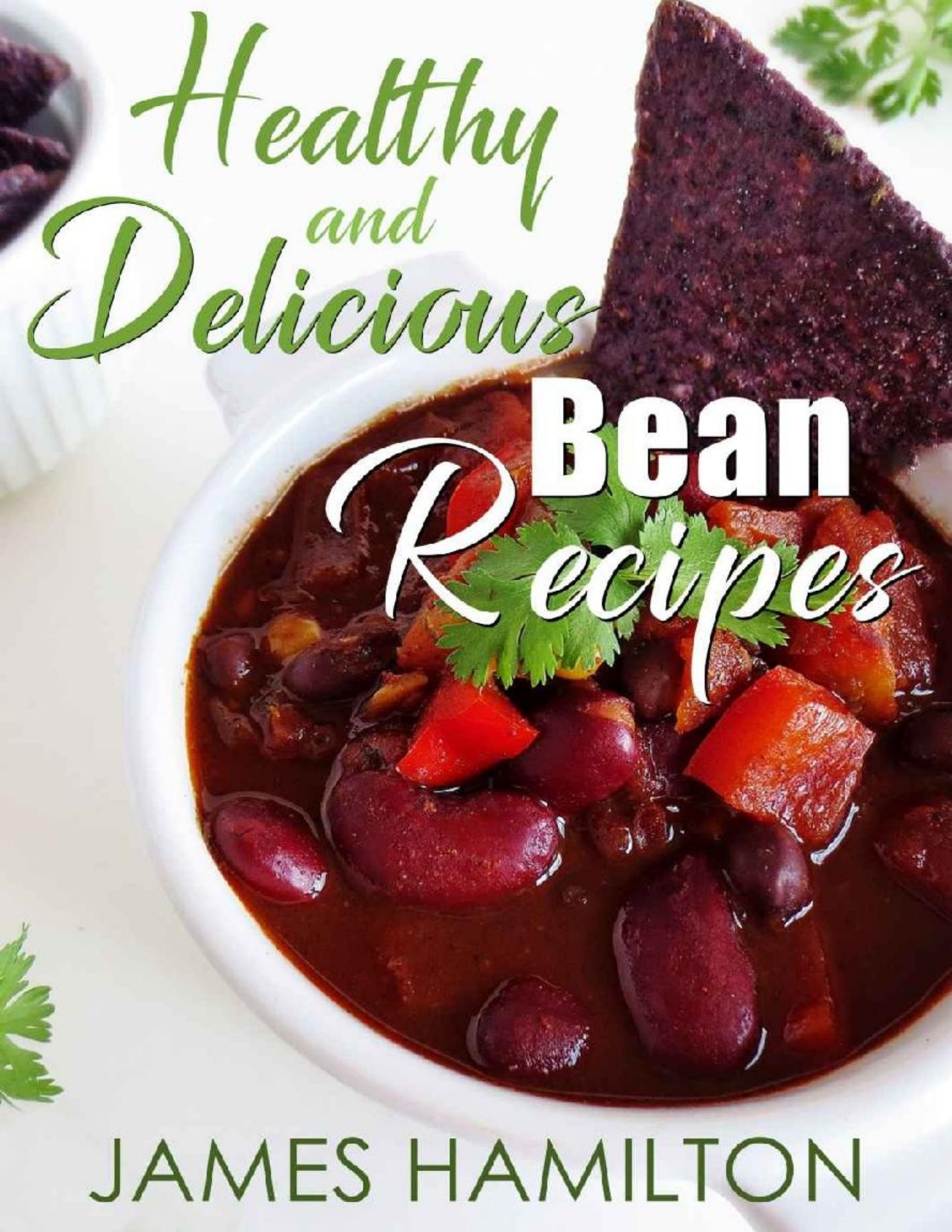




*Healthy
and
Delicious* **Bean**
Recipes

JAMES HAMILTON

HEALTHY AND DELICIOUS BEAN RECIPES



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INTRODUCTION

Beans are one vegetable which represents a nutritional storehouse and in addition they provide the chef of the house with an economical means of providing a varied menu. With a little kitchen imagination you too can make beans palatable enough for even the picky eater to enjoy.

There are several things that you can do to enhance the desirability of beans. First, try cooking your beans with russet potatoes. Potatoes tend to offset the undesirable graininess which some people experience and dislike when eating beans. Use spices generously as this bland taste is another reason most people object to beans in their diet.

Beans with potatoes and carrots, celery, garlic, and onions added provide an enjoyable Soup that has been gaining quite a gathering of fans.

Soups which are based upon several different types of beans can often be improved by adding more potatoes to it than beans. Once again you would want to season it well and perhaps add some additional vegetables for that extra flavor.

Another trick to try is to take cooked beans and add them to mashed potatoes. Add a drizzle of olive oil or butter to them to enhance the taste. For dinner serve this bean-potato dish with a green salad.

Take the same mixture above and make one inch meat balls with it and fry them with a slight bit of olive oil. Just about any type of bean which would mash up will work for this recipe. The idea here is to hide the actual taste and texture of the beans. These are actually a form of veggie burger and they too provide another option for using this bean-potato

mixture.

Another way you can present beans into your family's diet is to include them in your vegetable soups. Don't overdue it but just a small quantity at a time. Over a period of time you could slowly increase your bean addition.

Favorite beans for this are Navy beans, great northern beans or perhaps the red pinto beans. Avoid black eyed beans and lentils as they are generally too strong for vegetable soups.

If you make your own bread you can perhaps include mashed beans into many of your recipes. With yeast breads you can add one cup of beans to 5 cups of flour.

Bean dips made from different beans are usually a popular item with both kids and adults. Try using some pinto or kidney beans for starters. For an added treat try adding some melted nacho cheese into your dip and serve it with chips.

This is merely a few ideas to help boost the bean in popularity. In this guide, I'm revealing a top collection of healthy and delicious 25 bean recipes you can add to your menu ideas that will help you on your way to incorporating beans into your daily meal recipes.

What are you waiting for?

Let's get started!

CHAPTER 1: BENEFITS OF BEANS

Legumes, also called beans, are some of the world's most ancient cultivated plants. According to fossil records, prehistoric man was familiar with growing and eating legumes.

There are now more than 33,000 types of legumes, and legumes are the second most popular food (grains being the first) for providing protein to people around the world. In comparison to grains, however, beans have approximately an identical number of calories, but contain two to three times more protein. As a matter of fact, beans are really a superfood.

Here is a list of some popular bean varieties: pinto, kidney, navy, black, lima, and mung beans.

There are many other varieties of beans, including Great Northern beans, Cannellini beans (white kidney beans), garbanzo beans (chickpeas), and kidney beans (pink, red, white/cannellini, light, and dark). As consumers become more and more interested in beans, there are brand new varieties that are coming into the market on a regular basis.

What is the reason for this sudden interest in beans?

Actually, there are a couple reasons. Beans are hearty, taste delicious, and contain many nutrients that are beneficial to maintaining good health. You can purchase dried beans throughout the year in supermarkets, grocery stores, whole food markets, health food stores, specialty stores, farmer's markets, and roadside stands.

Beans are an excellent source of low-fat protein, folate, fiber potassium, B vitamins, magnesium, iron, and phytonutrients. They are sometimes referred to as the poor man's meat because they contain an abundant amount of protein. Actually, beans are among the healthiest, budget-

friendly protein supplies anywhere.

Lysine is an amino acid that is not commonly found in many plant proteins, but beans are an exception, because they are high in lysine. This causes beans to be an excellent choice for people who are vegetarians, consuming such healthy dishes as rice and beans.

Lysine is one of the two amino acids that the body needs in order to synthesize Carnitine. Carnitine is essential to your body's ability to produce energy.

