

EASY BEAN RECIPES

VEGETARIAN CHILI

Makes: 4 Servings

Ingredients:

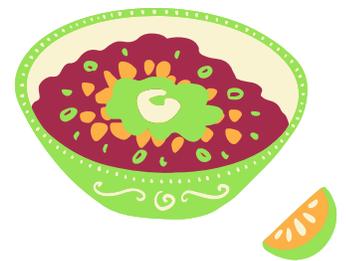
- 2 14.5 oz cans beans
- 1 14.5 oz. can of tomatoes
- 1 onion, chopped*
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1/4 tsp. garlic powder
- 1/4 tsp. each salt & pepper

Optional add-ins:

Corn, peppers, squash, sweet potato, spinach (fresh or frozen)

Instructions:

Combine all the ingredients in a small pot. Bring to a simmer and cook on low for 20-30 minutes, until the onions and any other vegetables are soft. Serve with cooked rice or other grain for an even heartier meal.

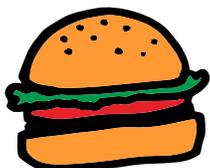


BLACK BEAN VEGGIE BURGERS

Makes: 4 Servings

Ingredients:

- 1 14.5 oz. can black beans
- 1/2 cup chopped veggies*
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 egg
- 1 tsp. cumin
- 1/4 tsp. salt
- 1 Tbsp. salsa (optional)
- 1/2 cup cooked rice
- 1/2 cup bread crumbs



Instructions:

1. Combine all ingredients in a food processor, or mash with a potato masher, until uniform consistency.
2. Form into patties on a foil-lined pan and freeze for 2 hours.
3. Cook in an oiled pan over medium heat for 5-7 minutes per side, or bake in the oven on an oiled baking sheet for 14 minutes at 375 F.
4. Serve with your favorite burger toppings!

LENTILS & RICE "MUJADARA"

Makes: 4-6 Servings

Ingredients:

- 1 cup brown or green lentils
- 1 cup white rice
- 4 cups water
- 3 Tbsp. olive oil
- 2 onions
- 2 tablespoons cumin
- 1 teaspoon salt
- 1/2 tsp. black pepper

Toppings (optional):

- Plain yogurt

Instructions:

1. Boil the lentils in the 4 cups of water for 10 minutes on medium heat.
2. While the lentils are cooking, dice the first onion and sauté in a small pan with 1 tablespoon of olive oil until translucent. Add the cumin and sauté for 1 more minute, set aside.
3. Slice the remaining onion into thin slices and sauté in the same pan with 2 tablespoons of oil on medium-low heat until deep golden brown and caramelized. Stir often to prevent the onions from burning. These will be the garnish when the dish is finished.
4. Wash the rice thoroughly in a mesh strainer. Add the rice and the sautéed diced onion to the lentils.
5. Season with salt and pepper and turn the heat down to low. Cook, covered, for 15 minutes until the rice is cooked and all the water has been absorbed.
6. Transfer the rice and lentils to a serving dish and garnish with the caramelized onions.
7. Serve with yogurt on the side, and a fresh salad.



Recipe adapted from www.simplyleb.com

MORE BLACK BEAN RECIPE IDEAS



Black Bean Quesadillas

Layer cheese, beans, chopped veggies, and more cheese between two tortillas, and toast until golden on each side!

Black Bean Salad:

Combine black beans with any combination of the following: corn, tomatoes, diced peppers, other beans, diced cooked sweet potato or squash, avocado, minced red onion. Season the mixture with olive oil, lime juice, garlic, cumin, salt & pepper, and fresh cilantro if available.

Southwestern Sweet Potatoes:

Top baked sweet (or white) potatoes with black beans, shredded cheese, and whatever other taco toppings you have on hand!

Burrito Bowls:

Top cooked rice with beans and your favorite taco or burrito fillings, such as chopped tomatoes, shredded lettuce, red onion, cilantro, salsa, sour cream and shredded cheese.

MORE CHICKPEA RECIPE IDEAS



Crunchy Chickpea Snacks:

rain & rinse chickpeas. Spread them on a baking sheet in a single layer. Cook in a 400° oven for 20 minutes. Toss with olive oil and some seasonings (savory or sweet), and continue baking for 20 more minutes, or until crispy.

Chickpea of the Sea:

Lightly mash some chickpeas, mix in some mayo and your favorite tuna or chicken salad seasonings. Enjoy as you would tuna or chicken salad. Thinking outside the sandwich, try it on top of cucumber slices, in a pita pocket with lettuce & tomato, or with whole grain crackers.

Hummus:

In a food processor, combine 1 can cooked chickpeas (drained & rinsed), 1-2 cloves garlic, 1-2 Tbsp. lemon juice, and ½ cup olive oil (plus ¼ cup tahini, if available).

Pasta and Chickpeas (Pasta e Ceci):

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| 2 Tablespoons olive oil | 15 oz. chickpeas |
| 2 cloves garlic, peeled & smashed | 1/2 cup uncooked small pasta |
| 3 Tbsp. tomato paste | 2 cups boiling water |
| 1/2 tsp. salt | Black pepper and/or red pepper flakes |

Optional Finishing Oil: In a small pan, heat 3 Tbsp. olive oil, 1 clove garlic (minced), 1 tsp. minced rosemary, and a little salt & red pepper flakes until the garlic turns lightly golden.

In a pan over medium heat, sauté the garlic in the oil until fragrant. Add the tomato paste, salt, and pepper, stirring for 30 seconds. Add the chickpeas, pasta and water. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and a lot of the liquid has been absorbed, 15 to 20 minutes. Drizzle the finishing oil over the pasta and serve!