



FOOD FOR ALL

Legume Series

RED BEANS

The Red Bean Family includes:
Black Beans, Pinto Beans & Kidney Beans



THIS FOOD FOR ALL LEGUME SERIES is provided by:



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Low cost



Easily found & easily stored

Great nutritional value

Unbelievably versatile
& easy to prepare

Married with a grain,
they make a complete protein

Exotic yet humble

Staple food
around the world



THE HUMBLE RED BEAN IS A SUPER NUTRIENT FOOD

Legumes are referred to as “the perfect food”; high in protein, iron, B vitamins and dietary fiber, in fact red beans provide the highest concentration of fiber of any plant food. They are also a top-ranked antioxidant.

Dried red beans, like all dried beans are really the seeds of legumes. The red bean comes dried, canned or frozen. In this book we will focus on the dried bean because they are inexpensive and easily stored for up to a year. Dried beans are also healthier for you than canned beans which can often be high in sugar, fat and sodium.

The variety of beans that are raised for drying have far more phytonutrients than the ones sold fresh.

THE HUMBLE RED BEAN continued...

$\frac{3}{4}$ cup cooked red beans qualifies as a protein serving towards the Canada Food Guide's recommended 2 portions of meat or meat alternative a day.

Consider challenging yourself to prepare at least one meatless meal per week using legumes... MAKE IT MEATLESS MONDAY.



BLACK BEANS

Black Beans (also known as turtle beans) are sold dried or canned. They have an earthy, full flavored, creamy flesh. They are an excellent gluten free ingredient for baking and are often used in Caribbean and Latin American dishes, such as red beans and rice, soups and stews.

Black Beans have a thin skin and may or may not require pre-soaking.



PINTO BEANS

Pinto Beans are sold dried or canned. They are beige, oval-shaped beans with red streaks that turn brown once cooked. They have a powdery texture and earthy flavor. They are often used in Latin American and Southwestern cooking. Because of their tender skin, they can be mashed for refried beans, tacos, dips and burritos. Pre-soaking is required for 6-8 hours.



KIDNEY BEANS

Kidney beans are sold dried and canned. They have a bright (dark and light) thick purple-red skin that are often used to give color and texture to chili, soups, stews and salads. They are used in Mexican, Chinese and Brazilian dishes, especially chili con carne. They are famous in four bean salads and great in rice dishes. They have a meaty flavor and mealy texture and can be used as a meat substitute.



NUTRITION NOTES

The red bean family are high in protein, iron, fiber, and energy-providing complex carbohydrates, plus B vitamins (particularly B6 and thiamin), vitamin C, zinc, calcium, magnesium, potassium and phosphorous.

Red beans provide the highest concentration of fiber of any plant food, helping to reduce cholesterol, improve digestion and aid in weight loss. They have few calories and are low in fat and sugar.

Dried beans have more antioxidants than all but a few fruits or vegetables and the varieties of legumes with the highest antioxidant activity are black beans, pinto beans and kidney beans. Red beans also have phyto (plant) chemicals that help fight disease.

Always follow the advice of your health care provider if you have a health condition that requires you to follow a special diet.

A WORD ABOUT GAS

Beans often get a bad reputation because of their gas producing characteristics, but there is something you can do to significantly minimize this... make sure and throw out the water you soaked your beans in and use fresh water for cooking them.

The cleaning, soaking and cooking process detailed in the following pages helps reduce bloating or intestinal gas for those who are not used to eating legumes regularly. 75 to 90% of the indigestible sugars that cause gas will have dissolved into the soaking water that you will throw out and the white foam (that rises when you cook your beans) which you will skim off.

So throw out the soaking water and skim the scum.

OTHER TIPS YOU MAY FIND USEFUL:

You can also try adding a sprinkle of baking soda or vinegar to the cooking water. Some say you can avoid indigestion, excess bloating and upset stomach by chewing your beans well before swallowing.

