

Legume Recipes

<p><u>Delicious Herbed Beans</u> 2 c pinto beans 1 clove garlic ½ tsp Rosemary ½ tsp Sage ½ tsp Basil ½ tsp Thyme 1 TBSP cider vinegar 1 tsp salt</p>	<p>Put herbs in metal tea bag, cook with beans and garlic 2-3 hours or till tender. Add salt and vinegar just before serving.</p>	<p><u>Spicy Black Beans</u> 3 c black beans Dash black pepper ½ tsp each of cinnamon, cloves, coriander, cumin, cardamom, oregano, thyme 2 TBSP lemon juice 1 ½ tsp salt Cook beans 2-3 hours till tender. Turn off heat, then add remaining ing, and let sit with lid on for 1 hour before serving.</p>
<p><u>Basic Chili</u> 3 c pinto beans 2 tsp salt 1 qt tomato juice 1 TBSP chili powder Cook beans till tender (about 3 hours) Add other ingredients and simmer slowly without lid another 1-2 hours, stirring occasionally. If desired, you can cook a chopped onion with 1lb ground beef, and add to beans.</p>		<p><u>Chickpea Stew</u> 3 c chickpeas 1 bay leaf 1 chopped onion 2 diced carrots 1 celery stalk, chopped 2 cloves garlic 2 c raw veggies (peas, broccoli, cauliflower) ½ tsp dried rosemary 2 tsp salt ½ c tomato sauce 1 TBSP olive oil</p>
<p><u>Lentil Stew</u> Layer in saucepan 1 TBSP Kombu or other seaweed 1 diced onion 2 celery stalks with leaves, chopped 2 c winter squash, 1 in squares 1 c lentils 1 TBSP dried parsley 1 tsp salt 2 c water Simmer covered, 30 mins</p>		<p><u>Three Bean Soup</u> (Timing is important with this soup) 3 hours before serving: Cook 2 c lima beans in 6 c water. Add tea bag containing, 1 tsp allspice, 1 tsp peppercorns, 2 bay leaves. In another pan cook 2 c kidney beans in water. 1 hour before serving: Add two cups split peas to lima beans. Add more water if needed. 10 minutes before serving: To lima beans, add three tsp salt, 1 chopped onion, two large handfuls of chopped celery leaves. Add kidney beans and 1 TBSP coconut oil before serving.</p>
<p><u>The Best Hummus</u> 1 c chickpeas ¼ c olive oil 1 ¼ tsp salt ¼ c tahini ½ lemon, juiced 2 cloves garlic 1 tsp dried oregano</p>	<p>Cook chickpeas in 2 c water until tender, about 2 hours. Mash. Add other ing. Mix well. Or use food processor till smooth.</p>	<p><u>Yummy Bean Dip</u> 3 c cooked, mashed pinto beans ½ c frozen corn 1 tsp salt 1 c tomato sauce ½ c salsa 1 TBSP lime juice 2 TBSP olive oil Few dashes of cayenne</p>

Cook chickpeas and bayleaf in water 2-3 hours, until tender. Saute veggies in water 3-4 min, add all ing.

Mix well and serve, as dip for veggies or chips.