. onion, sliced thinly  
1 (16-oz.) can cut green beans, drained  
1 (16-oz.) can wax beans, drained  
1 (16-oz.) can kidney beans, drained  
½ c. vinegar  
½ c. vegetable oil  
¼ c. water  
¼ c. sugar

Wash and slice celery and onion. In a large bowl, mix celery, onion and the three kinds of beans. Mix vinegar, oil, water and sugar. Add liquid to bean mix and stir until the bean mixture is coated. Cover and keep in the refrigerator overnight to mix the flavors. Store leftovers in the refrigerator.

*Makes 10 servings.*

*Per serving: 190 calories, 11 g fat, 4 g protein, 18 g carbohydrate, 6 g fiber and 280 mg sodium*

*Featured in: FN-1383, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf)*



## Three-Bean Salad With Ginger Dressing

- 1 (15- to 16-oz.) can green beans  
(or 1 lb. frozen green beans, cooked or  
steamed according to package directions)
- 1 (15- to 16-oz.) can dark red kidney beans,  
drained, rinsed
- 1 (15- to 16-oz.) can pinto beans,  
drained, rinsed
- ¼ c. sliced green onions and tops

### Ginger Dressing:

- ¼ c. canola oil
- ⅓ c. apricot preserves
- 2 Tbsp. plus 2 tsp. cider vinegar
- 2 Tbsp. sugar
- ½ tsp. ground ginger

Mix ingredients for ginger dressing in a large bowl. Drain and rinse beans; add to ginger dressing and mix. Cover and refrigerate at least two hours, mixing occasionally.

*Makes eight servings.*

*Per serving: 213 calories, 8 g fat, 6 g protein,  
31 g carbohydrate, 6 g fiber and 473 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available  
at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*

## Vegetarian Taco Salad

- 2 c. fresh spinach
- ¼ c. corn kernels, cooked
- ¼ c. canned black beans, drained and rinsed  
(cold or heated)
- 2 Tbsp. shredded cheese
- 2 Tbsp. salsa
- 1 Tbsp. light sour cream

Toss all ingredients together.

*Makes one serving.*

*Per serving: 180 calories, 7 g fat, 10 g protein,  
22 g carbohydrate, 6 g fiber and 610 mg sodium*

*Featured in: FN1473, "Cooking 101:  
Hot Tips About Food Storage," available at  
[www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*



## Watermelon, Black Bean and Corn Salsa

- 1 can corn kernels, rinsed and drained
- 1 can black beans, rinsed and drained
- ½ medium purple or white onion, coarsely chopped
- ½ to 1 jalapeno pepper, chopped
- 1 clove garlic, minced
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 Tbsp. salad oil (such as canola or olive)
- 1 lime, juiced
- 1½ c. watermelon, chopped (with seeds removed)

Mix all ingredients except watermelon. Gently fold in watermelon and chill. Serve with baked chips or as a side dish with grilled meat, poultry or fish.

*Makes six servings.*

*Per serving: 130 calories, 5 g fat, 4 g protein, 21 g carbohydrate, 5 g fiber and 160 mg sodium*

\*Recipe courtesy of the National Promotion Board



# Soups and Stews



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## Back to School Pasta Soup

- 1 large onion, chopped (about 1 c.)
- 1 medium tomato, chopped (about 1 c.)
- 12 c. chicken broth
- 1 (15.5-oz.) can white kidney beans (cannellini), rinsed and drained
- 1 (9.75-oz.) can white chunk chicken breast in water, undrained
- 1 c. uncooked shell pasta
- 1 Tbsp. olive oil or vegetable oil
- ¼ tsp. garlic powder

Place oil into a saucepan and put on medium-high heat. Add onion to saucepan and cook until onion is tender, stirring occasionally. Add the broth and garlic powder to the saucepan. Increase heat to high and bring to a boil, stirring occasionally. Add the pasta and return mixture to a boil, stirring occasionally. Boil for five minutes. Add the beans, tomato and chicken with its liquid. Reduce the heat to low. Cook for five minutes or until the pasta is tender.

*Makes 16 servings.*

*Per serving: 90 calories, 1.5 g fat, 7g protein, 11 g carbohydrate, 1 g fiber and 540 mg sodium*

## Bean and Sausage Stew

- ½ lb. Polish or German sausage or low-fat turkey sausage
- 1 large onion, sliced
- 1 c. celery, sliced
- 2 c. peeled carrots, sliced
- 1 (15.5-oz.) can Great Northern beans with liquid
- 1 (15.5-oz.) can red beans with liquid (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 c. water

Slice sausage into ¼-inch-thick rounds and fry in a large skillet until brown. Add onion and brown. Drain off fat. In a large pan, combine sausage and onions with the rest of the ingredients. Cover and simmer 45 to 60 minutes.

*Makes eight servings.*

*Per serving: 200 calories, 6 g fat, 11 g protein, 26 g carbohydrate, 7 g fiber and 780 mg sodium*

*Featured in: FN1595, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Chicken Tortilla Soup

- 1 Tbsp. olive oil
- 2 chicken breasts, cubed
- 1 (15.5-oz) can chicken broth (reduced-sodium)
- 1 (15.5-oz.) can black beans, drained and rinsed
- 1 c. frozen corn
- 1 (15.5-oz.) can diced tomatoes, in juice
- 1 tsp. chili powder
- ½ tsp. cumin
- ½ c. onion, chopped
- 1 (4-oz.) can green chilies, optional
- 1 c. fat-free sour cream

Cook chicken breasts in olive oil until cooked through. Transfer chicken to a large pot with remaining ingredients except sour cream to prevent curdling. Cook on medium heat, stirring occasionally, until ingredients are blended together. Add sour cream and cook until soup is heated through.

*Makes eight servings.*

*Per serving: 180 calories, 4 g fat, 18 g protein, 20 g carbohydrate, 4 g fiber and 420 mg sodium*

*Featured in: FN1536, "Family Meal Times," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1536.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1536.pdf)*

## Chili 1

- ½ c. chopped onion
- ½ lb. ground beef
- 2 tsp. chili powder
- Pepper
- 1 (16-oz.) can OR 2 c. tomatoes, plain or stewed
- 1 (8-oz.) can OR 1 c. tomato sauce
- 1 (15.5-oz.) can OR 2 c. kidney beans, undrained

Chop the onion. Brown the ground beef and onion in a large frying pan. Pour off the fat. Stir in the rest of the food. Heat for 10 minutes and serve.

*Makes four servings.*

*Per serving: 320 calories, 6 g fat, 28 g protein, 36 g carbohydrate, 12 g fiber and 85 mg sodium*

*Featured in: FN1387, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf)*



## Chili 2

- 1 lb. lean ground beef (or ground turkey or venison)
- ¼ c. onion, diced
- 1 (28-oz.) can tomato sauce
- 2 Tbsp. chili powder (or to taste)
- 2 (15.5-oz.) cans beans (such as kidney beans)
- Salt and pepper (to taste)
- Cheddar cheese, shredded (optional)

Brown ground beef until cooked all the way through. Place in slow cooker and add all ingredients. Cook for four to six hours on high.

Alternate method: Add browned meat and remaining ingredients in a pan on the stove, cook for 30 minutes. Sprinkle with cheese, if desired.

*Makes six servings.*

*Per serving: 370 calories, 12 g fat, 24 g protein, 32 g carbohydrate, 10 g fiber and 400 mg sodium*

## Chili 3

- 1½ lb. lean ground beef
- 1 onion, chopped
- 3 c. cooked pinto or red beans
- 3 (8-oz.) cans tomato sauce
- 1 clove garlic, chopped
- 3 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. paprika
- 1 tsp. thyme
- 1 tsp. oregano

Sauté hamburger and chopped onion; drain. Add beans with spices, garlic and tomato sauce. Salt and pepper to taste. Simmer one hour or until heated and flavors blend.