There is a familiar saying that beans are good for the heart. This is true, but there are a lot more benefits from beans. Beans supply a lot of soluble fiber in the diet. When soluble fiber moves its way through the digestive tract, it catches cholesterol-containing bile and drains it out of the body before it has a chance to be absorbed.

You can actually make your total cholesterol level go down up to 10% in six months by simply eating one cup of beans daily. Reducing your overall cholesterol level may also lower the incidence of heart attack.

Beans are packed with fiber to curb cravings and leave you with a sense of satiety. Beans also aid in lowering blood pressure levels, which helps to protect the heart.

Besides their ability to lower both cholesterol and blood pressure, beans additionally prevent blood sugar levels from going up too fast after eating food. This is why beans are a great food for diabetics, people who are resistant to insulin, or those who suffer from hypoglycemia.

Beans contain fiber for a constant supply of energy. Beans are also packed with water soluble vitamins, particularly thiamine, niacin, riboflavin, and folacin. Folate is essential for lowering concentrations of homocysteine. Without sufficient folate in your diet, your homocysteine level increases

and can cause harm to your blood vessels and your heart.

In addition to folate, beans also contain a good amount of calcium, magnesium, and potassium, all of which are healthy minerals and electrolytes which, when combined, can help to lessen the risk of high blood pressure and heart disease.

For anyone who wants to burn off fat, beans are indispensable. Their bulk will leave you feeling full without adding excess calories.

There is also research indicating that beans can help to prevent several types of cancer, particularly pancreatic, colon, breast, and prostate cancers. This is because of lignins, a phyto-estrogen found in beans that has properties similar to those of estrogen.

The risk of getting estrogen-related cancer, such as breast cancer, can be reduced by incorporating lignins in your diet. It is also believed that they can offer protective benefits for the male reproductive system by warding off cancers. Intestinal cancer might be prevented by incorporating phylates and other compounds found in beans into the diet.

Beans contain antioxidants, which help to protect the heart from damage caused by free radicals, reduce inflammation, and help wounds to heal.

Garbanzo beans, or chickpeas, as they are commonly called, contain a high level of antioxidants from phyto-chemicals called saponins. Chickpeas are not only a reliable source of protein and folate, but can also help people to lower their cholesterol levels. When you have so many beans to choose from, it makes sense to add beans to your fat burning diet every day.

CHAPTER 2: HOW TO COOK BEANS

People who eat beans on a regular basis have the benefit of lowering their cholesterol levels. The fact that they are low in calories plus contain a great deal of fiber make them an ideal choice for your fat-burning diet and daily nutrition.

When looking to purchase dried beans, you want to shop at a grocery store or market that does a lot of business so it is bringing in fresh goods all the time.

Choose the freshest dried beans rather than a product that's been in the store a year. Try to find beans that aren't very old. This might not be an easy task, so you may have to depend on your market for their freshness.

You will realize the importance of buying fresh beans if you ever have the experience of cooking beans for many hours, only to realize that they are still not cooked. Do you understand the reason why? The reason is that the beans are not fresh.

Whenever you buy beans in a whole foods market or any supermarket that sells dried beans in bulk, inspect the receptacles to make certain they have lids and look sanitary. Make sure you look to see if there is any powder around beans that come in bags. This indicates they are not fresh. Choose beans that are intact rather than broken.

Before cooking your beans, you should look at them carefully when they are still dry, and remove any extra debris, such as rocks, insects, and lumps of dirt. You're going to find some, however it's easy to remove any. Next, rinse off the beans by putting them in a colander and running cold water over them.

After this step, soak the beans for a minimum of one hour; soaking beans

overnight is even better. You should always soak any variety of dried beans overnight before you cook them.

Common knowledge dictates that when you soak beans for a longer time period, you do not need to cook them as long, and they will cause less gastric disturbance. Beans that are fresh and recently picked cook up faster. Pressure cooked beans may be used in certain recipes to obtain a better result.

You can add beans when preparing dishes however you like. You will learn that adding beans to any recipe will add additional health benefits. The following are a few quick ideas. I know you will be able to discover many more ideas on your own.

Beans are a fine addition to any soup, salad, or casserole dish. They can also be made into a puree. Prepare a batch of hummus using garbanzo bean puree with minced garlic and olive oil.

It is simple to make a Middle Eastern type of pasta if you add garbanzo beans to whole grain penne pasta, then mix these ingredients with extra virgin olive oil and mild-flavored cheese, then sprinkle with fresh oregano.

Simmer precooked garbanzo beans in some tomato paste, add curry to the mixture, then add some chopped almonds; pour this mixture over brown rice. Toss some garbanzo beans into your salad, soup, or stew recipes.

Mix garbanzo beans with various herbs and sauces for a delicious treat.

Traditionally, chili is made with red kidney beans; red kidney beans are also used when preparing tacos and Mexican soups. Helpful hint: Substitute beans for the beef in these recipes.

If you want to make your own distinct take on tamale pie, when you make

kidney beans consider putting them over cornbread and then grate low-fat or fat-free cheese on top. Mix black, white, and red kidney beans with tomatoes and scallions, and toss with a dressing made of extra virgin olive oil, fresh lemon juice, and black pepper to make a tasty three-bean salad.

You can cook a delicious meal from Tuscany that is prepared using white, cannellini beans (large kidney beans that are white instead of red), rosemary, and fresh chopped garlic.

Add some beans to pasta dishes.

You can make a delicious spread for a sandwich wrap by mashing beans with diced garlic cloves. Prepare salads made from beans by combining a variety of beans, then pour a dressing made from oil and herbs on top. If you would like to eat a delicious layered dip, mix black beans with cilantro, chopped tomatoes, chopped onions, and guacamole.

Black beans combined with rice produce a delicious and creative Cuban dish. Make a batch of black bean soup by mixing cooked beans with onion, tomato and seasoning. If you want to try a different kind of burrito, try using black beans instead of the typical pinto beans.

Serve black beans in combination with various toppings over baked potatoes.

CHAPTER 3: 25 HEALTHY AND DELICIOUS BEAN RECIPES

1. Homemade Refried Beans



INGREDIENTS

- ½ medium onion, chopped
- ½ green bell pepper, chopped
- 2 garlic cloves, finely grated
- 1 pound dried pinto beans, rinsed, picked through
- 5 ounces salt pork or thick-cut bacon, cut into ½-inch pieces
- 4 teaspoons kosher salt
- 1 cup lard or rendered bacon fat, divided
- Pico de gallo and crumbled queso fresco

Directions

Bring onion, bell pepper, garlic, beans, pork, salt, and 3 quarts water to a boil in a large pot. Reduce heat to medium and cook, uncovered, stirring occasionally and adding boiling water if needed to cover, until beans are tender, 2–2½ hours.

Working in 2 batches, heat ½ cup lard in a large skillet (preferably cast iron) over high. Fry 6 cups beans and their liquid (they will splatter, so be careful) until most of the liquid has evaporated, about 10 minutes.

Smash beans in skillet with a potato masher until mixture is thick and no whole beans remain (refried beans should still be pourable at this point, but will thicken as they sit). Transfer to a large bowl. Repeat with remaining beans and ½ cup lard.

Top refried beans with pico de gallo and queso fresco.

2. Navy Bean and Escarole Stew with Feta and Olives



INGREDIENTS

- 1 head of garlic, cloves separated, divided
- 6 tablespoons olive oil, divided, plus more for serving
- 1 medium onion, chopped
- 1 small fennel bulb, chopped
- Kosher salt
- 1 tablespoon finely grated lemon zest
- 2 teaspoons finely chopped rosemary
- ¾ teaspoon crushed red pepper flakes, plus more for serving
- 2 bay leaves

- 2 cups dried navy beans, soaked overnight, drained
- 8 ounces feta, preferably in brine, brine reserved, cheese crumbled
- 4 large sprigs basil, plus leaves for serving
- 1 cup Castelvetrano olives, pitted, torn
- 1 head of escarole, leaves torn into 2-inch pieces
- 3 tablespoons fresh lemon juice
- 4 1-inch-thick slices country-style bread

Directions

Slice 1 garlic clove in half crosswise and set aside; smash remaining garlic cloves with the flat side of a chef's knife.

