



# FOOD FOR ALL

## *Legume Series*

# WHITE BEANS

White Beans come in 4 varieties:  
Navy Beans, Great Northern,  
Cannellini & Garbanzo  
(aka Chickpeas)



# THIS FOOD FOR ALL LEGUME SERIES is provided by:



## **The Salvation Army Community & Family Services**

2399 South Main Street  
Penticton, BC V2A 5J1  
Phone: 250-492-4788  
Fax: 250-492-8813



## **Valley First / Feed the Valley**

184 Main Street  
Penticton, B.C. V2A 8G7  
Phone: 250-487-7313  
Fax: 250-490-2746  
community@valleyfirst.com  
www.feedthevalley.ca



Bank. Borrow. Insure. Invest.

Warm thanks to our  
designer & printer:



www.auroraprint.ca

**L**ow cost



**E**asily found & easily stored

**G**reat nutritional value

**U**nbelievably versatile  
& easy to prepare

**M**arried with a grain,  
they make a complete protein

**E**xotic yet humble

**S**taple food  
around the world



# **THE HUMBLE WHITE BEAN IS A SUPER FOOD**

White Beans are referred to as “the perfect food”; high in protein, iron, B vitamins and dietary fiber, while low in fat, cholesterol & sodium.

Dried White Beans, like all dried beans, are really the edible seeds of plants in the legume family. The white bean comes fresh in its pod, frozen, canned or dried. In this book we will provide recipes using canned beans, but we will focus on the dried beans 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 sodium, sugar and fat. The varieties of beans that are grown for drying have far more phytonutrients than the ones sold fresh, making them a top-ranking antioxidant!

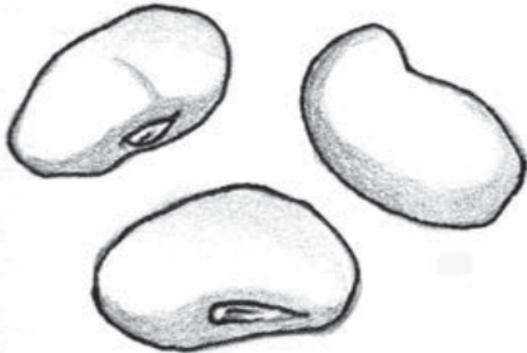
$\frac{3}{4}$  cup cooked white beans count towards the Canada Food Guide's meat alternative protein serving.

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



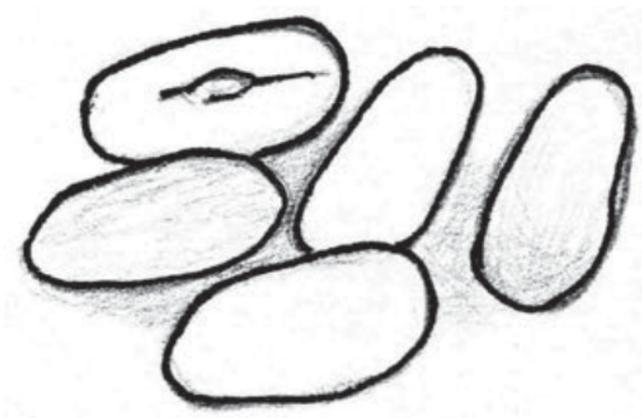
# NAVY BEANS

Also referred to as the White Pea bean, Boston bean (used in canned beans), and/or Yankee beans. Navy beans are an excellent source of folate and fiber, and a good source of iron. They are larger than the pea beans. These lightly-flavored beans need long, slow cooking and are excellent baked or stewed. Navy beans are a slow-cooker bean, so put your crock pot to use.



## **GREAT NORTHERN BEAN**

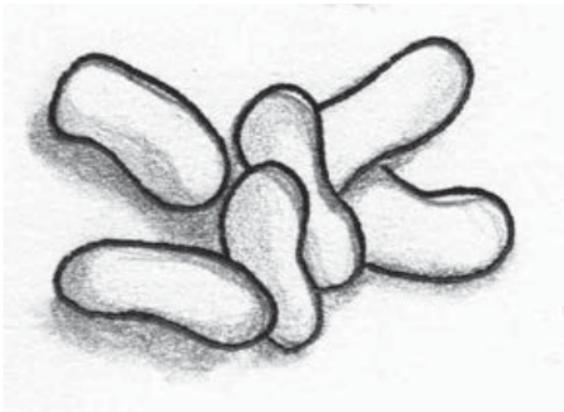
Great Northern beans are a kidney-shaped white bean, resembling lima beans. They are larger than navy beans and have a delicate flavor that makes them a favorite in many dishes such as casseroles, stews, baked beans and soups, and salads. They can be substituted for navy or lima beans.