*Makes eight servings.*

*Per serving: 320 calories, 9 g fat, 33 g carbohydrate, 25 g carbohydrate, 8 g fiber and 130 mg sodium*

*Featured in: FN624, "Making Magic Mixes: Cornmeal Master Mix," available at [www.ag.ndsu.edu/pubs/yf/foods/fn624.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn624.pdf)*



## Chili 4

- ½ lb. lean ground beef
- 1 (15.5-oz.) can kidney beans, drained (save liquid)
- 1 c. canned tomato puree, no salt added
- ¾ to 1½ Tbsp. chili powder

Brown beef; drain fat. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 10 minutes.

*Makes four servings.*

*Per serving: 230 calories, 3.5 g fat, 20 g protein, 30 g carbohydrate, 12 g fiber and 70 mg sodium*

## Chili With Beans and Potatoes

- 1 lb. extra lean ground beef
- 1 medium onion, chopped
- 2 c. tomato sauce or puree
- 1 (15.5-oz.) can kidney or chili beans
- 4 potatoes, cubed
- 2½ Tbsp. chili powder (or to taste)
- 2 c. water

In a large saucepan over medium heat, sauté ground beef and onions for five to 10 minutes or until the onions are almost tender and the beef is browned; drain fat. Add tomato sauce, kidney beans, potatoes, chili powder and water. Reduce heat to low and simmer to 165 F, or about 30 minutes. Add another cup of water if thinner chili is desired.

*Makes seven servings.*

*Per serving: 430 calories, 8 g fat, 31 g protein, 60 g carbohydrate, 12 g fiber and 115 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Country Chili Mix in a Jar

- 1 lb. dry kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt (use garlic powder to reduce sodium)
- 1 tsp. oregano
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. cayenne pepper (optional)

Pour kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card:

### Attached Directions:

- 1 container Country Chili Mix
- 10 c. water (for soaking beans)
- 1 lb. ground beef or turkey
- 6 c. water (for cooking beans)
- 1 (24-oz.) can diced tomatoes
- 1 (8-oz.) can reduced-sodium tomato sauce

Remove bag of seasonings from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse beans. Fill a pot with 6 cups of water and soaked beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water, if needed, to thin broth. For best flavor, use mix within one year.

*Makes eight servings.*

*Per serving: 240 calories, 6 g fat, 24 g protein, 21 g carbohydrate, 5 g fiber and 290 mg sodium*

*Featured in: FN1494, "Mix It Up," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf)*



## Garden Chili

- ½ lb. lean hamburger
- 1 c. chopped onion
- ½ c. potatoes, cut into small cubes
- 1 (15.5-oz.) can dark kidney beans
- 1½ c. diced tomatoes, blanch to remove skins
- 1 (5-oz.) can or about 2 c. tomato sauce
- ½ c. chopped green peppers
- 1 c. water
- 1 Tbsp. chili powder
- 1 Tbsp. Worcestershire sauce
- ½ tsp. cumin, ground
- ½ tsp. black pepper

Brown hamburger and onion in saucepan over medium heat. Blanch fresh tomatoes by removing stems and scoring bottom of tomato; boil one minute, immediately place in cold water, remove skins. Add remaining ingredients, bring to a boil; reduce heat and simmer for 30 minutes.

*Makes eight servings.*

*Per serving: 190 calories, 3.5 g fat, 15 g protein, 24 g carbohydrate, 7 g fiber and 140 mg sodium*

*Featured in: FN1372, "Gardening with Children," available at [www.ag.ndsu.edu/pubs/plantsci/hortcrop/fn1372.pdf](http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/fn1372.pdf)*

## Grah

- 2 (15.5-oz.) cans of cannellini (white) beans
- 3 to 4 Tbsp. salad oil
- 2 c. fresh tomatoes, chopped or 1 (15.5-oz.) can diced tomatoes
- 5 shallots, sliced (or sliced onions)
- 2 cloves of garlic, chopped
- Some parsley
- 1 lb. spicy sausage, smoked or cooked (chorizo will work)

Heat the oil in a pan. Add the chopped vegetables and sauté until tender. Put the beans and vegetables in a large pot. Add the sausage and cook for 20 minutes on low heat or place in a 350 F oven for 30 minutes.

*Makes eight servings.*

*Per serving: 290 calories, 15 g fat, 15 g protein, 24 g carbohydrate, 5 g fiber and 1,060 mg sodium*

*This recipe is common in Bosnia and is featured in: FN1513, "North Dakota Food and Culture: A Taste of World Cuisine," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf)*



## Microwave Chicken Tortilla Soup

- 1 (16-oz.) bag whole-kernel corn, frozen
- 2 (15.5-oz.) cans black beans
- 1 (14.5-oz.) can diced tomatoes, low sodium
- 1 (4-oz.) can green chilies, chopped, drained
- 1 (14.5-oz.) can chicken broth, low sodium
- 1 (10-oz.) can chunked chicken, drained
- 1 (10-oz.) can Healthy Request cheddar cheese soup

Open the cans of corn, black beans, diced tomatoes, green chilies, chicken broth, cheddar cheese soup and chunked chicken. Pour everything into a large microwave-safe bowl and cover with plastic wrap. Cook on high for 18 minutes, stirring three times.

*Makes 10 servings.*

*Per serving: 160 calories, 4.5 g fat, 13 g protein, 19 g carbohydrate, 5 g fiber and 400 mg sodium*

*Featured in: FN1618, "Cooking 101: Microwave Cooking in Small Spaces," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf)*

## Minestrone Soup 1

- 3 c. reduced-sodium chicken broth
- 1 (28-oz.) can diced tomatoes
- 1 (15.5-oz.) can white beans (cannellini or navy), drained and rinsed
- 2 celery stalks, chopped
- 3 c. fresh spinach
- ½ tsp. each salt and pepper
- 2 c. uncooked spiral pasta of choice
- Parmesan cheese (optional)

Combine chicken broth, tomatoes, beans, celery, salt and pepper in slow cooker. Cover and cook on low heat for six to eight hours or on high for three to four hours. Add spinach during last 10 minutes of cooking. Cook pasta in separate pot according to package directions. Drain and add pasta to slow cooker right before serving. When soup is done, dish into bowls and add salt, pepper and Parmesan to taste.

*Makes six servings.*

*Per serving: 210 calories, 1 g fat, 10 g protein, 40 g carbohydrate, 6 g fiber and 550 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*





## Minestrone Soup 2

- 1 (16-oz.) pkg. frozen mixed vegetables
- 1 (14-oz.) can Italian-style stewed or crushed tomatoes\*
- 2 (14-oz.) cans chicken or beef broth\*
- 1 (15-oz.) can garbanzo beans or kidney beans
- 1 c. uncooked pasta (such as elbow macaroni or bow tie)
- \* To reduce sodium, choose low-sodium canned tomatoes and broth

Combine frozen vegetables, tomatoes, broth and beans in a pot. Bring to a boil, then add pasta. Reduce to low heat. Simmer for six to eight minutes until pasta and vegetables are tender.

*Makes six servings.*

*Per serving: 210 calories, 1.5 g fat, 41 g carbohydrate, 10 g fiber and 125 mg sodium*

*Nutrition facts based on "regular" sodium products*

## Pinto Bean Taco Soup

- 1 lb. ground beef
- 1 medium onion, chopped
- 1 pkg. mild taco seasoning mix
- ½ c. green pepper, chopped
- 1 (16-oz.) can corn (undrained)
- 1 (16-oz.) can black beans, drained and rinsed (you could use kidney beans or pinto beans)
- 1 (14-oz.) can stewed tomatoes
- 1 (14-oz.) can diced tomatoes
- 1 (8-oz.) can tomato sauce
- 1 (4-oz.) can diced green chilies
- Tortilla chips
- Other taco toppings you like (cheese, sour cream, avocado, etc.)

Brown meat, onion and green pepper in large saucepan. Drain excess liquid. Stir in taco seasoning, corn, black beans, tomatoes, tomato sauce and green chilies. Simmer on low heat for 20 to 30 minutes.

Serve with tortilla chips and your favorite taco toppings.