Heat 4 Tbsp. oil in a large Dutch oven or other heavy pot over medium. Cook smashed garlic, stirring often, until golden, about 5 minutes. Add onion and fennel and season lightly with salt.

Cook, stirring often, until onion is translucent and fennel and onion are browned around the edges, 8–10 minutes.

Add lemon zest, rosemary, and $\frac{3}{4}$ tsp. red pepper flakes and cook, stirring often, until rosemary is very fragrant, about 3 minutes. Add bay leaves, beans, feta brine (if using; anywhere between $\frac{1}{2}$ –1 cup is fine), a couple generous pinches of salt, and 8 cups water and bring to a simmer.

Partially cover pot, reduce heat to low, and gently simmer stew until beans are creamy and tender all the way through, 60–70 minutes.

Add basil sprigs and olives to stew, then add escarole in batches, letting wilt slightly before adding more; simmer just until escarole is tender, about 3 minutes. (If stew is too thick, add more water to reach desired consistency.)

Stir in lemon juice; taste and season with more salt if needed. Pluck out bay leaves; partially cover pot and keep stew warm over low while you make the toast.

Heat broiler. Drizzle 2 Tbsp. oil total over both sides of bread and place on a rimmed baking sheet; season with salt.

Broil until bread is golden and toasted, about 2 minutes per side. Let cool slightly, then rub with the cut sides of reserved garlic clove.

To serve, slice toast in half and divide among shallow bowls; ladle stew over. Top with feta, basil leaves, and more red pepper flakes and drizzle with oil.

3. Sausage, Greens, and Beans Pasta



INGREDIENTS

- ⅓ cup olive oil
- 2 sprigs rosemary
- 8 ounces spicy Italian sausage, casings removed
- 1 15.5-ounce can chickpeas or cannellini (white kidney) beans, rinsed, patted dry
- ¼ cup dry white wine
- 12 ounces paccheri, rigatoni, or other large tubular pasta
- Kosher salt
- 8 cups (lightly packed) torn escarole, kale, or Swiss chard leaves
- ¾ cup finely grated Parmesan, divided
- Freshly ground black pepper

- 2 tablespoons unsalted butter

Directions

Heat oil in a large Dutch oven or other heavy pot over medium-high. Fry rosemary, turning, until crisp, about 2 minutes. Transfer to paper towels to drain.

Add sausage to same pot and cook, breaking up with a wooden spoon and stirring occasionally, until browned and cooked through, 8–10 minutes. Transfer with a slotted spoon to a plate.

Add chickpeas to pot and cook, tossing occasionally and mashing some chickpeas with spoon, until browned in spots, about 5 minutes. Transfer about half of chickpeas to plate with sausage. Add wine to pot, bring to a boil, and cook until liquid is almost completely evaporated, about 2 minutes.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions.

Using a spider or a slotted spoon, transfer pasta to pot with chickpeas and add escarole and 1 cup pasta cooking liquid. Cook, tossing often, until escarole is wilted, pasta is al dente, and sauce is thickened, about 4 minutes.

Add another $\frac{1}{4}$ cup pasta cooking liquid, then gradually add $\frac{1}{2}$ cup cheese, tossing until melted and dissolved into a luxurious, glossy sauce.

Thin with more pasta cooking liquid if needed. Season with pepper, and more salt if needed.

Add butter and toss to combine, then mix in reserved sausage and chickpeas.

Divide pasta among bowls. Crumble rosemary over top and sprinkle with remaining $\frac{1}{4}$ cup cheese.

4. Beans and Green Soup with Salted Yogurt and Sizzled Mint



INGREDIENTS

Soup

- 3 tablespoons vegetable oil
- 1 large onion, finely chopped
- 3 garlic cloves, finely grated
- ½ cup cranberry or navy beans, soaked overnight, drained
- ½ cup dried chickpeas, soaked overnight, drained
- 1 teaspoon ground turmeric
- ½ cup green lentils, rinsed
- 5 ounces baby spinach (about 7 cups), chopped
- 1 cup chopped cilantro leaves with tender stems

- 1 cup chopped parsley
- ½ cup chopped dill
- 2 tablespoons fresh lemon juice
- Kosher salt; freshly ground pepper

Assembly

- 6 tablespoons vegetable oil, divided
- 1 large onion, very thinly sliced
- ⅓ cup whole-milk Greek yogurt
- ¼ cup buttermilk
- Kosher salt
- 2 tablespoons dried ground mint

Directions

Soup

Heat oil in a large pot over medium. Add onion and cook, stirring occasionally, until golden brown and soft, 6–8 minutes.

Add garlic, cranberry beans, chickpeas, and turmeric and cook, stirring, until fragrant, about 2 minutes.

Add 8 cups cold water and bring to a boil. Reduce heat, bring to a simmer, and cook, stirring occasionally, until beans are halfway cooked (they should still be very al dente), 25–35 minutes.

Add lentils and cook, stirring occasionally, until beans are creamy but still hold their shape, and lentils are tender, 25–35 minutes (the soup may look a bit thick, but don't fret; the greens will release liquid when they're added, thinning the soup out a bit).

Add spinach, cilantro, parsley, and dill and cook until greens are just wilted and have slightly darkened, 4–6 minutes. Stir in lemon juice; season with salt and pepper.

Assembly

While soup is simmering, heat 3 Tbsp. oil in a medium skillet over medium-high. Add onion and cook, stirring often, until golden, 6–8 minutes.

Reduce heat to medium and cook, stirring occasionally, until onions are slightly charred and crisp, 14–16 minutes; season with salt. Transfer onions to a plate; cover with foil to keep warm.

Meanwhile, mix yogurt and buttermilk in a small bowl; season with salt. (The mixture should have the consistency of heavy cream.)

Wipe out skillet and heat remaining 3 Tbsp. oil over medium. Add mint and cook, stirring often, until mint oil is fragrant and slightly darkened, about 1 minute. Transfer to a small bowl or measuring cup.

Divide soup among bowls and pour yogurt mixture over soup. Drizzle mint oil over soup, then top with fried onions.

5. Brothy Heirloom Beans with Cream



INGREDIENTS

- 2 cups mixed dried heirloom beans, soaked overnight
- 2 quarts chicken stock or low-sodium chicken broth
- 4 sprigs thyme, plus leaves for serving
- Kosher salt, freshly ground pepper
- ½ cup heavy cream
- Flaky sea salt
- Olive oil (for serving)

Directions

Bring beans, stock, and thyme sprigs to a gentle simmer in a medium pot over medium-high.

Reduce heat to medium-low and simmer, partially covered, skimming any foam from surface, until beans are tender, 1–1½ hours, depending on types.

Discard thyme. Season with kosher salt and pepper, remove from heat, and let sit 30 minutes.

Return to a simmer; stir in cream. Season with more kosher salt and pepper if needed. Serve topped with thyme leaves and sea salt and drizzled with oil.

6. Clams in White Bean Sauce



INGREDIENTS

- 1 15-ounce can baby lima or cannellini beans or other medium white beans, rinsed
- ¼ cup olive oil, plus more for drizzling
- Kosher salt, freshly ground pepper
- 1 fennel bulb
- 3 garlic cloves
- 1 sprig rosemary
- 1 lemon
- Handful of parsley leaves
- 36 littleneck or Manila clams, scrubbed
- 4 thick slices country-style bread, toasted

Directions

Toss beans in a medium bowl with a drizzle of oil; season with salt and pepper. Set aside.

Halve fennel and remove fronds (don't toss the fronds!).