## CANNELLINI BEANS

Cannellini Beans are often referred to as large white kidney beans. They originated in South America and were later adopted into Italian cuisine. They are high in minerals and vitamins as well as protein and fiber.

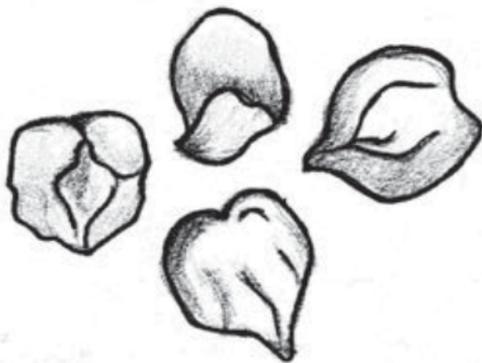
Referred to as 'heart-healthy' and as 'brain food', they are often mixed with pasta and added to soups like minestrone or Italian stews or used in side dishes like chicken lasagna. Try them in a salad with a garlicky dressing. Cannellini beans can be substituted for Great Northern or Navy Beans.



# **GARBANZO BEANS**

## **ALSO KNOWN AS CHICKPEAS**

Dense and round, these tan-colored beans are known as a survival food. The dried version need long, slow cooking and baking. The nutritious flour made from these beans is called Chana flour. It can be used for cooking and baking. Garbanzo beans make an excellent meat substitute in chili, soup, stew, salads and spaghetti dishes. They are popular for the Middle Eastern dip called Hummus and for making falafels.



# NUTRITION NOTES

White Beans are rich in calcium, iron, magnesium, potassium, vegetable protein, Vitamin C, Vitamin B6 and Thiamin. They are a slow-burning, gluten-free carbohydrate.

They are one of the highest fiber foods you can eat. Dried white beans have more antioxidants than all but a few fruits & vegetables.

Health benefits from eating white beans are that they reduce cholesterol, improve digestion and aid in weight loss. They also have disease-fighting plant chemicals.

**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....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—90% of the indigestible sugars that cause gas will have dissolved into the soaking water that you will throw out, or when you are cooking, if you skim the scum (foam) that rises to the top!

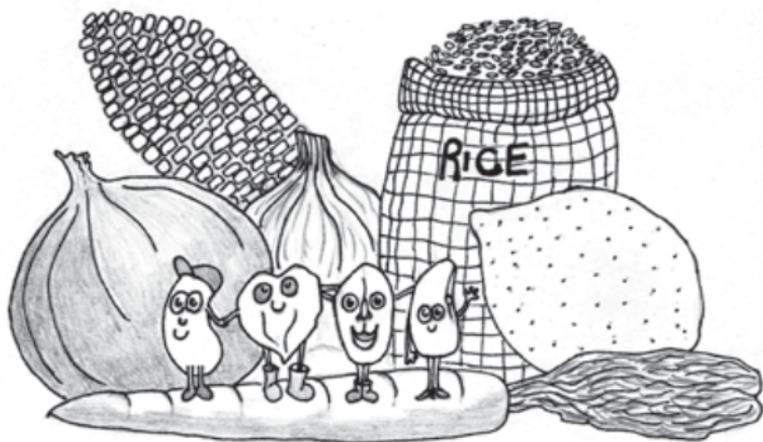
Also, you can add a sprinkle of baking soda or vinegar to the cooking water. Another idea: use a generous amount of garlic when cooking legumes. This will help decrease bloating & indigestion.

# BEST BUDDIES

**Pair white beans up with:** carrots, onion, pine nuts, pitas, peppers, tomatoes, cucumbers, couscous, avocado, corn, rice, pork or bacon.

**Add white beans to:** tomato sauce, soups, salad, tortillas.

**Herbs & seasonings that go well with white beans include:** cumin, curry, turmeric, bay leaf, basil, cilantro, garlic, parsley, sun-dried tomatoes, chili powder, nutmeg, ginger, lime, lemon juice, mustard.