*To Freeze: After cooking, cool soup quickly and completely. Once cooled, pour into a gallon-sized zipped bag or other freezer container. When ready to eat, thaw soup in refrigerator for 24 hours and then simmer on the stove until heated all the way through.*

*Makes eight servings.*

*Per serving: 240 calories, 3.5 g fat, 17 g protein, 31 g carbohydrate, 4 g fiber and 760 mg sodium*



## Rainbow Stew

- ½ lb. turkey bacon, cut in small strips \*
- 2 Tbsp. olive oil, divided
- 2 c. yellow onion, diced
- 4 garlic cloves, minced
- 1 c. celery, diced
- 1 c. carrots, diced
- 1 (14-oz.) can diced tomatoes
- 1 (15.5-oz.) can light red kidney beans, drained and rinsed
- 1 (15.5-oz.) can chickpeas, drained and rinsed
- 1 (15.5-oz.) can cannellini beans, drained and rinsed
- 8 c. low-sodium chicken broth
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried basil
- 2 bay leaves
- 1 c. mini pasta shells
- Freshly ground pepper to taste

In a large soup pot, fry turkey bacon in 1 Tbsp. olive oil; set aside. In the same pot, sauté the onion, garlic celery and carrots in 1 Tbsp. olive oil until soft. Add tomatoes, beans, broth and spices. Bring to a boil. Reduce heat and simmer 20 minutes. Cook pasta in separate kettle as directed on package; rinse with cold water. Remove bay leaves. Add pasta and bacon to soup. Serve topped with grated Parmesan cheese and a side of Italian bread.

*Makes 12 servings.*

*Per serving: 150 calories, 3 g fat, 7 g protein, 22 g carbohydrate, 5 g fiber and 440 mg sodium*

*\*Turkey bacon not included in nutrition values*



## Shorba (Lamb and Peanut Soup)\*

3 lbs. lamb bones (or lean beef ribs)  
2 qt. water  
2 tsp. salt  
½ lb. onions, slightly chopped  
½ lb. carrots, peeled and cut into chunks  
½ lb. cabbage, cut into small wedges  
½ lb. string beans, chopped finely  
3 cloves garlic, finely chopped  
4 Tbsp. peanut butter  
Juice of 1 lemon  
½ c. cooked rice (optional)

In a 6-qt. saucepan, simmer lamb bones in water and salt for one hour. Add vegetables and simmer for one hour until thoroughly cooked. Remove lamb bones and puree the mixture. Add peanut butter thinned with lemon juice. If preferred, add cooked rice, salt and pepper to taste.

\*Shorba is based around lamb. In Sudan, lamb bones commonly are used to flavor the soup-like dish.

*Makes eight servings.*

*Per serving: 100 calories, 4 g fat, 4 g protein, 14 g carbohydrate, 3 g fiber and 660 mg sodium*

*Featured in: FN1513, "North Dakota Food and Culture: A Taste of World Cuisine," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf)*

## Slow Cooker Chili

1 large can low-sodium (or unsalted) tomato sauce  
1 lb. lean ground beef  
2 (15.5-oz.) cans beans (kidney beans are fine, but you can use whatever you'd like)  
2 Tbsp. chili powder  
¼ c. onion, diced  
Shredded cheese (optional)

Cook the ground beef in a separate pan until cooked all the way through. Add all ingredients, except cheese, and cook in the slow cooker for four to six hours on high. Sprinkle with shredded cheese if desired. Serve with whole-wheat crackers.

*Makes six servings.*

*Per serving: 270 calories, 14 g fat, 35 g carbohydrate and 75 mg sodium*

*Featured in: FN1472, "Cooking 101: Equipping Your Kitchen," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf)*



## Slow Cooker Taco Soup

- 1 lb. ground beef
- 1 onion, chopped
- 1 (16-oz.) can chili beans, with liquid
- 1 (15-oz.) can kidney beans, with liquid
- 1 (15-oz.) can whole-kernel corn, with liquid
- 1 (8-oz.) can tomato sauce
- 2 c. water
- 2 (14.5-oz.) cans peeled and diced tomatoes
- 1 (4-oz.) can diced green chili peppers
- 1 pkg. taco seasoning mix

In a medium skillet, cook the ground beef until browned over medium heat. Drain thoroughly. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours.

*Makes 10 servings.*

*Per serving: 220 calories, 3 g fat, 16 g protein, 30 g carbohydrate, 6 g fiber and 500 mg sodium*

*Featured in: FN1511, "Now Serving: Slow Cooker Meals!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf)*

## Spicy Chicken Chili

- 1 lb. boneless, skinless chicken breasts, cubed
- 2 c. chopped tomatoes (or substitute canned chopped tomatoes)
- 1 c. chopped white onion
- 1 (15.5-oz.) can spicy chili beans
- ½ c. shredded cheddar cheese (optional)

Spray a 12-inch skillet with cooking spray and heat over medium-high heat. Place the cubed chicken in the skillet for three to five minutes, stirring frequently, until light brown. Stir in tomatoes, onion and beans, and reduce heat to medium-low. Cook uncovered eight to 10 minutes, stirring frequently, until chicken reaches an internal temperature of 165 F. Sprinkle with cheese if desired.

*Makes four servings.*

*Per serving: 240 calories, 4 g fat, 28 g protein, 21 g carbohydrate, 6 g fiber and 760 mg sodium*

*Featured in: FN1560, "Cooking 101: Week 5," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1560.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1560.pdf)*



## Sweet Potato Black Bean Soup

- 1 medium onion, finely chopped
- 1½ tsp. minced garlic
- 4 medium sweet potatoes, peeled and chopped OR 2 cans sweet potatoes, drained
- 1 (15.5-oz.) can black beans, drained and rinsed
- 6 c. low-sodium vegetable stock
- 4 bay leaves
- ½ tsp. cinnamon
- 1 tsp. cumin
- 2 tsp. ground coriander
- Salt to taste

Lightly spray sauce pan with cooking spray. Cook onion and garlic on low heat until softened. Add chopped sweet potatoes and beans; cook for one minute. Add remaining ingredients. Cover and cook for 15 minutes over medium heat or until sweet potatoes soften. Remove and discard bay leaves. Blend remaining ingredients with a blender or whisk until smooth consistency.

*Makes eight servings.*

*Per serving: 110 calories, 0 g fat, 3 g protein, 25 g carbohydrate, 6 g fiber and 240 mg sodium*

## Taco Soup 1

- 1 lb. lean ground beef
- 1 tsp. garlic, chopped
- 1 medium onion, chopped
- 1 (15-oz.) can tomato sauce
- 2 c. water
- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 (15-oz.) can diced tomatoes
- 1 envelope taco seasoning
- Optional toppings: crushed taco chips, shredded cheese, light sour cream

Brown ground beef with garlic and onion. Drain well. Mix together tomato sauce, water, kidney beans, tomatoes and taco seasoning. Add to meat mixture. Cook until heated to at least 165 F. If desired, serve with crushed taco chips, cheddar cheese and sour cream.

*Makes six servings.*

*Per serving (without added toppings): 310 calories, 8 g fat, 30 g protein, 27 g carbohydrate, 9 g fiber and 310 mg sodium*



## Taco Soup 2

- 2 lb. ground beef
- 1 medium onion, chopped
- 2 (15.5-oz.) cans pinto, ranch-style, kidney or bean of choice (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 (14.5-oz.) cans stewed tomatoes
- 1 (14.5-oz.) can diced tomatoes and green chilies, drained
- 1 pkg. taco seasoning
- 1 pkg. Ranch dressing
- 1 tsp. garlic powder
- 1 (15-oz.) can whole-kernel corn
- 6 c. water
- Cheese, corn chips and sour cream (optional)

Brown ground beef and onions; drain well. Place in large soup pot and add rest of the ingredients. Bring to a boil and reduce heat; simmer 1½ hours. Top with cheese, chips and sour cream, if desired.

*Makes 12 servings.*

*Per serving: 300 calories, 8 g fat, 28 g protein, 21 g carbohydrate, 5 g fiber and 720 mg sodium*

*Featured in: FN1595, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## Three-Bean Chili

- 1 lb. lean ground beef
- 1 c. onion, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp. chili powder
- 1 tsp. ground cumin
- 3 Tbsp. brown sugar
- 1 (15-oz.) can diced tomatoes, undrained
- 2 c. tomato juice
- 1 (8-oz.) can tomato sauce
- 1 (15-oz.) can black beans, drained and rinsed
- 1 (15-oz.) can kidney beans, drained and rinsed
- 2 (15-oz.) cans pinto beans, drained and rinsed

Cook meat, onion and garlic in a large saucepan over medium heat until browned; drain. Add chili powder, cumin, brown sugar, undrained tomatoes, tomato juice and tomato sauce. Cook for 10 minutes or until thickened, stirring occasionally. Add beans; cook for five minutes.