Thinly slice one half of fennel and transfer to a medium bowl along with fronds. Place a damp paper towel directly on fennel to help prevent browning and set aside. Finely chop remaining half of fennel, then thinly slice garlic.

Heat $\frac{1}{4}$ cup oil in a large heavy pot over medium. Add chopped fennel, garlic, and rosemary sprig and cook, stirring often, until fennel is translucent and tender but still has some bite, about 5 minutes.

While that's happening, remove 2 wide strips of zest from lemon with a vegetable peeler. Halve lemon and pick out seeds. Coarsely chop parsley.

Add clams and lemon zest to pot, squeeze in juice from a lemon half, cover pot, and cook until some clams start to open, 5–7 minutes. Toss and stir clams; use a slotted spoon to transfer any open ones to a medium bowl.

Cover pot and cook until remaining clams open, checking sporadically and transferring them to bowl as they are done, 7–9 minutes; discard any clams that don't open.

Add reserved seasoned beans to pot and stir to combine; loosen sauce with water if it looks too tight. Return clams to pot, add half of parsley, and toss well.

Add remaining parsley to bowl with reserved sliced fennel and squeeze remaining lemon half over. Season fennel-herb salad with salt and pepper

and toss to coat. Drizzle with a very small amount of oil and toss again.

7. One-Skillet Shrimp and Cannellini Beans in Tomato-Chile Broth



INGREDIENTS

- 4 tablespoons olive oil, divided, plus more for drizzling
- 1 15-ounce can cannellini (white kidney) beans, rinsed, patted dry
- 1 large or 2 small shallots, finely chopped
- 2 small Fresno chiles, 1 chopped, 1 sliced into rings
- 4 garlic cloves, thinly sliced
- Kosher salt, freshly ground pepper
- 2 pints multicolored cherry tomatoes
- 1 pound large peeled deveined shrimp
- 1 tablespoon sherry vinegar or red wine vinegar
- ½ cup torn pitted Castelvetrano olives

- Basil leaves and country-style bread (for serving)

Directions

Heat 2 Tbsp. oil in a large cast-iron skillet over medium-high. Add beans and cook, shaking often to keep them from getting too brown in any one spot, until browned and crisp, about 5 minutes.

Reduce heat to low and add shallot, chopped chile, and garlic. Cook, stirring often, until aromatics are softened and taking on a little color, about 5 minutes. Season with salt and pepper.

Push beans and aromatics to one side of skillet; crank heat up to high. Add tomatoes and 2 Tbsp. oil and cook, shaking skillet often, until tomatoes burst and release their juices, about 5 minutes.

Meanwhile, toss shrimp with a little salt and pepper in a medium bowl.

Fold bean mixture into tomatoes along with a splash of water to loosen; season with more salt and pepper. Bring to a simmer; then reduce heat to maintain a low simmer.

Add shrimp, pushing them into sauce to submerge (add more water if needed), and cook until shrimp are opaque throughout, about 5 minutes. Stir in vinegar. Give it a taste and add more salt and pepper if it needs it.

Divide shrimp and bean mixture among bowls; top with olives, basil, and sliced chile and drizzle with more oil. Serve with bread alongside for dipping.

8. Chicken Chorizo Chili



INGREDIENTS

- 3 tablespoons olive oil, divided
- 1½ pounds chicken or turkey chorizo, casings removed
- 1 large onion, chopped
- 2 garlic cloves, finely grated
- Kosher salt, freshly ground pepper
- 1 cup lager or water
- ⅓ cup chili powder
- 1 tablespoon crushed dried oregano
- ¼ teaspoon ground cinnamon
- 2 bay leaves
- 1 28-ounce can diced tomatoes

- 2 cups low-sodium chicken broth
- 1 cup tomato purée
- 1 15-ounce can cannellini (white kidney) beans, rinsed
- Grated cheddar, diced avocado, chopped cilantro, and sour cream (for serving)

Directions

Heat 2 Tbsp. oil in a large heavy pot over high. Cook chorizo, stirring occasionally and breaking up with spoon, until lightly browned, about 4 minutes. Transfer to a plate.

Reduce heat to medium-high and add remaining 1 Tbsp. oil to pot, then onion and garlic; season with salt and pepper. Cook, stirring often, until onion is soft, about 5 minutes.

Add lager and bring to a boil, scraping up any browned bits on bottom of pot; cook until liquid is completely evaporated, about 5 minutes.

Add chili powder, oregano, and cinnamon and cook, stirring, until fragrant, about 1 minute.

Stir in bay leaves, diced tomatoes, broth, and tomato purée and bring to a boil. Reduce heat to medium-low and continue to cook, stirring occasionally, until liquid is reduced slightly and beginning to thicken, 30–35 minutes.

Return chorizo to pot, cover, and cook 10 minutes. Add beans, cover, and cook 10 minutes longer.

Serve chili in bowls topped with cheddar, avocado, cilantro, and sour cream.

Chili (without toppings) can be made 4 days ahead. Let cool; cover and

chill. Reheat gently over low, adding a splash of stock or water to loosen if needed.

9. Mixed Bean Salad with Tomato Vinaigrette



INGREDIENTS

- 5 plum tomatoes, cored
- 1/2 medium white onion
- 2 serrano chiles
- 1/2 cup (packed) cilantro leaves with tender stems
- 3 tablespoons fresh lime juice, divided
- 1 teaspoon kosher salt, plus 3 tablespoons if using fresh beans, plus more
- 4 pounds fresh shell beans (such as cranberry or butter), shelled, or three 15-ounce cans beans (such as black, cannellini, and/or kidney), rinsed
- 1/2 pound snap beans (such as Romano, wax, or green beans), thinly

sliced on a diagonal

- ¼ cup olive oil
- 1 tablespoon chia seeds (optional)

Directions

Purée tomatoes, onion, chiles, cilantro, 1 Tbsp. lime juice, and 1 tsp. salt in a food processor until almost completely smooth.

Strain through a fine-mesh sieve into a medium bowl, pressing on solids to extract as much liquid as possible. Reserve solids for another use (like soffritto). Cover pico de gallo broth and chill until ready to use.

If using fresh beans, bring beans, 3 Tbsp. salt, and 6 cups water to a boil in a medium pot over medium heat.

Reduce heat and simmer until beans are tender, 15–45 minutes (fresher beans will cook faster; drier beans will take longer). Taste and season with salt as needed; let beans cool in cooking liquid, about 2 hours.

Drain beans and place in a large bowl. Add snap beans, oil, chia seeds, if using, pico de gallo broth, and remaining 2 Tbsp. lime juice; toss to combine.

Let sit 1 hour to allow flavors to meld (chia seeds will bloom and thicken dressing slightly). Taste and season with salt as needed just before serving.

10. Black Bean Soup with Roasted Poblano Chiles



INGREDIENTS

- 2 poblano chiles
- 2 tablespoons raw shelled pumpkin seeds (pepitas)
- 1 large dried pasilla or ancho chile, stemmed, seeds removed
- 1 tablespoon vegetable oil
- 1 medium onion, coarsely chopped
- 4 garlic cloves, peeled, crushed
- 1 14.5-oz. can fire-roasted or plain diced tomatoes
- 4 cups low-sodium chicken broth
- Kosher salt
- 2 14.5-oz. cans black beans, drained

- ½ cup crumbled queso fresco or feta
- Lime wedges (for serving)

Directions

Preheat broiler. Broil poblano chiles on a foil-lined baking sheet, turning occasionally, until blackened, 8–10 minutes. Transfer to a bowl, cover with plastic wrap, and let steam 15 minutes. Peel, seed, and finely chop.

Meanwhile, toast seeds in a small dry skillet over medium-high heat, tossing occasionally, until golden, about 5 minutes; transfer to a plate. Toast pasilla chile in same skillet until slightly darkened and pliable, about 1 minute; transfer to plate.

