

Side Dishes



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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/

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



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

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



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/

**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



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