*Makes 16 servings.*

*Per serving: 180 calories, 3 g fat, 15 g protein, 24 g carbohydrate, 7 g fiber and 125 mg sodium*



## Turkey and Bean Chili

- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, chopped
- ½ lb. ground turkey
- 2 Tbsp. tomato paste
- 1 tsp. ground cumin
- 2 tsp. chili powder
- 1 (28-oz.) can diced tomatoes, undrained
- 2 (15-oz.) cans kidney beans, rinsed
- ½ c. water
- ¼ c. reduced-fat sour cream
- Salt and pepper to taste
- Cilantro sprigs, for serving

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender. Add turkey and cook, breaking up with a spoon, until no longer pink. Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute. Add tomatoes (with liquid), beans, water, 1¼ tsp. salt and ¼ tsp. pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes. Serve with sour cream and cilantro.

*To Freeze: After cooking, cool chili quickly and completely. Once cooled, pour into a gallon-sized freezer bag or other freezer container. When ready to eat, thaw chili in refrigerator overnight. Once thawed, reheat by simmering on stove until heated throughout. You also may thaw recipe partially and heat in top of double boiler.*

*Makes eight servings.*

*Per serving: 170 calories, 3 g fat, 13 g protein, 23 g carbohydrate, 7 g fiber and 300 mg sodium*



## Venison or Beef Chili

- 2 lb. ground venison or beef, browned
- 1 medium onion, diced
- ½ green pepper, diced
- 2 (15-oz.) cans chili or kidney beans
- 1 (15-oz.) can tomato sauce
- 1 (15-oz.) can diced tomatoes
- 1½ c. water
- 1 packet chili seasoning (cumin and chili powder may be substituted)

Brown the meat with diced onion and green pepper. Drain. Add remaining ingredients and simmer for one hour.

*Makes six servings.*

*Per serving: 280 calories, 5 g fat, 24 g protein, 35 g carbohydrate, 9 g fiber and 1,300 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## White Chili 1

- 3 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 (4-oz.) can diced green chilies, drained
- 3 Tbsp. all-purpose flour
- 2 tsp. ground cumin
- 1 (14.5-oz.) can low-sodium chicken broth
- 2 (15.5-oz.) cans Great Northern beans, drained and rinsed\*
- 1½ c. cooked chicken, chopped (or turkey)

Optional toppings: shredded cheese, low-fat sour cream, salsa

\*Soaked, dry beans may be substituted

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Add chilies, flour and cumin; cook and stir for two minutes. Add chicken broth and mix well. Add beans and bring to a boil. Reduce heat and simmer for 10 minutes or until lightly thickened. Add cooked chicken and heat through. Garnish with toppings, if desired.

*Makes six servings.*

*Per serving: 310 calories, 10 g fat, 24 g protein, 29 g carbohydrate, 10 g fiber, and 380 mg sodium*

Recipe courtesy of Canned Food Alliance:  
[www.mealtime.org](http://www.mealtime.org)





## White Chili 2

- 2 (14-oz.) cans reduced-sodium chicken broth
- 1 medium onion, chopped
- 1 (4-oz.) can chopped green chilies
- 3 tsp. ground cumin
- 2 (15.5-oz.) cans Great Northern Beans, cooked
- 3 c. cooked chicken or turkey, diced
- 2 c. Monterey Jack cheese or other cheese of choice
- Cheese, chips, sour cream and salsa (optional)

Combine 3 c. of broth, onion, chilies, beans and cumin. Simmer for an hour. Add 1 to 1½ c. cheese and chicken. Cook until chili is thick and add additional broth as needed. Top with shredded cheese, nacho chips, sour cream and salsa if desired.

*Makes 12 servings.*

*Per serving: 180 calories, 7 g fat, 14 g protein, 14 g carbohydrate, 5 g fiber and 370 mg sodium*

*Featured in: FN-1385, "Now Serving: Tasty, Healthful Meals on a Budget – Week 3: Cost-saving Tips, Menus and Recipes," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1385.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1385.pdf)*

## White Chili 3

- 4 (15.5-oz.) cans Great Northern beans, with liquid
- 1½ lb. ground turkey
- 2 tsp. garlic powder or freshly minced garlic
- 2 medium onions, chopped
- ½ tsp. pepper
- 2 tsp. ground cumin
- 1 (4-oz.) can medium or hot green chili peppers
- 4 oz. reduced-fat Monterey Jack cheese, shredded

Brown ground turkey; drain fat. Combine everything but cheese in a slow cooker. Stir, cover and cook on low for three to 10 hours. Taste test; add more chili peppers 1 tablespoon at a time for a hotter taste. Ladle chili into soup bowls and top with shredded cheese.

*Makes eight servings.*

*Per serving: 430 calories, 9 g fat, 37 g protein, 52 g carbohydrate, 12 g fiber and 250 mg sodium*

*Featured in: FN1406, "Your Game Plan: Healthful Snacking for Sports Fans," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf)*

# Side Dishes



Cowboy Beans  
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Sizzlin' Baked Beans  
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## Barbecued Beans

- 1 lb. lean ground beef
- 1½ c. onion, chopped
- 1 (15.5-oz.) can baked beans, undrained
- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 c. ketchup
- 4 tsp. prepared mustard (or to taste)
- 2 tsp. cider vinegar
- ¼ tsp. salt (optional)

Brown the meat with onions in a nonstick pan over medium heat. Drain any excess fat. Spray slow cooker with nonstick cooking spray. Combine all ingredients in slow cooker. Cook on low for six to eight hours or on high for two hours.

*Makes eight servings.*

*Per serving: 320 calories, 8 g fat, 20 g protein, 40 g carbohydrate, 8 g fiber and 720 mg sodium*

*Featured in: "Eat Smart Play Hard" Together magazine available at [www.ag.ndsu.edu/eatsmart/](http://www.ag.ndsu.edu/eatsmart/)*

## Buckaroo Beans

- 2 c. (1 lb.) dry pinto beans
- 6 c. water
- 1 tsp. salt
- 2 lb. uncooked ham, cut into cubes
- 1 large onion, sliced thickly
- 1 tsp. dry minced garlic or 2 large garlic cloves, sliced thinly
- 1 small bay leaf
- 2 c. (16-oz. can) tomatoes
- 2 c. green pepper, chopped
- 1 tsp. chili powder
- 2 Tbsp. brown sugar
- 2 tsp. dry mustard
- ¼ tsp. oregano or cumin

Soak beans using preferred hot-soak method. Refer to "How to Cook Dry Edible Beans" on Page 5. Combine soaked, drained beans; 6 c. water; salt; ham; onion; garlic; and bay leaf in a large kettle. Cover and simmer until beans are tender (about one hour). Add remaining ingredients, cover and simmer to 165 F, about two hours. Enough liquid should be left on beans to resemble a medium-thick gravy.

*Makes eight servings.*

*Per serving: 240 calories, 6 g fat, 22 g protein, 23 g carbohydrate, 5 g fiber and 1,630 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Calico Beans

- ½ lb. ground beef
- 1 large onion, chopped
- 1 (15-oz.) can vegetarian beans or pork and beans
- 1 (15-oz.) can kidney beans
- 1 (15-oz.) can lima beans (You can use all the lima beans or save half to use in the pork and cabbage soup)
- ¼ c. brown sugar
- ⅓ c. ketchup
- 2 Tbsp. vinegar
- ½ tsp. pepper
- ½ tsp. mustard, optional

Cook the ground beef and chopped onion in a large pan. Drain off the fat. Add the other ingredients and mix. Cook on the stove on low heat for one hour. (Or you can bake in the oven at 350 F for one hour).