Heat oil in a medium saucepan over medium-high heat.

Add onion and garlic and cook, stirring occasionally, until onion is soft and golden brown, 8–10 minutes. Transfer to a blender, add tomatoes and pasilla chile, and blend until smooth.

Return tomato mixture to saucepan and cook over medium-high heat, stirring often, until thick, 6–8 minutes. Stir in broth; season with salt.

Bring to a boil, reduce heat, and simmer until soup is slightly thickened, 10–15 minutes. Stir in black beans and poblano chiles. Cook, stirring occasionally, until warmed through, about 5 minutes.

Serve soup topped with queso fresco and pumpkin seeds, with lime wedges alongside.

11. Cannellini Beans with Spinach



INGREDIENTS

- 1½ cups dried cannellini (white kidney) beans, soaked overnight, drained
- 1 head of garlic, halved crosswise; plus 2 garlic cloves, crushed
- 3 sage leaves
- 6 tablespoons olive oil, divided, plus more for serving
- Kosher salt
- ½ teaspoon crushed red pepper flakes
- 2 bunches mature spinach, trimmed
- 1 tablespoon finely grated lemon zest
- 2 tablespoons fresh lemon juice

Directions

Bring beans, head of garlic, sage, 3 Tbsp. oil, and 6 cups water to a boil in a large saucepan over medium heat.

Reduce heat, add several generous pinches of salt and simmer gently until beans are creamy all the way through but skins are still intact, 35–45 minutes. Let cool.

Heat 3 Tbsp. oil in a large skillet over medium. Cook crushed garlic and red pepper flakes, stirring, just until garlic is golden, about 1 minute.

Working in batches, add spinach, letting it wilt slightly before adding more, and cook, tossing often, until leaves are just wilted, about 5 minutes; season with salt.

Using a slotted spoon, transfer beans to skillet with spinach and cook, tossing gently, until beans are warmed through.

Add lemon zest, lemon juice, and ¼ cup bean cooking liquid and toss, adding more cooking liquid if needed, until coated (mixture should be saucy but not submerged in liquid; don't cook too long or beans will get mushy). Taste and season with salt. Serve drizzled with oil.

12. Fava Bean Bruschetta with Chicory and Red Onion



INGREDIENTS

- 4 tablespoons (or more) olive oil, divided, plus more for drizzling
- ½ medium yellow onion, thinly sliced
- 2 garlic cloves, smashed
- ½ teaspoon chopped rosemary
- ¼ teaspoon crushed red pepper flakes
- ½ cup dried skinless fava beans
- Kosher salt
- 1 tablespoon fresh lemon juice, plus more
- 1 small red onion, thinly sliced
- 2 cups torn chicory (such as radicchio, curly endive, and/or Belgian

endive)

- 4 slices country-style bread, toasted
- Aleppo-style pepper or crushed red pepper flakes (for serving)

Directions

Heat 2 Tbsp. oil in a small pot over medium. Cook yellow onion, stirring occasionally, until soft and golden, 10–12 minutes.

Add garlic, rosemary, and red pepper flakes and cook, stirring, until fragrant and garlic is soft, about 3 minutes.

Add fava beans and pour in cold water to cover by 2". Bring to a boil. Reduce heat to medium-low, season with salt, and simmer until tender, 45–60 minutes. Let cool slightly. Drain, reserving 1 cup cooking liquid.

Purée fava beans in a blender with ¼ cup reserved cooking liquid and 1 Tbsp. lemon juice, adding more cooking liquid as needed, until smooth. Taste and adjust seasoning with more salt, oil, and lemon juice as needed.

Heat 1 Tbsp. oil in a medium skillet over medium-high. Add red onion, season with salt, and cook, stirring often, until brown but not soft, about 5 minutes. Transfer to a plate.

Wipe skillet clean and heat 1 Tbsp. oil over medium-high. Add chicory, season with salt, and cook, tossing, until wilted slightly, about 3 minutes.

Spoon fava bean purée onto toast; top with red onion, chicory, and Aleppo-style pepper. Drizzle with oil.

13. Mexican Beef Soup with Beans and Bacon



INGREDIENTS

- 4 tomatillos, husks removed, rinsed
- 4 serrano chiles, seeds removed
- 2 garlic cloves
- 6 cups homemade beef stock or low-sodium beef broth
- ½ cup chopped cilantro, plus more for serving
- 3 cups cooked Mayocoba beans or 3 pinto beans (from two 15-ounce cans), rinsed
- 4 slices bacon
- 8 chiles de árbol, seeds removed
- 2 tablespoons vegetable oil, divided

- 6 spring onions, halved lengthwise if large, or 1 medium white onion, cut into 8 wedges
- 1½ pounds flank steak
- Kosher salt, freshly ground pepper
- Chopped white onion, sliced radishes, sliced avocado, and warm corn tortillas (for serving)

Directions

Bring tomatillos, chiles, garlic, stock, and ½ cup cilantro to a simmer in a large saucepan over medium-high heat. Simmer 10 minutes.

Let cool slightly, then transfer to a blender and blend until smooth. Return to pot and add beans; keep warm.

Cook bacon in a large skillet over medium heat until brown and crisp, 8–10 minutes. Transfer to paper towels. Let cool, then crumble.

Toast chiles in bacon fat over medium heat, tossing occasionally, until just beginning to darken. Transfer to plate with bacon. Wipe out skillet or wash to remove any dark spots.

Heat 1 Tbsp. oil in skillet over medium. Cook spring onions, cut side down, until browned, about 5 minutes. Transfer to pot with beans.

Add remaining 1 Tbsp. oil to skillet and increase heat to medium-high. Season steak with salt and pepper and cook until deep brown all over, about 5 minutes per side (it should be well browned on both sides but can be very rare in the center as it will cook more in the soup).

Transfer to a cutting board and let rest at least 10 minutes before slicing against the grain about ¼" thick. Cut crosswise into 1" pieces. Add to soup; taste and season with salt and pepper if needed.

Serve soup topped with bacon, chiles, cilantro, white onion, radishes, and avocado, with tortillas alongside

14. Shelled Bean and Swiss Chard Panzanella



INGREDIENTS

Beans

- 1 pound fresh shelled beans (such as Calypso, Cranberry, or Jacob's Cattle)
- ¼ celery root (celeriac), peeled, cut into large pieces
- 2 large carrots, peeled, halved crosswise
- 1 large leek, split lengthwise
- 2 shallots, peeled
- 2 garlic cloves, smashed
- 2 bay leaves
- 2 sprigs thyme

- 3 tablespoons kosher salt, plus more

Salad and Assembly

- ½ small loaf country bread, crusts removed, torn into 1–1½-inch pieces (about 6 cups)
- ¾ cup olive oil, divided
- Kosher salt
- 1 red Thai chile, finely chopped
- 1 small garlic clove, finely grated
- ½ cup apple cider vinegar
- 10 cups red Swiss chard, stemmed, torn into 2-inch pieces (from about 2 bunches)
- 8 breakfast radishes, trimmed, thinly sliced lengthwise on a mandolin
- 1 shallot, peeled, thinly sliced into rings

Directions

Beans

Combine beans, celery root, carrots, leek, shallots, garlic, bay leaves, thyme, 3 Tbsp. salt, and 6 cups water in a medium pot.

Cover and bring to a boil over medium heat, then lower heat and simmer until beans are tender, 15–45 minutes (fresher beans will cook faster; drier beans will take longer). Season with salt and let beans cool in liquid, about 1 hour.

Beans can be made up to 1 week ahead. Cover and chill.

Salad and Assembly

Preheat oven to 425°. Toss bread with ¼ cup oil on a rimmed baking sheet; season with salt. Bake until golden brown, 15–20 minutes.

Meanwhile, whisk chile, garlic, vinegar, 1 tsp. salt, and remaining ½ cup oil in a small bowl.