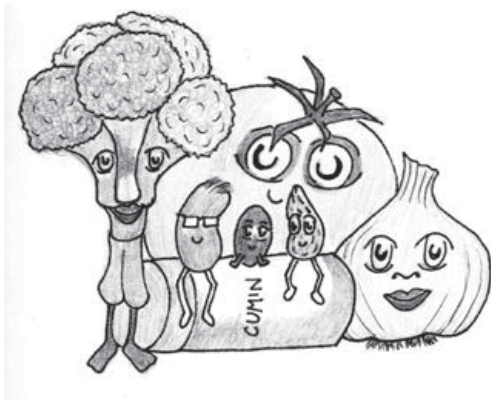
Some say that use of a generous amount of garlic when cooking legumes will decrease bloating & indigestion.

BEST BUDDIES

Pair red beans with: onion, tomato, corn, celery, broccoli, squash, jalapeño, bitter greens, avocado, grains, rice, couscous

Add to: tomato sauce, soups, chili, stews, tortillas, stuffing, cheese,

Herbs & seasonings: cumin, curry, turmeric, oregano, bay leaf, sea salt, pepper, cilantro, garlic, parsley, chili powder, ginger, soy sauce, tabasco, lime, lemon, mustard, Worcestershire sauce.



HOW TO SELECT AND STORE RED BEANS

Choose clean, firm dried beans with a bright sheen and free of blemishes and cracks.

Store for up to one year in an airtight container in a dry place, away from heat and direct sun.

Always date the package when purchased. Once the package is opened, put any leftovers in a glass jar and label and date it.

NOTE: Never cook new beans with older beans because they take different times to cook.

PREPARING DRY BEANS

A 3-STEP PROCESS

Step 1. Cleaning & Sorting

Dried beans often contain stones, dried, shriveled beans, bits of sediment and dust. Spread the dried beans out on a cookie sheet. Remove and discard any debris, skins, stones and then rinse beans thoroughly under cold, running water. This will clean off the dust.

Step 2. Soaking

After rinsing, soak dried red beans to rehydrate them—this also quickens the cooking process.

NOTE: Thin-skinned red beans like black beans DO NOT ALWAYS REQUIRE SOAKING. Pre-soak black beans for 4 to 6 hours to shorten cooking time if necessary.

NOTE ALSO: Beans double or even triple in volume while soaking. Make sure you have a big enough pot or bowl for the yield.

PREPARING DRY BEANS continued...

LONGER SOAK METHOD: Let your red beans stand covered in water (use 10 cups water per 2 cups of dry beans) at room temperature overnight or for at least 8 hours.

QUICK SOAK METHOD: In a large pot, boil red beans in water (use 10 cups water per 2 cups of dry red beans) for 2 to 3 minutes, turn off the heat, cover, set aside for 1 to 2 hours.

AFTER SOAKING: drain and rinse before proceeding to cook the beans.

Step 3. Cooking

Cook in fresh, clean water. Add one tablespoon of vegetable oil to water to keep from foaming during cooking. Cook according to the chart that follows, or until soft. IE. boil uncovered for 10 minutes, then simmer covered for 1 to 2 hours.

continued...

PREPARING DRY BEANS continued...

Bring the water slowly to a boil, skimming off the starchy scum that rises to the surface.

Cook red beans, stirring occasionally and adding hot water as necessary.

Once cooked, drain again before adding to a recipe.

TIP: Add salt or acidic ingredients, such as vinegar, tomatoes or juice, near the end of the cooking time when the beans are almost tender. Acidic ingredients added too early can make the beans tough and slow down the cooking process.

If freezing the beans, dry and cool completely before bagging and freezing. See tips on “how to freeze” in the following pages. Because you did all this work, it makes sense to make a big batch and freeze them for a quick nutritious meal later.

