

# Main Dishes



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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*