# HOW TO SELECT AND STORE WHITE BEANS

Watch for the dates on the bags when you buy. The older the beans, the longer it will take to cook them. Be careful not to mix different bags of legumes that are of a different age.

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 label and date the beans when purchased. Once a package of beans has been opened, put any leftover dried beans in a glass jar and label and date it.

**TIP 1:** old beans are gritty while younger beans cook to creaminess!

**TIP 2:** some find that the dried beans sold in the bulk bins can be fresher because of sales turn-over.

# PREPARING DRY BEANS

## A 3-STEP PROCESS

### Step 1. Cleaning & Sorting

Sorting is so important in order that you can find those sneaky little rocks that may have been missed when they were originally sieved and sorted in the factory. Also there is a fine dust that needs to be washed off.

Washing is therefore an equally important step because dried beans, loose or packaged, often contain stones, shriveled beans, bits of sediment but always are covered in a fine dust.

Remove and discard any debris and rinse your beans under cold running water.

### Step 2. Soaking

After rinsing, soak dried beans to rehydrate them. This will quicken the cooking process. Beans may triple in volume while soaking; make sure you have a big enough bowl for soaking.

**LONGER SOAK METHOD:** Let dried beans stand, covered, in unsalted water (using 10 cups water per 2 cups of dry beans) at room temperature overnight, or for at least 8 hours. Note: the longer the soaking time, the shorter the cooking time.

**QUICK SOAK METHOD:** Put the dried beans in a large pot filled with unsalted water (use 10 cups water per 2 cups of dry beans); boil for two to three minutes then turn off the heat, cover, and set aside for one to two hours.

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

## **Step 3. Cooking**

Bring fresh clean water slowly to a boil, add 1 Tbsp vegetable oil to the water to keep it from foaming during cooking. \*Do not add salt. In a large pot, boil uncovered 10 minutes using 3 parts water to 1 part beans, then simmer,

### **STEP 3: COOKING continued...**

covered for 1 ½ to 2 hours. Skim off any starchy scum that may rise to the surface. (This will help to reduce bloating after your meal of beans.) When beans are done, turn off the heat and let them cool down in their own liquid to keep them from drying out and to further infuse them with their own juices. Then, drain again before adding to 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. Otherwise the beans can become tough and the cooking time will take longer.

# COOKING CHART FOR DRY WHITE BEANS

TYPE	AMOUNT	WATER	SOAK	COOK	YIELD
White	1 cup (1/2 lb)	3 cups	8 hours	1 1/2-2 hours	2 1/2-3 cups
Cannellini	1 cup (1/2 lb)	3 cups	8 hours	45-60 min.	2 1/2 cups

## ARE THEY DONE YET?

Beans are cooked tender when if you try to squish one between your fingers it feels firm enough to hold its shape.

TASTE TEST: the bean should be tender to the bite, but not mushy. It should also taste creamy, not gritty.

Cooked legumes can be prepared 1 or 2 days before they are needed in a recipe. After cooking them just store them in the refrigerator.

# HOW TO FREEZE WHITE BEANS

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

Immerse cooked beans in cold water until cool. Drain well and dry. Lay them on a cookie sheet, separating them as much as possible. Place in your freezer for approximately 2 hours. Once they are frozen, put them in re-sealable freezer bags or container.

Time consuming at first—yes— but if you cook up a large batch of dried beans and freeze them into portion sizes then you have a quick healthy meal when you are hungry and in a hurry.



# *Bean Pot Dip*

## INGREDIENTS:

- 1 can of mixed beans (or four bean medley), drained
- 1 can of garbanzo beans (chick peas), drained
- 1 can baked brown beans
- $\frac{3}{4}$  cup celery, chopped
- $\frac{3}{4}$  cup green pepper, chopped
- $\frac{1}{2}$  cup onion, chopped
- 2 cloves garlic, minced
- $\frac{1}{4}$  cup brown sugar
- 1 cup ketchup

Mix the first six ingredients together and place in a baking pot. Top with brown sugar and ketchup mixture.

Bake covered at 350F for 40 to 50 minutes.

Use as a dip with taco chips.

# *Oven-Roasted Chickpea Poppers*

These baked chickpeas are a tasty and healthy snack. Just toss them with a little olive oil and some spices, then roast in the oven until crunchy. They'll stay crispy for a few days stored in a re-sealable bag at room temperature.