Drain beans and carrots; pick out and discard other ingredients. Cut carrots diagonally into 2" pieces. Toss beans and chard with ½ cup dressing in a large bowl, then divide among plates. Top salad with radishes, shallot, carrots, croutons, and more dressing.

15. Pasta e Fagioli with Escarole



INGREDIENTS

- 1½ cups dried cannellini (white kidney) beans, soaked overnight
- 1 Parmesan rind (about 2 ounces), plus shaved Parmesan for serving
- 2 medium carrots, scrubbed, halved crosswise
- 2 celery stalks, halved crosswise
- 1 head of garlic, halved crosswise; plus 2 cloves, chopped
- 6 sprigs parsley
- 1 sprig rosemary
- 2 bay leaves
- 2 dried chiles de árbol or ½ teaspoon crushed red pepper flakes, plus more crushed for serving
- Kosher salt, freshly ground pepper

- 3 tablespoons olive oil, plus more
- 1 large onion, chopped
- 1 14.5-ounce can whole peeled tomatoes
- ¾ cup dry white wine
- 3 ounces dried lasagna or other flat pasta, broken into 1–1½-inch pieces
- ½ small head of escarole, leaves torn into 2-inch pieces

Directions

Bring beans, Parmesan rind, carrots, celery, head of garlic, parsley, rosemary, bay leaves, chiles, and 2 quarts water to a boil in a medium pot.

Reduce heat, cover, and simmer, adding more water as needed, until beans are tender, about 1½ hours. Season with salt and pepper, remove from heat, and let sit 30 minutes. Discard vegetables, rind, and herbs.

Meanwhile, heat 3 Tbsp. oil in a large pot over medium. Cook onion and chopped garlic, stirring occasionally, until softened, 8–10 minutes.

Add tomatoes, crushing with your hands, and cook, stirring often, until liquid is almost completely reduced, 12–15 minutes. Add wine, bring to a boil, and cook until almost completely evaporated, about 5 minutes.

Add beans and their liquid; cook until flavors meld, 12–15 minutes. Add pasta; cook, stirring and adding more water as needed, until al dente, 15–20 minutes.

Add escarole and cook until wilted, about 1 minute; season with salt and pepper. Serve soup drizzled with oil and topped with Parmesan and more chile.

16. Chilaquiles with Blistered Tomatillo Salsa and Eggs



INGREDIENTS

- 2 tablespoons vegetable oil, plus more for grill
- 2 pounds tomatillos (about 20 medium), husks removed, rinsed
- 2 jalapeños
- 1 large white onion, quartered through root end
- 2 tablespoons fresh lime juice
- Kosher salt and freshly ground black pepper
- 4 large eggs
- 1 15-ounce can black beans, rinsed
- 1 10-ounce bag yellow corn tortilla chips
- ½ cup plain Greek yogurt

- 2 ounces ricotta salata (salted dry ricotta), crumbled
- Hot sauce and cilantro leaves

Directions

Prepare campfire for medium-high heat; lightly oil grate. Grill tomatillos and jalapeños, turning occasionally, until lightly charred and beginning to collapse, 8–10 minutes; transfer to a cutting board.

Meanwhile, grill onion, turning occasionally, until charred and beginning to soften, 10–12 minutes; transfer to cutting board with charred tomatillos and jalapeños.

Finely chop tomatillos, chiles, and onion and transfer to a large skillet. Add lime juice and toss to combine; season salsa with salt and pepper. Set aside (keep in skillet).

Heat 2 Tbsp. oil in another large skillet on camp stove over medium-high. Crack eggs into skillet; season with salt and pepper.

Cook, rotating skillet occasionally, until whites are golden brown and crisp at the edges and set around the yolk (which should still be runny), about 2 minutes.

Heat reserved salsa on camp stove over medium just to warm through.

Mix in black beans and tortilla chips and cook, tossing and adding up to ¼ cup water if needed to loosen, until chips are just softened, about 3 minutes.

Serve chilaquiles in skillet topped with eggs, dollops of yogurt, ricotta salata, hot sauce, and cilantro.

17. Spicy Sausage and White Bean Soup

You could use other greens, like kale or collard greens—just be sure to cook them in the soup for 5 minutes before serving, since they're more hearty than the spinach.



INGREDIENTS

- 2 tablespoons olive oil
- 1 pound hot turkey or Italian sausage, casings removed, chopped
- 1 large onion, finely chopped
- 2 large peppers (red, orange, or yellow), finely chopped
- 2–3 carrots, finely chopped
- 4 garlic cloves, finely chopped
- 2 tablespoons finely chopped sage

- 1 tablespoon finely chopped rosemary
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 4 cups homemade chicken stock or low-sodium chicken broth
- 1 14-ounce can petite diced tomatoes
- 3 15-ounce cans cannellini beans, drained, rinsed
- 1/2 cup unsweetened almond milk
- 1 pound baby spinach
- 1/4 cup grated Parmesan

Directions

Heat oil in a large stockpot over medium. Cook sausage, stirring occasionally, until browned, about 10 minutes. Transfer sausage to a plate.

Add onion, peppers, carrots, and garlic to pot and cook, stirring frequently, until onions are tender, about 8 minutes.

Add sage, rosemary, salt, black pepper, and red pepper flakes. Stir in chicken stock, tomatoes and their juices, and reserved sausage. Bring to a boil, then reduce heat and simmer until flavors have melded, about 15 minutes.

Using a fork, coarsely mash beans from 1 can and add to sausage mixture. Stir in almond milk and remaining 2 cans of beans; let simmer 10 minutes.

Divide spinach among bowls, then ladle soup over spinach. Top soup with Parmesan.

18. Blood Orange and Mixed Bean Salad with Sprouts



INGREDIENTS

- 1 red Thai chile or other small hot red chile, thinly sliced
- ¼ cup olive oil
- 2 tablespoons fresh lime juice
- 2 teaspoons Sherry vinegar or red wine vinegar
- Kosher salt, ground black pepper
- 2 cups cooked, cooled mixed beans (such as black-eyed peas, giant white lima beans, and/or gigante beans)
- 3 blood or navel oranges
- 2 small celery stalks, very thinly sliced on a diagonal
- 1 cup sprouts (such as alfalfa, radish, or broccoli), divided

- 1/2 cup cilantro leaves, divided

Directions

Combine chile, oil, lime juice, and vinegar in a medium bowl. Season with salt and pepper. Add beans and toss to coat. Let sit 10 minutes to allow flavors to meld.

Meanwhile, using a small knife, remove peel and white pith from oranges. Cut crosswise into 1/4"-thick rounds.

Add oranges, celery, and half of sprouts and cilantro to beans. Season with salt and pepper and toss once to combine.

Serve topped with remaining sprouts and cilantro.

19. Tomato and Cannellini Bean Soup

You can swap other greens, like spinach, for the chard in this bean soup recipe. It tastes even better after being chilled for a day or two.



INGREDIENTS

Beans

- 1 cup dried cannellini or other small white beans, soaked overnight
- 1 onion, quartered through root end
- 4 garlic cloves, crushed
- 2 bay leaves
- Kosher salt

Soup

- 4 tablespoons olive oil, divided, plus more for drizzling

- 1 28-ounce can whole peeled tomatoes, drained
- ½ teaspoon (or more) crushed red pepper flakes
- Kosher salt
- 1 onion, chopped
- 1 fennel bulb, cored, chopped
- 4 garlic cloves, very thinly sliced
- 1 tablespoon Sherry vinegar
- 4 cups low-sodium vegetable broth
- 1 bunch Swiss chard, stems removed, leaves torn into pieces
- Chopped unsalted, roasted almonds (for serving)

Beans

Combine beans, onion, garlic, and bay leaves in a large pot and add cold water to cover by 2". Bring to a simmer over medium heat, add several pinches of salt, and reduce heat to low.