COOKING CHART FOR DRY RED BEANS

TYPE	AMOUNT	WATER	SOAK	COOK	YIELD
Pinto	1 cup (½ lb)	3 cups	8 hours	2 hours	2 ½ cups
Kidney	cup (½ lb)	3 cups	8 hours	2 hours	2 ½ cups
Black	1 cup (½ lb)	3 cups	6-8 hours	1-2 hours	2 ½ cups

ARE THEY DONE YET?

Cook beans until tender (will squish between your fingers) but still firm enough to retain their shape. The time may range anywhere from 30 minutes to 3 hours depending on the type and age of the beans used.

ASK YOURSELF what texture do I want? Will the beans be used in a salad, quesadilla, soup or refried beans. Texture is important, depending on how you will serve the beans.

HOW TO FREEZE RED BEANS

Cook a big batch of beans and then freeze them for a quick nutritious meal later.

Immerse in cold water until cooled, then drain well and dry them. Lay them on a cookie sheet, separating them as much as possible. Put in freezer for a couple hours. Once frozen put them in re-sealable freezer bags. HINT: label and date the bags.



Black Bean Sauce

Save money by making your own black bean sauce.

INGREDIENTS:

- ½ cup canned black beans, rinsed and drained
or ½ cup prepared beans
- ½ cup water
- ½ cup low sodium soy sauce
- ½ tsp salt (optional)
- 4 tsp brown sugar, packed
- 4 tsp cornstarch

Put in a blender and process until smooth. Heat and stir until boiled and thickened. Remove from heat. Yields 2/3 cup black bean sauce.

Barley with Black Beans in a Sauce

INGREDIENTS:

- 1 cup dried black beans, rinse & soak for 1 hour
- 1 cup pot barley, rinsed and soaked for 1 hour
- 3 cups water or chicken broth
- 1 tbsp. oil
- 2 cloves garlic, minced
- 1 green onion, chopped
- 2 tsp fresh ginger, minced
- 3 tbsp. black bean sauce (can be bought, but it's expensive. Make your own - see previous page.)
- 1 sprig of cilantro

Place black beans and barley in a large pot; add water, or stock. Bring to a boil, then reduce the heat to simmer. In the meantime, heat oil in a saucepan; adding garlic, green onion and ginger. Cook 1 minute, stirring constantly. Add this garlic mixture to the simmering black beans and barley. Cover and simmer for another 30 to 40 minutes, or until the barley and beans are tender and liquid is absorbed. Stir in sauce. Add cilantro to garnish. TIP: Substitute any red bean.

Mixed Red Bean Salad

INGREDIENTS:

- 1 can mixed beans
- 1/2 red onion, sliced
- 1 small zucchini or cucumber, chopped
- Feta cheese, cubed

DRESSING:

- 2 Tbsp chicken stock
- 1/4 tsp black pepper
- 2 Tbsp finely chopped parsley
- 2 Tbsp white wine vinegar
- 1/2 Tbsp finely chopped basil

In a bowl, whisk together stock, vinegar, pepper and herbs. Pour the dressing over the beans, vegetables and cheese. Cover and refrigerate for 3 hours.

THERE ARE MANY WONDERFUL RED BEAN SALAD VARIATIONS:

Combine prepared, cooked and cooled kidney beans, black beans and chick-peas. Or combine one can of each. Mix in chopped tomatoes and green onions.

Dress with olive oil, lemon juice and black pepper.

Hippie Loaf

A wonderfully easy gluten-free vegan meatloaf that can be made from pantry staples. Whole wheat flour can be substituted for brown rice flour if you do not have a gluten allergy.

INGREDIENTS:

- 15 ounces black beans, drained and rinsed or equivalent, rehydrated black beans
- 1 whole onion, diced
- 2 whole garlic cloves, minced
- 1 whole carrot, minced
- 2 whole celery stalks, minced
- 1 cup mushrooms, coarsely chopped
- 1 cup quinoa or rice or barley, cooked
- 1 tbsp. Italian seasoning
- 3 tbsp. flour or brown rice flour (gluten free)
- 2 tbsp. ketchup
- 2 tbsp. soy sauce

HIPPIE LOAF continued...