## INGREDIENTS:

- 2 - 15 ounce cans chickpeas thoroughly drained and rinsed, or 3 ½ cups chickpeas if you are using re-hydrated chickpeas
- 2 tbsp. olive oil
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp cayenne pepper
- ½ tsp sea salt or kosher

Heat oven to 400 F and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

## **OVEN-ROASTED CHICKPEA POPPERS** continued...

A crunchy snack that is high in fiber & protein and low in fat... try these instead of potato chips

Be creative with your seasonings. Instead of cumin, chili and cayenne pepper, try these:

**SAVORY:** italian or greek seasoning  
crushed garlic or garlic powder  
salt and pepper masala powder  
lemon pepper hot sauce

**SWEET:** honey  
sugar and cinnamon  
sugar and salt



# *Two Bean Meatless Meatloaf*

The two different types of beans help the texture approximate regular 'meat'loaf. The pinto beans become smooth and creamy, while the chickpeas tend to keep some of their shape. Try experimenting with other types of beans to find your perfect combo.

## GLAZE INGREDIENTS:

- ½ cup ketchup
- 1 tsp chili powder
- ¼ cup water
- 2 tbsp. molasses
- 2 tbsp. mustard

## MEATLOAF INGREDIENTS:

- 1 cup oats
- 1 small onion, diced
- ½ large green pepper, diced
- 2 cloves garlic
- ½ cup sunflower kernels
- 1 can chickpeas, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 2 tbsp. chili powder
- 2 tbsp. Worcestershire sauce
- Salt and pepper to taste

## **TWO BEAN MEATLESS MEATLOAF continued...**

Pre-heat oven to 375 F.

In a small bowl, whisk together all glaze ingredients. Set aside.

In a food processor, pulse the oats until chopped well, but not into a powder.

Add onion, green pepper, garlic and sunflower kernels and pulse again until well combined.

Add in chickpeas, pinto beans, chili powder, Worcestershire, salt and pepper. Pulse until beans are almost nearly pureed. Leave a little bit of texture.

Spoon the bean mixture into a greased loaf pan and even out.

Pour glaze over bean mixture.

Bake for 30 to 35 minutes or until glaze is caramelized and loaf is solid.

# Falafels

Can be served as an appetizer or made into patties and served like a burger.

Sort and thoroughly wash one cup of dried garbanzo beans (chickpeas). Soak them overnight in 3 cups clean water. You can use a 16 ounce can of chickpeas, but rinse them well and then drain them.

ADDITIONAL INGREDIENTS:

- 1 white onion, coarsely chopped
- 1 inch piece of ginger root, coarsely chopped
- 3 or 4 cloves garlic, minced
- 8 sprigs of fresh cilantro (or use parsley)
- $\frac{3}{4}$  tsp cumin
- $\frac{3}{4}$  tsp coriander powder
- Salt to taste
- 1 red or green chili pepper or  $\frac{1}{2}$  tsp cayenne pepper
- 1 green jalapeño pepper (or to taste)
- 1 egg
- $\frac{1}{4}$  cup Chana flour (garbanzo bean flour) called 'Besan' (the egg and the chana flour (besan) are the binders)

## **FALAFELS continued...**

Put everything but the chickpeas and Chana Flour (besan) in the food processor and grind. Add the drained chickpeas.

Grind in the food processor, but don't over-grind because then it turns to hummus. You want the result to be a thick paste, but there should be some grain left.

Remove from food processor and add the binders (the egg and chana flour). Mix well with your hands and shape into thin ½ inch patties to form burgers or if you are making falafels make smaller ovals.

If you are making patties fry them in vegetable oil in a shallow frying pan.

If you are making falafels deep fry them in vegetable oil in a wok or deep fry pan

**VARIATION:** try adding grated yams and walnuts, or try adding ground flax seed

# *Kale and White Bean Soup*

## INGREDIENTS:

- 1 cup dried cannellini beans
- 2 onions, chopped
- 6 cloves garlic, peeled and squashed
- 1 bunch watercress, chopped
- 1 cup chopped fresh parsley
- 6 cups finely shredded kale or collard greens
- 1 ½ tsp salt, ½ tsp pepper
- 1 tbsp. extra-virgin olive oil

Soak beans overnight, drain. In a large pot, bring 8 cups water, beans, onions and garlic to a boil, reduce heat and simmer until the beans are tender, about an hour. \*try using ½ and ½ water and vegetable or chicken broth, for extra flavor and nutrition.