Continue to cook at a bare simmer until beans are creamy but still hold their shape, 35–45 minutes. Let beans cool in cooking liquid; discard bay leaves.

Soup

Heat 2 Tbsp. oil in a large heavy pot over medium-high. Add tomatoes, ½ tsp. red pepper flakes, and a pinch of salt and cook tomatoes, undisturbed, until caramelized and borderline blackened on one side, about 5 minutes.

Break up tomatoes, scraping bottom of pot, and continue to cook, scraping and stirring occasionally, until tomatoes are caramelized all over, about 5 minutes more. Transfer tomatoes to a plate.

Heat another 2 Tbsp. oil in same pot over medium. Add onion, fennel, garlic, and a pinch or so of red pepper flakes, if desired; cook, stirring often, until vegetables are soft and starting to brown around edges, 8–10 minutes. Stir in vinegar and tomatoes, scraping up browned bits.

Drain beans and add to pot along with broth (for a thicker soup, use half of the broth plus 2 cups bean-cooking liquid). Bring to a simmer; season with salt. Cook until flavors meld, 30–45 minutes.

Just before serving, stir in chard and cook until wilted. Ladle soup into bowls, top with almonds, and drizzle with oil.

Do Ahead: Soup (without chard) can be made 4 days ahead. Let cool; cover and chill.

20. Chicken Stew with Cannellini Beans and Dried Cherries



INGREDIENTS

- 6 tablespoons olive oil, divided
- Shredded rotisserie chicken leg and thigh meat, skin reserved
- 1 medium red onion, chopped
- 2 teaspoons ancho chili powder
- 1 teaspoon sambal oelek
- 2 tablespoons fish sauce
- Kosher salt, freshly ground pepper
- 2 15-ounce cans cannellini beans, rinsed, drained
- ½ cup dried sour cherries

- ½ cup parsley leaves with tender stems, divided
- 4 slices whole wheat bread, crusts removed, torn into small pieces

Directions

Frying the chicken skin adds a lot of flavor to the soup, and once it gets crisp, it delivers lots of texture (chicken skin potato chip, if you will). Not into the skin?

Fry it for the flavor, then discard. Also, you know the rule about fish sauce, right? Don't smell it, just use it. Trust.

Heat 2 Tbsp. oil in a medium saucepan over medium-high.

Cook chicken skin, occasionally scraping bottom of pan to loosen skin and move things around, until skin is brown and edges are crisp, 3–5 minutes.

Transfer skin to paper towels. When cool enough to handle, crumble with your hands, then try not to eat it all; set aside.

Add onion to pan and cook, scraping bottom of pan, until tender and just beginning to caramelize, 5–7 minutes. As the onion cooks, it will release moisture, which will help the brown bits dissolve and loosen—think of these as little flavor bombs.

Add chili powder and sambal oelek and cook, stirring to coat onions, until fragrant, about 1 minute. Add fish sauce and 4 cups water; season with salt and pepper.

Bring to a boil, reduce heat, and simmer until flavors have melded, about 5 minutes. Add chicken meat, beans, and cherries and continue to cook until heated through, about 5 minutes. Stir in ¼ cup parsley; season with

salt and pepper.

Meanwhile, heat remaining $\frac{1}{4}$ cup oil in a medium skillet over medium-high. Toast bread, tossing frequently, until crumbs are golden brown and crisp, 5–6 minutes.

Transfer to paper towels; season with salt and pepper. Transfer breadcrumbs to a plate and toss with remaining $\frac{1}{4}$ cup parsley.

Divide stew among bowls, then top with reserved crumbled skin and breadcrumbs.

Stew can be made 3 days ahead; cover and chill, or freeze 3 months.

21. Spicy Beans and Wilted Greens



INGREDIENTS

- ¼ cup plus 1 Tbsp. olive oil, plus more for drizzling
- 4 anchovy fillets packed in oil, drained (optional)
- 4 chiles de árbol or 1 tsp. crushed red pepper flakes
- 4 cloves garlic thinly sliced
- 1 large onion, thinly sliced
- 4 celery stalks, finely chopped
- 1 sprig rosemary
- Kosher salt and freshly ground black pepper
- 1 Parmesan rind (optional), plus shaved Parmesan for serving
- 1 pound dried white beans or chickpeas, soaked overnight, drained

- 1 bunch kale or mustard greens, ribs and stems removed, leaves coarsely chopped
- 1 bunch large flat-leaf spinach, trimmed, coarsely chopped
- 4 cups trimmed arugula or watercress, divided
- 2 teaspoons fresh lemon juice

Directions

Heat $\frac{1}{4}$ cup oil in a large Dutch oven over medium heat. Cook anchovies, if using, chiles, and garlic, stirring occasionally, until garlic is soft and anchovies are dissolved, about 4 minutes.

Add onion, celery, and rosemary; season with salt and pepper. Increase heat to medium-high and cook, stirring occasionally, until onion is very soft and golden brown, 8–10 minutes.

Add Parmesan rind, if using, beans, and 10 cups water. Bring to a boil, reduce heat, and simmer, stirring occasionally and adding more water as needed, until beans are beginning to fall apart, 3–4 hours.

Lightly crush some beans to give stew a creamy consistency. Mix in kale, spinach, and half of arugula; season with salt and pepper. Cook until greens are wilted, 5–8 minutes.

Toss remaining arugula with lemon juice and 1 Tbsp. oil; season with salt and pepper. Divide stew among bowls; top with arugula, shaved Parmesan, and a drizzle of oil.

22. Bean and Grain Stew with Garlic and Chiles



INGREDIENTS

- 1 medium onion, peeled, halved
- 2 cups soldier, cranberry, or pinto beans, soaked overnight, drained
- Kosher salt
- 1 cup any combination black barley, whole hull-less barley, rye berries, wheat berries, and/or other whole grains
- 4 cups coarsely torn whole wheat sourdough bread
- $\frac{3}{4}$ cup plus 2 tablespoons olive oil, divided
- 1 red chile, such as Fresno, sliced
- 2 tablespoons seasoned rice vinegar
- 1 head of garlic, peeled, separated into cloves, sliced

- 5 ounces maitake or other mushrooms, torn into bite-size pieces
- 1 small bunch of Tuscan kale, center ribs and stems removed, torn into large pieces
- 2 tablespoons red wine vinegar
- Freshly ground black pepper
- 1 tablespoon (or more) fresh lemon juice
- 2 tablespoons sliced chives

Directions

Heat a medium skillet, preferably cast iron, over medium-high until very hot. Carefully lay a piece of foil inside skillet, followed by onion, cut sides down. Char onion until totally blackened on cut sides, about 15 minutes. Wipe out skillet and reserve.

Transfer onion to a small pot. Add beans and enough water to cover them by about 2". Give everything a stir and bring to a boil over medium-high heat, then reduce heat and simmer, skimming off any foam and adding water if needed to keep beans submerged, until beans are tender, 1½–2 hours.

Season with salt. Ideally, they should cool overnight in their cooking liquid, but they'll still be awesome if you can't hit pause at this point.

Meanwhile, cook grains in a large pot of boiling salted water until al dente, 50–70 minutes. Let cool in their liquid—ideally overnight, but same story as with the beans.

Preheat oven to 300°. Toss bread with ¼ cup oil on a large rimmed baking sheet. Season with salt. Squeeze and toss bread to absorb as much oil as possible. Bake until croutons are well-browned and very crisp, 35–45 minutes.

Meanwhile, combine chile and rice vinegar in a small bowl. Soak until ready to use.

Bring garlic and $\frac{1}{2}$ cup oil to a simmer in a small saucepan over medium heat. Cook, lowering heat as needed to maintain a gentle simmer and swirling occasionally, until garlic is golden brown, 12–14 minutes. Using a slotted spoon, transfer garlic chips to paper towels. Reserve garlic oil.