Preheat oven to 350 F. Grease a standard bread pan and set aside. Mash black beans in a large bowl and combine all ingredients until evenly combined. Transfer to pan and press firmly and tightly using a spatula.

Bake 45 minutes to one hour, until firm and browned on the outside. Allow the loaf to cool and firm up before serving, about 15 to 20 minutes.



Black Bean Salsa

INGREDIENTS:

- 1 cup prepared and cooked black beans
or 1 cup of canned black beans
- 1 cup pineapple chunks,
- 1 cup honey dew melon
- ½ cup red bell pepper
- ½ cup red onion
- 2 Tbsp. lime juice
- 1 cup cilantro leaves
- 1 tsp pepper flakes
- 1 tsp salt

Combine beans, fruit, pepper, onion and cilantro.
Toss with lime juice, salt and pepper.



Black Bean & Beef Tostadas

INGREDIENTS:

- 8 ounces lean ground beef
- 1 can (10 ounces) diced tomatoes and green chilies, do not drain
- 1 can (15 ounces) black beans, drained and rinsed
- 8 tostada shells
- 1 ½ cups refried bean mixture (see classic re-fried bean recipe)

OPTIONAL TOPPINGS: Shredded lettuce, shredded cheese, sour cream, salsa

In a large skillet, cook beef over medium heat until no longer pink, drain.

Stir in tomatoes. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes or until the liquid is reduced to 2 tablespoons. Stir in the black beans and heat thoroughly.

Spread refried beans over tostada shells. Top with beef mixture. Serve with toppings of your choice.

Makes 8 tostadas.

Pinto Beans & Smoked Ham Hocks

INGREDIENTS:

- 1 pound pinto beans
- 1 smoked ham hock
- 1 large onion
- 6 cloves garlic
- 16 cups of water
- Salt to taste

Sort your beans. Pick out any tiny stones or shriveled and old looking beans. Soak overnight covered in plenty of water (about 3 inches above the beans, because they will swell).

Next day, boil the smoked ham hock in a pot of about 8 cups of water. Boil for about an hour or until the meat is tender and easy to take apart. Take the ham hock out of the water, set aside to cool.

PINTO BEANS & SMOKED HAM HOCKS **continued...**

Rinse and drain the soaked pinto beans and put them into the pot that the ham hock was in. Add 8 more cups of water. Bring to a boil.

Add chopped onion and garlic. When the ham hock has cooled, take it apart and save all the meat. Cut the meat into small pieces and add to the beans. Cook for at least one hour and taste. Add salt if necessary.

If the beans are not cooked enough after one hour, continue cooking and tasting every 30 minutes. They will get softer and better the longer they cook.



Classic Re-fried Beans

INGREDIENTS:

- 2 cups (1 pound) dried pinto or red kidney beans, sorted and soaked
- 1 large onion, quartered
- 3 garlic cloves, unpeeled
- ½ tsp ground cumin
- 3 to 4 drops hot pepper sauce
- ¼ cup vegetable oil
- Chopped fresh cilantro leaves
- Shredded cheese or spicy tomato salsa

Place the beans and onion in a 4 quart Dutch oven, add water to cover plus a couple inches more. Bring to a boil and boil 2 minutes. Remove from the heat, cover and let stand for 1 hour.

Drain the beans and discard the soaking liquid. Return the beans to the saucepan and add enough water to cover.

CLASSIC RE-FRIED BEANS continued...

Add the onion and garlic and bring the mixture to a boil. Reduce the heat to low, cover the pan and simmer until the beans are very tender, about 2 hours, adding water as needed to keep the beans covered.

Remove and discard the onion and garlic. Mash the beans. Stir in the cumin and hot sauce.

To fry, use a heavy skillet over moderate heat. Heat the oil. Add the mashed bean mixture and cook, stirring occasionally until the mixture forms a smooth paste and begins to pull away from the sides of the pan, 5 to 10 minutes.