*Makes six servings.*

*Per serving: 290 calories, 2.5 g fat, 18 g protein, 51 g carbohydrate, 10 g fiber, and 720 mg sodium*

*Featured in: FN1383, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf)*

## Cowboy Beans

- 4 strips bacon, fried until crisp, drained and crumbled
- 1 lb. lean or extra-lean ground beef, browned and drained
- 1 medium onion, chopped
- ¼ c. brown sugar
- 1 c. ketchup (low-sodium)
- ¼ c. vinegar
- ¼ c. mustard
- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 (15.5-oz.) can butter beans, drained and rinsed
- 1 (15.5-oz.) can lima beans, drained and rinsed
- 1 (28-oz.) can baked beans (do not drain)

Brown meat and fry bacon. Mix all ingredients and cook in a slow cooker on high for three hours or low for eight hours.

*Makes 12 servings.*

*Per serving: 250 calories, 4.5 g fat, 19 g protein, 34 g carbohydrate, 8 g fiber and 240 mg sodium*

*Featured in: FN1511, "Now Serving: Slow Cooker Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf)*



## Cowboy Caviar

- ½ onion, chopped
- 1 green bell pepper, chopped
- ½ yellow pepper, chopped
- ½ sweet red pepper, chopped
- 1 bunch green onion, chopped
- 2 jalapeno peppers, chopped OR  
1 can green chilies
- 1 Tbsp. minced garlic
- 1 pint cherry tomatoes, quartered
- 1 (8-oz.) bottle zesty Italian dressing
- 1 (15-oz.) can black beans,  
drained and rinsed
- 1 (15-oz.) can black-eyed peas,  
drained and rinsed
- 1 can chickpeas (garbanzo beans),  
drained and rinsed
- ½ tsp. ground coriander
- 1 bunch fresh cilantro, chopped

In a large bowl, mix all ingredients but cilantro. Cover and chill in refrigerator for two hours. Toss with desired amount of cilantro and serve.

*Makes 12 servings.*

*Per serving: 140 calories, 4.5 g fat, 5 g protein, 20 g carbohydrate, 5 g fiber and 500 mg sodium*

*Featured in: "Eat Smart Play Hard" Together recipes available at [www.ag.ndsu.edu/eatsmart/](http://www.ag.ndsu.edu/eatsmart/)*

*\*Recipe courtesy of Kaye Effertz, Northern Pulse Growers Association*

## Dakota Calico Beans

- ¼ lb. bacon
- 1 lb. lean ground beef
- 1 medium onion, chopped
- ¼ c. brown sugar
- ½ c. chili sauce
- 2 Tbsp. vinegar
- 1 tsp. dry mustard
- 2 (16-oz.) cans baked beans
- 1 (15.5-oz.) can kidney beans
- 1 (15.5-oz.) can cranberry beans
- 1 (15.5-oz.) can navy beans
- 1 (15.5-oz.) can Great Northern beans
- 1 (15.5-oz.) can pinto beans

Fry bacon in skillet until crisp. Discard all fat. Drain bacon on paper towels. Brown ground beef and onion in same skillet. Drain beans (do not drain the baked beans). Combine all ingredients. Bake, covered, at 350 F for 45 minutes. For slow cookers: Combine all ingredients as given above. Cook on low for four to eight hours.

*Directions for freezing: Put leftovers in a microwave/oven-proof casserole, cover and freeze. Reheat in a preheated 350 F oven. Or cook in a microwave on high for four minutes, stir and continue heating until beans are of desired temperature.*

*Makes 20 servings.*

*Per serving: 240 calories, 6 g fat, 17 g protein, 33 g carbohydrate, 9 g fiber and 720 mg sodium*

*Featured in: FN602, "Beans: Agriculture to Health," available at [www.ag.ndsu.edu/pubs/yf/foods/fn602.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn602.pdf)*



## Green Beans Provencal

- 1 (16-oz.) pack of frozen green beans
- 1 Tbsp. olive oil
- 1 Tbsp. fresh parsley (Italian flat leaf)  
or 1 tsp. dried parsley
- Salt and freshly ground pepper  
(add to taste)

Heat olive oil over moderate heat in a skillet. Add green beans and sauté until heated through and soft-textured. Salt and pepper to taste and add parsley just before serving.

*Makes eight servings.*

*Per serving (before added salt):  
40 calories, 2 g fat, 1 g protein, 4 g carbohydrate,  
1 g fiber and 0 mg sodium*

## Seasoned Green Bean Fries

- 1 lb. fresh green beans, trimmed
- ½ c. water
- 1 egg
- ½ c. milk, low-fat
- 2 c. seasoned bread crumbs
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 c. all-purpose flour

Preheat oven to 375 F. Combine green beans and water in a saucepan. Cover and bring to a boil. Cook until beans are bright green, about four minutes. Drain and transfer to a bowl. Cover with cold water; set aside. In another bowl, whisk egg and milk together. In separate bowl, mix bread crumbs and seasonings. Drain beans and toss with flour to coat, shaking off excess flour. Dip a few beans into egg mixture at a time, then into crumbs, coating thoroughly. Place beans in a single layer on greased baking sheet. Spray lightly with cooking spray. Cook for 15 to 20 minutes or until crisp.

*Makes 16 servings.*

*Per serving: 100 calories, 1 g fat, 4 g protein,  
18 g carbohydrate, 2 g fiber and 120 mg sodium*



## Sizzlin' Baked Beans

- 1 (28-oz.) can original baked beans, undrained
- ½ green pepper, chopped
- ½ red pepper, chopped
- 1 onion, chopped
- 1½ Tbsp. molasses
- 1½ Tbsp. ketchup
- 4 strips uncooked turkey bacon, diced
- Salt and pepper to taste

In a 9- by 13-inch greased pan, mix all ingredients except turkey bacon. Sprinkle turkey bacon evenly over the top. Bake in preheated oven at 350 F for 40 minutes.

*Makes 12 servings.*

*Per serving: 100 calories, 1.5 g fat, 5 g protein, 19 g carbohydrate, 4 g fiber and 360 mg sodium*

# Main Dishes



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(photo by John Borge)



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(photo by John Borge)



Steak and Chickpea Stir-Fry  
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White Beans and Pasta  
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## Bean Bake

- 1 lb. lean ground beef
- 1 c. ketchup
- 1 pkg. dry onion soup mix
- ½ c. water
- 1 Tbsp. vinegar
- 1 Tbsp. prepared mustard
- 1 (15.5-oz.) can pork and beans
- 1 (15.5-oz.) can kidney or pinto beans  
(may substitute soaked dry beans;  
refer to “How to Cook Dry Edible Beans”)

Preheat oven to 350 F. Brown the beef and drain off fat. Combine beef with rest of ingredients. Put in a large casserole. Bake for one to 1½ hours.

*Makes eight servings.*

*Per serving: 300 calories, 7 g fat, 25 g protein, 34 g carbohydrate, 8 g fiber and 790 mg sodium*

*Featured in: FN159, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## Bean Tacos

- ½ lb. ground beef
- 2 (15.5-oz.) cans kidney, pinto or red beans
- 1 medium onion, chopped
- 1 pkg. taco seasoning OR  
1 Tbsp. chili powder
- ½ c. grated cheese
- 1 c. lettuce, chopped
- 2 tomatoes, chopped
- 8 soft tortillas
- Salsa

Chop onion. Brown onion and ground beef in frying pan. Pour off fat. Drain one can of beans and mash with a fork or puree in a blender. Drain other can of beans and add it to ground beef and mashed beans. Mix well. Fill warm tortillas with ground beef and beans, grated cheese, lettuce and tomatoes. Serve with salsa.

*Makes four servings.*

*Per serving: 780 calories, 15 g fat, 47 g protein, 112 g carbohydrate, 25 g fiber and 1,130 mg sodium*

*Featured in: FN1387, “Now Serving: Tasty, Healthful Meals on a Budget – Week 5: Time-saving Tips, Menus and Recipes,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf)*



## Beef Burritos

- ½ lb. ground beef
- 2 (15 to 16-oz.) cans kidney, pinto or red beans
- 1 onion, chopped
- 1 Tbsp. chili powder or 1 pkg. taco seasoning
- 8 large flour tortillas
- Salsa of choice

Chop onion. Brown ground beef and onion in frying pan. Drain fat. Mix in kidney beans and chili powder. Put a spoonful of meat mixture in the center of the tortilla. Fold opposite edges of the tortilla over the meat. Then fold both ends to the center so you form a pocket. Set burrito in baking dish. Heat burritos in covered dish for 10 to 15 minutes at 350 F. Serve with salsa.