Heat remaining 2 Tbsp. olive oil in reserved medium skillet over medium-high. Add mushrooms and cook, undisturbed, until browned underneath, about 2 minutes.

Toss and continue to cook, tossing occasionally and adding kale a few pieces at a time, until mushrooms are browned and crisp and kale is just wilted, 5–6 minutes. Season with salt; transfer to a plate.

Transfer 2 cups grains (including some of their liquid) to a medium bowl; wipe out pot. Return grains and their liquid to pot. Add 4 cups cooked beans (including some of their liquid; discard onion). Bring to a simmer.

Add red wine vinegar and $\frac{1}{3}$ cup garlic oil. Season to taste with salt and pepper. Just before serving, chop half of mushrooms and kale and fold into stew. Add lemon juice, half of croutons, and half of garlic chips. Taste and add more lemon juice, if needed.

Divide stew among bowls and top with remaining mushrooms, kale, croutons, and garlic chips. Top with chives and drained chile slices. Drizzle with remaining garlic oil as desired.

23. Schmaltz-Refried Pinto Beans



INGREDIENTS

- 3 ounces slab bacon, sliced 1/4 inch thick
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 dried chile de árbol, seeds removed, crushed, or 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground cumin
- 1 1/2 cups dried pinto beans, soaked overnight
- Kosher salt, freshly ground pepper
- 1/3 cup schmaltz (chicken fat)
- 1 teaspoon (or more) apple cider vinegar

Directions

Cook bacon in a large saucepan over medium heat, turning often, until browned and lightly crisped, 8–10 minutes. Add onion and garlic and cook, stirring occasionally, until soft, 8–10 minutes.

Add chile de árbol and cumin and cook, stirring occasionally, until fragrant, about 1 minute. Add beans and 4 cups water. Bring to a boil, reduce heat, and cover.

Simmer, stirring occasionally and adding more water if needed to keep beans just covered, until beans are tender and beginning to fall apart, 1½–2 hours. Season with salt and pepper and let sit 30 minutes to absorb seasoning.

Heat schmaltz in a pot or skillet over medium. Add beans and their cooking liquid and cook, mashing with a potato masher, until beans are nearly smooth and very thick, about 5 minutes. Stir in vinegar.

Taste and adjust seasoning with salt and pepper and more vinegar, if desired. Thin with water if needed to loosen just before serving.

24. Brothy Beans



INGREDIENTS

- 1 pound dried gigante, baby lima, or cannellini beans, or chickpeas, soaked in water overnight, drained
- 1 onion, halved
- 2 carrots, peeled, halved crosswise
- 2 celery stalks, halved crosswise
- Kosher salt, freshly ground pepper
- Olive oil (for drizzling)

Directions

Place beans, onion, carrots, and celery in a large pot and add cold water to cover by several inches. Bring to a boil, then reduce heat and simmer very gently until beans are cooked almost all the way through, about 1½ hours.

Season with salt and continue to cook, adding more water if needed to keep beans submerged, until tender (outside skin should still be intact), 45–60 minutes. Discard onion, carrots, and celery.

Transfer beans and broth to a serving dish or a large bowl; season very generously with salt (start with 2 Tbsp.) and pepper and drizzle with oil.

25. Pressure-Cooker Gigante Beans in Tomato Sauce



INGREDIENTS

- ¼ cup olive oil, plus more
- 1 medium onion, chopped
- 4 garlic cloves, thinly sliced
- ½ teaspoon crushed red pepper flakes, plus more for serving
- ½ cup dry white wine
- 2½ cups dried gigante beans
- 2 bay leaves
- 1 tablespoon kosher salt, plus more
- 1 28-ounce can whole peeled tomatoes, drained
- Crumbled feta, oregano leaves, and lemon wedges (for serving)

Directions

Heat $\frac{1}{4}$ cup oil in pressure cooker or Instant Pot over medium. Add onion and cook, stirring often, until translucent, 5–8 minutes. Add garlic and $\frac{1}{2}$ tsp. red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add wine, bring to a boil, and cook until pan is almost dry, about 5 minutes.

Add beans, bay leaves, 1 Tbsp. salt, and 5 cups water. Seal pressure cooker according to manufacturer's instructions and cook on high pressure 50 minutes.

Manually release pressure. Beans should be tender and creamy; if not, reseal and cook 10 minutes longer. Season with more salt if needed.

Add tomatoes, breaking up with your hands, and cook over medium heat, stirring occasionally, until liquid is thickened, tomatoes begin to break down, and beans are very tender, 25–30 minutes. Season with salt, if needed.

Serve beans topped with feta, oregano, and more red pepper flakes and drizzled with oil, with lemon for squeezing over.

CONCLUSION

Dry beans are among some of the healthiest foods on the planet. Beans are not only a complex carbohydrate, which provides sustained energy throughout the day, but also have many important nutrients such as, calcium, potassium, protein and folate.

Plus, you get these benefits without the fat and cholesterol that meat or dairy products might contain. Many Americans do not get the recommended daily fiber they need (25-30 grams a day) and beans are an excellent way to meet these requirements. A cup of cooked black beans contains 8 grams of fiber and a cup of cooked pinto beans contains 12 grams.

One concern when cooking beans is the amount of time they take to fully process. There are a few things that can be done to help with this problem. The first is soaking beans overnight. Soaking overnight will help the beans absorb moisture and shorten the time needed to cook them.

Another excellent idea is to cook beans in the crock pot over night on low. In the morning they are fully cooked and ready to use or store. They can be rinsed, drained and stored up to a week in the refrigerator or frozen for several months. When cooking or soaking beans do not add salts to the pot or bowl, as salt will prevent the beans from fully cooking and will result in hard beans.

What do you do with your beans? There is no end to the healthy, useful ways to use dry beans in your everyday cooking and baking. The traditional and most frequent use of beans is simply cooked and placed in soups or chili's, mixed with rice or used as a side dish. Although those are

excellent ways to incorporate beans into your diet there are many other ways as well.

One of the best kept secrets about beans is their ability to be ground into a fine flour. White beans are recommended as the best choice for bean flour. Bean flour can be substituted for 25% of flour in any recipe.

For example, if a recipe calls for 2 cups all-purpose flour, 1/2 cup bean flour may be used. For those whose families might not be receptive to beans on the table this is a great way to sneak them in. All the benefits of beans will be received in everyday items like cookies and bread and no one will be the wiser.

It is not recommended to tell them either as this might influence their interest in the items prepared. Bean flour can also be used to make soups creamy without dairy. To make 4 cups of "cream" soup simply heat 2 cups of water in a pan (do not boil) and 4 tsp chicken bouillon (or bouillon of choice).

Combine 2 cups cold water with 1 cup bean flour and whisk until there are no lumps. Combine this flour paste with the heated water and bouillon and simmer on low for 10-15 minutes, stirring occasionally. To make a thinner soup use less bean flour.

Spices, vegetables or meat may be added to the soup base for a delicious and nutritious creamy soup without the calories, fat and dairy, plus this creamy soup has all the health of beans. This recipe may also be substituted for creamy condensed soups in casseroles or other dishes.

The other best kept secret is the use of pureed white beans in place of shortening, butter or margarine in baked goods. After the beans are cooked simply drain and place in a food processor, blender or mash with a fork to create a puree.

It should be about the consistency of the fat you are replacing and may be substituted cup for cup or simply for half the fat in the recipe. If the beans are too thick and/or dry, just add a little water and stir in completely. Many ask, "how does it taste" [in cookies, etc.] and the answer is, you can't even tell! The foods are delicious and nutritious!

Beans will be filling, satisfying and incorporate many necessary nutrients into the diet. Combined with rice they are a complete protein and provide all the 8 amino acids for the body. They are inexpensive and packed full of flavor. It doesn't get much better than beans.