With a slotted spoon, remove 1 cup of the beans; set aside. Add the watercress and parsley to the pot; simmer for 5 minutes

In a blender, puree the soup until smooth. Add water to make 7 cups. Return to the pot and add kale, reserved beans, salt and pepper, bring to a boil. Reduce heat, cover and simmer until the greens are tender; about 40 minutes.

# *Baked Pork and Beans*

## INGREDIENTS:

- 2 ¼ cups (450 gram package) dried Great Northern or Navy Beans, rinsed and sorted
- 1 pound smoked pork shank or maple flavored bacon
- 8 cups water
- ½ cup chopped onion
- 3 Tbsp molasses
- 2 Tbsp brown sugar
- ½ tsp dry mustard
- ¼ tsp ginger
- ¼ tsp allspice
- 1 tsp horseradish (optional)

Pre-soak and prepare beans.

In a Dutch oven or large saucepan, cover beans with water. Add pork shank/bacon and onions, bring to a boil. Reduce heat, simmer for one hour. Drain bean mixture, reserving 2 cups of the liquid. Place drained beans and pork in an un-greased, 3-quart roaster, casserole dish or bean pot.

In a small bowl, combine remaining ingredients. Stir in reserved liquid, pour over beans and cover. Bake at 250F for 3 - 3 ½ hours or until beans are tender. Remove pork shank, trim meat off bone; return meat to roaster. Bake uncovered an additional 3 hours, or until beans are tender. Yield: 8 one cup servings.

# *Vegetarian Baked Beans*

## INGREDIENTS:

- 2 ¼ cups dried great northern or navy beans, rinsed and sorted
- ½ cup chopped onion
- 1 cup rutabagas, peeled and cubed
- ½ bunch collard greens, washed and cut into 2 inch wide strips
- 8 cups water
- 3 Tbsp molasses
- ¼ tsp ginger
- 2 Tbsp brown sugar
- ½ tsp dry mustard
- 1 tsp Worcestershire sauce
- ½ cup ketchup
- ½ tsp salt and pepper
- 1 tsp chili powder

In a Dutch oven or large saucepan, cover beans with water. Soak at least 12 hours. Drain.

In the morning, drain the soaking water, add the onion and water to cover. Bring to a boil then reduce heat, simmer for one hour. Heat oven to 250. Drain bean mixture, reserving 2 cups of the liquid. In an un-greased 3 quart roaster, casserole dish or bean pot, place the collard greens, cubed rutabagas and beans. In a small bowl, combine remaining ingredients, pour over the beans and gently mix. Stir in the reserved liquid if needed to cover the bean mixture. Bake at 250 for approx. 6-7 hours.

# Easy Bean Patties

## INGREDIENTS:

- 2 cups cooked (or canned) chickpeas
- 1 egg
- 1 Tbsp peanut butter (optional)
- 3-4 Tbsp bread crumbs, Panko bread crumbs or cornflake crumbs

With fork, mash beans. Add egg and mix with a fork until well-combined.

Form into patties and coat with crumbs. In frying pan, fry in hot oil over medium heat until brown on both sides, about 15 to 20 minutes.

Serve with chili sauce or Tabasco sauce.



# *Hummus*

## INGREDIENTS:

- 2 cups canned chickpeas (drained and rinsed)
- 1 tbsp olive oil
- 2 cloves garlic, chopped
- ½ tsp ground cumin
- 2 tbsp peanut butter
- ¼ cup lemon juice
- Salt and pepper to taste

In a food processor or blender, combine the chickpeas, olive oil, garlic, cumin and peanut butter. Whirl until the mixture is a rough consistency. With the motor running, pour in the lemon juice a little at a time, until desired consistency. Taste test hummus for seasoning. Sprinkle with fresh parsley or paprika.

YIELD: 1 ½ cups





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...*

the following individuals for their  
valuable contribution to this  
FOOD FOR ALL LEGUME SERIES:

Lorraine Pattison for her nutrition wisdom

John Pettifer for the photography

Sarah Campbell for the artwork

Donna Benson for her vision

Carol Allen for consultation and editing

George Noriega for tips and recipes

Jenn Monai for the tips and recipes  
and for the Novelty Bean Book



**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.