*Makes eight servings.*

*Per serving: 390 calories, 7 g fat, 20 g protein, 63 g carbohydrate, 13 g fiber and 520 mg sodium*

*Featured in: FN1386, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf)*

## Black Bean and Rice Burritos

- 1 c uncooked rice
- 1 (15.5-oz.) can black beans, rinsed and drained
- 3 Tbsp. taco seasoning
- 1 c. salsa
- 4 oz. Monterey Jack cheese, shredded
- 8 burrito-sized corn tortillas

Cook the rice according to the package directions. In a large bowl, stir black beans, taco seasoning and salsa together. Add cooked rice and cheese, stirring to combine. Fill the tortillas with rice and beans. Wrap tortillas to enclose filling.

*To Freeze: Wrap each burrito in plastic wrap or foil and store in tightly sealed freezer bags. To reheat, microwave unwrapped on a plate for one minute 45 seconds. Serve with salsa, if desired.*

*Makes eight servings.*

*Per serving: 190 calories, 6 g fat, 7 g protein, 30 g carbohydrate, 4 g fiber and 440 mg sodium*



## Blackened Chicken and Beans

- 2 tsp. chili powder
- ¼ tsp. pepper
- 4 boneless skinless chicken breasts (1 lb. total)
- 1 Tbsp. canola oil
- 1 (15.5-oz.) can kidney beans
- 1 c. corn (canned or frozen)
- ¾ c. colored bell peppers, diced
- ½ c. onion, diced
- 1 c. salsa

Combine the chili powder and pepper; rub over both sides of the chicken.

In a large nonstick skillet, cook chicken in oil over medium heat for five to six minutes on each side or until meat thermometer reaches a temperature of 165 F. Remove and keep warm. Add the beans, corn, bell peppers, onion and salsa to skillet; bring to a boil. Reduce heat; cover and simmer for two to three minutes or until heated through. Transfer to serving dish and place on top of mixture.

*Makes four servings.*

*Per serving: 320 calories, 7 g fat, 33 g protein, 30 g carbohydrate, 8 g fiber and 370 mg sodium*

## Blazin' Stuffed Peppers

- 4 medium bell peppers, any color
- ½ medium onion, chopped
- 2 c. corn (fresh or frozen)
- 2 small tomatoes, chopped
- 2 (15.5-oz.) cans black beans, drained and rinsed
- 2 tsp. olive oil
- 1 tsp. cumin
- ½ tsp. cayenne pepper
- 1 garlic clove, minced
- 2 tsp. cilantro, finely chopped
- 1 c. shredded cheddar cheese (try Pepper Jack for more spice)

Rinse peppers and cut in half lengthwise; remove seeds. Place peppers in a large pot and cover with water. Bring to a boil, reduce the heat, cover and simmer for five minutes; drain. Set pepper halves on greased baking sheet. Preheat oven to 350 F. In a small skillet, sauté the chopped onion until tender.

Mix together onions, tomatoes, corn and black beans in a medium-sized bowl. In a small bowl, combine oil and seasonings; add to vegetable mixture and mix thoroughly. Fill pepper halves with mixture and top with cheese. Bake for eight to 10 minutes or until cheese is melted.

*Makes eight servings.*

*Per serving: 130 calories, 2 g fat, 7 g protein, 26 g carbohydrate, 7 g fiber and 240 mg sodium*



## Chickpea and Spinach Curry

- 2 Tbsp. margarine or butter
- 2 medium onions, peeled and finely chopped
- 2 cloves garlic, minced
- 2 tomatoes, chopped
- 3 Tbsp. flour
- 3 Tbsp. curry powder (or to taste)
- 2 c. vegetable stock
- 2 c. chickpeas (garbanzo beans), drained and rinsed
- 2 c. spinach, loosely chopped
- ½ c. seedless raisins, soaked in warm water

Heat margarine in a large skillet. Add onions and sauté until golden. Add garlic and tomato. Cook over low heat until tomatoes are soft. In a small bowl, combine flour and curry powder; stir into onion mixture. Cook to blend into thick paste. Using medium heat, gradually add stock, chickpeas and spinach, stirring often. Add raisins and cook to desired thickness. Serve over rice or white fish.

*Makes eight servings.*

*Per serving: 150 calories, 2 g fat, 6 g protein, 27 g carbohydrate, 4 g fiber and 240 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*

## Easy Supper Casserole

- 2 lb. lean ground beef
- 1 onion, chopped
- 1 c. dry macaroni
- 2 c. tomato juice
- 1 (15.5-oz.) can chili beans
- 1 tsp. oregano, crushed
- 2 tsp. chili powder
- 2 tsp. salt
- ¼ tsp. pepper
- 1 c. grated cheddar cheese

Brown ground beef in large frying pan or electric skillet; drain fat. Add chopped onion to ground beef; cook until onion is clear. Turn heat down; add macaroni, beans, juice and spices, stirring to combine. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice). Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

*Makes six servings.*

*Per serving: 240 calories, 5 g fat, 16 g protein, 31 g carbohydrate, 5 g fiber and 600 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Enchilada Casserole

- 1 lb. ground beef
- 1 can (15- to 16-oz.) kidney beans, rinsed and drained
- 1 can (15- to 16-oz.) pinto beans, rinsed and drained
- 1 c. onions, chopped
- ½ c. green pepper, chopped
- 2 medium tomatoes, diced
- 1 (10-oz.) can enchilada sauce
- ⅓ c. water
- 1 tsp. chili powder
- ½ tsp. cumin
- 2 c. Colby J cheese, shredded
- 6 whole-wheat or flour tortillas

Preheat oven to 425 F. Brown ground beef, onion and green pepper. Drain excess liquid. Mix beef, onion, pepper, beans, tomatoes and spices. In a 9- by 13-inch greased pan, layer tortillas, ground beef and vegetable mixture, and cheese. Continue to layer tortilla/meat mixture/cheese until full. Place in oven for 30 minutes. Casserole should be browned on top.

*Makes 12 servings.*

*Per serving: 310 calories, 10 g fat, 23 g protein, 29 g carbohydrate, 7 g fiber and 580 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*

## Lasagna

- ½ lb. ground beef cooked
- 1 (26-oz.) can low-sodium spaghetti sauce
- ¼ c. Parmesan cheese
- 8 oz. cooked lasagna noodles
- 2 c. cottage cheese
- 1½ c. low-fat mozzarella cheese
- 1 can (15.5-oz.) white beans, drained, rinsed

Mix beef and spaghetti sauce in a bowl. Puree beans. Mix pureed beans with the beef and spaghetti sauce. In a separate small bowl, mix Parmesan and cottage cheese. In a 9- by 13-inch greased pan, layer noodles to cover bottom of pan. Then layer spaghetti sauce, cottage cheese mix and mozzarella cheese. Repeat until you have three layers of noodles. Top with remaining spaghetti sauce and cheese.

- *To Freeze: Freeze before cooking in an aluminum pan. Cook frozen, covered with foil, at 400 F for 1½ hours.*

*Makes 12 servings.*

*Per serving: 240 calories, 5 g fat, 21 g protein, 26 g carbohydrate, 3 g fiber and 420 mg sodium*



## Mexi-Beef Casserole

- 1 (16-oz.) pkg. egg noodles, cooked
- 1 lb. lean ground beef
- 1 (15-oz.) can corn, drained
- 1 (15.5-oz.) can black beans, drained and rinsed
- 1¼ c. mild salsa
- 1 (4-oz.) can tomato sauce
- 1 (1-oz.) pkg. taco seasoning
- ¼ c. black olives, sliced (optional)

Preheat oven to 350 F. Cook noodles and drain. Brown beef in skillet and drain excess fat. In large bowl, combine all ingredients. Pour into a greased 9- by 13-inch pan. Bake for 30 to 40 minutes.