Continue to cook, scraping the mixture from the bottom of the pan and turning it over until the bean mixture is thick with a creamy texture.

Serve with cilantro, cheese or salsa on top.

Mexican salad

INGREDIENTS:

- 1 can chick peas, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can red kidney beans, drained and rinsed
- 1 can kernel corn, drained and rinsed
- 1 medium red onion, diced
- 1 medium orange pepper, diced
- 1 medium red pepper, diced
- 1 -2 cups shredded marble or cheddar cheese
- ½ bottle of Catalina or California Dressing
- ½ bag of Nacho Chips

In a strainer, add all the canned items, draining off the excess liquid and rinsing off the beans and corn. In a large mixing bowl, add diced onion, peppers and the rinsed canned beans and corn. With a large spoon mix all ingredients together. When ready to serve, add the crumbled chips and dressing and mix well. Add about half the shredded cheese, mix well. Top with the remaining shredded cheese.

Chili

BROWN THESE:

- 1 pound lean ground beef
- 2 to 4 cloves garlic, minced
- 2 large onions

ADD THESE, MIX WELL & COOK FOR AN HOUR OR SO:

- 1 large can kidney beans or prepared and cooked kidney beans
- 1 large can pork and beans
(or made from scratch Great Northern Beans)
- 1 large red pepper
- 2 medium cans cut up tomatoes

ADD SPICES:

- ½ tsp hot red peppers, dried
- 2 tbsp. vinegar
- ½ cup brown sugar
- Sprinkle ginger, nutmeg, allspice and cinnamon to taste.

Simmer slowly 5 to 6 hours. Try a tofu alternative... it's good! Or go meatless.

Serve with cornbread.



Giving
Hope
Today

Food Banks are not a solution to the issues of poverty and hunger in our communities. Thanks to great community partners like **Valley First**, we at The Salvation Army Penticton Community Food Bank are turning a page. We are still dedicated to helping supply the basic human need for food through our food bank, but we are also looking at long-term solutions like getting back to the basics of buying in bulk, cooking from scratch and growing vegetables and preserving them.



We sincerely thank...

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FOOD FOR ALL LEGUME SERIES:

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Bank. Borrow. Insure. Invest.

Valley First and its community program, Feed the Valley, are proud to partner with The Penticton Salvation Army Food Bank to raise awareness about the issue of hunger and healthy food choices throughout our region with this Food For All Legume Series of cookbooks. Feed the Valley was launched in March 2010—since then, through community partnerships like Food For All, more than \$616,000 has been raised and almost 60,000 pounds of food has been collected for local food banks across the Okanagan, Thompson and Similkameen valleys.

By supporting locally-based programs like the Food For All Legume Series cookbooks we all play an important role in raising awareness surrounding affordable, nutritious food preparation.

Together, creating good things in our community.



COMMUNITY GARDEN

The Salvation Army, Penticton Community Garden, located on Martin Street, is a beautiful, fenced back yard garden space with 20 raised beds and several in-ground garden plots. It is fully equipped with gardening tools and watering equipment, as well as tool shed and lawn furniture. It is a place where Food Bank Clients and Community Volunteers come together to learn to grow and share their time and their gardening wisdom. All the food grown is either used for lessons in the community kitchen or washed, bagged and brought in to the food bank for distribution.



COMMUNITY KITCHEN

The Salvation Army, Penticton Community Kitchen operates each Thursday out of our fully equipped commercial kitchen at our church location on 2469 South Main Street.

Make meals to take home, learn the basics of making nutritious meals from scratch, try new ethnic cooking techniques, learn to can and dehydrate local fruits and vegetables, or enroll in nutrition education and diabetes education classes.



Each summer youth have an opportunity to participate in the Fresh From the Farm program that takes students on harvesting work parties to local orchards and gardens and then back to the community kitchen to learn how to can, dehydrate, freeze, and juice the fruits and vegetables.