*Freezer meal: Slightly undercook noodles. Divide into meal-sized portions and place in freezer bags. Press flat and freeze. To serve: Thaw in the refrigerator. Remove from bag and place in a greased baking pan. Bake at 350 F for about 40 minutes.*

*Makes eight servings.*

*Per serving: 370 calories, 5 g fat, 22 g protein, 59 g carbohydrate, 6 g fiber and 800 mg sodium*

## Meaty Mung Beans

- 1 c. dried mung beans, soaked for an hour and drained
- 4 c. water
- 2 Tbsp. olive oil
- 8 oz. uncooked lean pork, cubed
- 2 garlic cloves, minced
- 1 small onion, finely chopped
- ½ c. tomato juice
- 8 oz. large fresh shrimp, deveined, halved lengthwise and crosswise
- Salt and white pepper

In a 4- or 5-quart Dutch oven, boil the beans in water for 10 minutes, reduce to simmer and continue cooking about 30 minutes, or until tender. As the beans cook, use a saucepan to sauté the pork in olive oil until browned; add garlic and onion and cook until onion is transparent, stirring often. Add tomato juice to pork mixture, cover and cook, stirring occasionally, for 30 minutes. Drain beans, return to Dutch oven, add pork mixture and shrimp, and stir thoroughly. Cover and continue cooking until shrimp is done, about five minutes. Fluff while seasoning to taste with salt and white pepper and serve.

*Makes six servings.*

*Per serving: 190 calories, 9 g fat, 17 g protein, 10 g carbohydrate, 3 g fiber and 260 mg sodium*



## Pasta e Fagioli 1

- 1 lb. lean ground beef  
(or ground sausage)
- 1 c. chopped carrots
- 2 cloves garlic, minced
- 1 (15.5-oz.) can red kidney beans  
with liquid
- 1 (15-oz.) can tomato sauce
- 1 Tbsp. white vinegar
- 1 tsp. oregano
- ½ tsp. pepper
- 8 oz. small shaped pasta
- 1 small onion, chopped
- 3 stalks celery, chopped
- 2 (14.5-oz.) cans diced tomatoes
- 1 (15-oz.) can Great Northern beans  
with liquid
- 1 (12-oz.) can V8 juice
- 1½ tsp. salt
- 1 tsp. basil
- ½ tsp. thyme

Brown meat in large saucepan over medium heat. Drain fat. Place all ingredients, except pasta, in slow cooker. Simmer seven to nine hours. Cook pasta according to directions until al dente. Drain and add pasta to soup. Simmer five to 10 minutes and serve.

*Makes eight servings.*

*Per serving: 410 calories, 9 g fat,  
24 g protein, 54 g carbohydrate, 6 g fiber  
and 1,130 milligrams sodium*

*Featured in: Eat Smart Play Hard Magazine 2009  
available at*

*[www.ag.ndsu.edu/eatsmart](http://www.ag.ndsu.edu/eatsmart)*



## Pasta e Fagioli 2

### For Bean Preparation:

- 1¼ c. (8 oz.) white cannellini beans  
or 2 (15.5-oz.) cans of cooked  
cannellini beans
- 2 bay leaves
- 2 whole garlic cloves
- 1 c. (loosely packed) fresh sage  
(or 3 Tbsp. dried sage). If using dried  
sage, place it, the bay leaves and garlic  
cloves in a bouquet garni so that it can  
be removed after baking the beans
- 1 Tbsp. olive oil

### For Preparation of Meat, Vegetables, and Pasta:

- 4 Tbsp. olive oil
- 2 oz. pancetta (or ham) chopped
- 2 medium-sized carrots chopped
- 1 celery stalk chopped
- 1 medium sized onion chopped
- 4 garlic cloves chopped
- 6 c. chicken broth (stock)
- 1½ c. tagliatelle chopped (can substitute  
any pasta noodle)
- 2 fresh rosemary sprigs finely chopped  
(or ¼ tsp. dried rosemary)
- 6 fresh thyme sprigs finely chopped  
(or ½ tsp. dried thyme)
- Salt and freshly ground pepper  
(add to taste)

- **For Beans:** Soak beans overnight in cold water, drain (or use canned beans). Place in a deep casserole dish with liquid. Preheat oven to 350 F, add bay leaves, whole garlic cloves, sage leaves and olive oil. Cover and bake for 1½ hours.

### • For Meat, Vegetables and Pasta:

Heat 4 Tbsp. olive oil in a large sauce pan over medium-high heat. Add onion, carrots, celery, chopped garlic and pancetta (ham), and sauté until carrots and onions are soft. Pour in broth, reduce heat to low and simmer one hour.

- Discard sage and bay leaves from beans. Puree half of the beans and add them with their cooking liquid and the whole beans to the broth mixture. Bring to a boil. Add the tagliatelle and cook until al dente. Sprinkle in the rosemary and thyme and season with salt and pepper and serve.

*Makes eight servings.*

*Per Serving: 210 calories, 7 g fat, 9 g protein,  
28 g carbohydrate, 5 g fiber and 830 milligrams sodium*





## Pinto Bean Beef Tacos

- 1 (15.5-oz.) can pinto beans
- 1½ lb. lean ground beef
- 1 medium green pepper, diced
- 2 Tbsp. onion, chopped
- 1 Tbsp. sugar
- 1 tsp. salt
- 2¼ tsp. chili powder
- 1 Tbsp. cumin
- 2 (8-oz.) cans tomato sauce
- 24 taco shells
- 2 c. lettuce
- 6 oz. cheddar cheese

Mash beans with enough liquid to make thick puree. Brown ground beef. Add pepper, onion, sugar, salt, chili powder and cumin. Cook three to five minutes. Stir beef mixture and tomato sauce into bean puree. Cook slowly for 30 minutes or until thickened, stirring occasionally. Fill taco shells and top with lettuce and cheese.

*Makes 24 servings.*

*Per serving: 170 calories, 7 g fat, 12 g protein, 13 g carbohydrate, 2 g fiber and 300 mg sodium*

## Quick Skillet Hot Dish

- 1 lb. ground turkey or beef
- 1 (5-oz.) package macaroni
- 1 (1-oz.) package dried onion soup mix
- 1 (15.5-oz.) can kidney beans
- 1 (15-oz.) can corn
- 1 (10.5-oz.) can tomato soup or 1 (8-oz.) can tomato sauce plus 1 can water
- 2 c. water

Brown ground turkey or beef in a frying pan. Drain fat. Add the other ingredients, plus 2 c. water. Cook at a low heat for 10 minutes or until the macaroni is cooked and all the liquid is gone.

*Makes six servings.*

*Per serving: 340 calories, 3 g fat, 29 g protein, 48 g carbohydrate, 9 g fiber and 400 mg sodium*

*Featured in: FN1387, "Now Serving: Tasty, Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf)*

*\*Developed by the dietetic students at the College of St. Benedict and St. John's University, Minnesota.*



## Ramen Noodle Casserole 1

- 1 lb. cooked lean ground beef, diced ham or other meat
- 1 can reduced-fat cream soup (any kind)
- 1 can green beans or peas, undrained
- 2 pkg. ramen noodles (any flavor – do not add flavor packet into the recipe)

If using meat that needs to be cooked, do so in a large skillet; drain fat. Stir soup and undrained vegetables into the meat. Break up the ramen noodles and stir into the soup mixture. Cover and simmer at a low boil until noodles are done, about 10 minutes.

*Makes eight servings.*

*Per serving: 170 calories, 5 g fat, 19 g carbohydrate and 560 mg sodium*

*Featured in: FN1595, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## Ramen Noodle Casserole 2

- 2 c. vegetables (carrots, peas, corn, onion, celery, broccoli, green beans, spinach)
- 1 Tbsp. olive or canola oil
- 1 pkg. ramen noodles, any flavor
- ½ c. water

Sauté vegetables in oil until tender-crisp (about five to 10 minutes). Crush ramen noodles and add to vegetables along with the seasoning packet and water. Cover and simmer for about 10 minutes, stirring occasionally, until the water is absorbed and noodles are tender.

Note: You also can add cooked chicken.

*Makes four servings.*

*Per serving: 120 calories, 4 g fat, 3 g protein, 18 g carbohydrate, 3 g fiber and 370 mg sodium*

*Featured in: FN1561, “Cooking 101: Week 6,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1561.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1561.pdf)*



## Red Beans and Rice Burritos

- 2 c. cooked rice
- 1 small onion, chopped
- 2 c. cooked kidney beans  
(or 1 15-oz. can, drained)
- 8 flour tortillas, about 10-inch size
- ½ c. salsa
- Canned chopped jalapeno peppers  
(if desired)
- Grated cheese

Mix rice, chopped onion and beans. Put each tortilla on a flat surface. Put about ½ c. of the rice mixture in the middle of each tortilla. Fold the sides of the tortillas to hold the rice and beans. Put folded and filled tortillas (burritos), seam side down, in a baking pan. Bake in the oven at 300 F for 15 minutes (or heat the burritos in a microwave in a glass baking dish). Pour salsa over burritos. Add jalapeno peppers (if you like) and cheese. Serve hot.

*Makes four servings.*

*Per serving: 520 calories, 10 g fat, 19 g protein, 86 g carbohydrate, 12 g fiber and 810 mg sodium*

*Featured in: FN1383, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf)*

## Rice Hot Dish

- 1 lb. lean ground beef
- 1 (15.5-oz.) can kidney beans, drained
- 4 to 6 medium potatoes, peeled and sliced
- 1 (10-oz.) can tomato soup
- 1 (6- to 8-oz.) box seasoned rice
- ½ c. water

Set oven at 350 F. Wash, peel and slice potatoes. Drain kidney beans. Layer half the sliced potatoes on the bottom of the baking pan. Place one-half can of kidney beans on top of the potatoes. Place one-half of ground beef on top of the kidney beans. Place one-half of the rice on top of the beef. Repeat steps. Sprinkle the rice seasoning on top of the layers. Mix water and tomato soup together and pour over everything. Bake for 1½ to two hours.

*Makes six servings.*

*Per serving: 490 calories, 4.5 g fat, 28 g protein, 85 g carbohydrate, 13 g fiber and 230 mg sodium*

*Featured in: FN1386, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf)*



## Sensational Five-layer Dinner

- 1 lb. ground beef, browned and drained
- ½ c. onion, chopped
- 2 to 3 medium potatoes, sliced
- 2 c. carrots, sliced
- ¼ tsp. black pepper
- 1½ c. green beans (canned and drained or frozen)
- 1 (14.5-oz.) can tomato soup

Brown beef with chopped onion and drain. Preheat oven to 350 F. Grease baking pan or casserole dish. Layer ingredients in order given and cover. Bake for 45 minutes or until tender. Uncover and bake 15 more minutes.

*Makes six servings.*

*Per serving: 310 calories, 8 g fat, 27 g protein, 33 g carbohydrate, 5 g fiber and 480 mg sodium*

## Sloppy Joes With Beans

- 1 medium onion (chopped)
- ½ lb. ground beef
- 2 (15.5-oz.) cans kidney beans (drained and rinsed)
- 1 c. barbecue sauce or ketchup
- ½ c. yellow mustard
- ¼ c. Worcestershire sauce
- 8 whole-wheat burger buns

Brown ground beef and onion in skillet over medium heat until beef is no longer pink. Add beans, barbecue sauce or ketchup, mustard and Worcestershire sauce. Simmer for about 10 minutes or until desired consistency is reached. Serve on hamburger buns or freeze to be served later.

*To Freeze: Cool Sloppy Joe mixture quickly and completely. Once cooled, pour into a gallon-sized zipped bag or other freezer container. When ready to eat, thaw in refrigerator overnight. Once thawed, reheat by simmering on stove or in slow cooker set on low setting until heated throughout. You also may thaw recipe partially and heat in top of double boiler.*

*Makes eight servings.*

*Per serving: 290 calories, 4.5 g fat, 49 g carbohydrate, 16 g protein, 8 g fiber and 540 mg sodium.*



## Steak and Chickpea Stir-Fry

- 8 oz. boneless sirloin steak, trimmed and cut into strips
- 1 (15.5-oz.) can chickpeas (garbanzo beans), drained and rinsed
- 7 Tbsp. water
- 1 Tbsp. cornstarch
- ½ red bell pepper, cut into strips
- ½ green bell pepper, cut into strips
- 1 Tbsp. garlic, minced
- ½ tsp. ground ginger
- ¼ tsp. red pepper flakes
- ¼ c. teriyaki basting sauce
- 2 Tbsp. soy sauce

Heat a large skillet over medium heat. Coat pan with nonstick cooking spray; add steak strips. Fry for five minutes or until steak is fully cooked. Transfer to plate. Mix cornstarch and 3 Tbsp. water; add chickpeas, remaining water, peppers, garlic, ginger, red pepper flakes, soy sauce and teriyaki sauce to pan and cook for five minutes. Return beef to vegetable mixture and toss to coat. Serve over rice noodles or brown rice.

*Makes four servings.*

*Per serving: 230 calories, 2.5 g fat, 20 g protein, 29 g carbohydrate, 2 g fiber and 520 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*



## Tamale Pie

- 1 lb. extra-lean ground beef
- 1 c. masa harina or cornmeal
- ½ tsp. baking soda
- ½ tsp. salt
- 2 eggs
- 1 c. cream-style corn
- ¼ c. oil
- ⅔ c. buttermilk
- 1½ c. (6-oz.) shredded cheddar cheese, divided
- 1 (4-oz.) can green chilies
- 1 large onion, chopped finely, divided
- 1 (15.5-oz.) can chili beans
- 1½ tsp. chili powder
- 1 (8-oz.) can tomato sauce
- ½ c. raisins, optional

Preheat oven to 350 F. Grease and flour an 8- or 9-inch-square or 7- by 11-inch baking dish. Brown the ground beef. Stir and turn occasionally as you prepare the cornbread. Combine the masa, baking soda and salt in a mixing bowl. In a small bowl, beat the eggs lightly with a fork, then add eggs, corn, oil, buttermilk, 1 c. of cheese, green chilies and half the chopped onion to the dry ingredients. Mix thoroughly and set aside.

Add the rest of the onion to the browned ground beef and stir. Sauté until onion is clear, about five minutes. Add beans, chili powder, tomato sauce and raisins, if desired. Stir to combine and scrape the browned bits off the bottom of the pan into the mixture. Adjust seasoning to taste.

Spread half the cornbread in the baking dish. Spoon the meat-bean mixture on top of the cornbread, spread evenly and then top with the rest of the cornbread. Spread cornbread to fully cover the meat-bean mixture. Bake uncovered for one hour or until the cornbread is done. Sprinkle remaining ½ c. cheese over the top of hot casserole.

*Makes eight servings.*

*Per Serving: 382 calories, 14.5 g fat, 15 g protein, 37 g carbohydrate, 5 g fiber and 945 milligrams sodium*

*Featured in: Eat Smart Play Hard Magazine 2010 available at [www.ag.ndsu.edu/eatsmart](http://www.ag.ndsu.edu/eatsmart)*

*\*Recipe courtesy of Lynne Bigwood, Northharvest Bean Growers Association*



## White Beans and Pasta

8 oz. whole-wheat pasta shells,  
ziti or rigatoni

2 Tbsp. canola oil

1 (15.5-oz.) can cannellini beans,  
drained and rinsed

1 large clove garlic, minced  
(1 tsp. prepared garlic)

3 c. canned tomatoes, diced

¼ c. black olives, pitted and chopped

1 tsp. dried basil

¼ tsp. salt

⅛ tsp. ground pepper

¼ c. shredded Parmesan cheese

Heat a large pot of water to boiling. Cook pasta, stirring occasionally, until just tender, eight to 10 minutes or according to package directions. Drain. Meanwhile, heat oil in a large skillet over medium heat. Add beans and garlic; cook, stirring frequently, until the beans are just heated through, two to three minutes. Remove from the heat. Add tomatoes, olives, basil, salt and pepper. Stir gently to combine. To serve, top pasta with bean mixture and cheese.

*Makes six servings.*

*Per serving: 280 calories, 8 g fat, 11 g protein,  
44 g carbohydrate, 7 g fiber and 500 mg sodium*

# More Information

[www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

[www.beancap.org](http://www.beancap.org)

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