

Have you tried:

Quick-baked beans: Cook the beans tender on top of stove. Put them in a shallow pan with enough of the bean liquid to moisten them. Add molasses or brown sugar, season with ketchup, and slice salt pork on top. Brown in the oven.

Beans with tomato sauce: Cook sliced onion in a little fat. Blend in a little flour and brown slightly. Stir in cooked tomatoes, season, and cook until thickened. Serve hot over hot beans.

Beans au gratin: Put cooked beans in a baking dish, and cover with a sauce made by combining white sauce and tomato ketchup. Sprinkle the top with grated cheese and bread crumbs and brown in the oven.

Bean Sausage: Mash cooked beans, mix with a beaten egg, sage seasoning, and salt and pepper to taste. Add enough bean liquid or milk to moisten so that sausage like rolls can be shaped. Dip rolls in egg and crumbs and brown in a little melted fat. This same mixture can be made into a bean loaf like meat loaf and with any additional seasonings or sauce desired.

U.S. Senate Bean soup: Cook a piece of salt pork, or a ham bone with the beans from the start, and also some onion and celery, and twice as much water as you would for simmering the beans. When the beans are very tender, take out the salt pork. Rub beans through a strainer if smooth soup is wanted or leave whole. Cut the salt pork into tiny pieces and return to the soup. Stir, reheat, and add any further seasonings you wish. Good additions to bean soup are finely chopped or ground peanuts, lemon slices, tomatoes, carrots or thin slices of frankfurters.

Congressional Bean Soup: 2 lb. No. 1 white Michigan beans. Cover with cold water and soak overnight. Add a smoked ham hock and simmer slowly for about 4 hours until beans are cooked tender. Then add salt and pepper to suit taste. Just before serving, bruise beans with large spoon or ladle, enough to cloud. (Serves 6)

Chuck Wagon Beans: 1 lb. beans  $\frac{1}{4}$  lb. lean salt pork, 1 cup chopped onion, 1 chopped green pepper, 1  $1\frac{1}{2}$  oz. can tomatoes, 1 small can green chiles, chopped 1 tsp salt,  $\frac{1}{4}$  tsp black pepper. Cook beans until tender. In heavy iron skillet saute salt pork (cut in cubes) until half done. Add chopped onion and green pepper, and saute until golden. Add the beans with about 1 cup of the bean liquid. Add tomatoes and chopped green chiles and simmer 1-2 hours, covered. Cook over very low heat and do not allow beans to become mushy.

New Orleans Style Creole Red Beans: 1 lb. red Kidney beans, 2 medium size Bermuda onions (chopped fine), 2 large sticks of celery (chopped fine) 2 large bay leaves  $\frac{1}{2}$  tsp ground thyme, 1 level tsp garlic salt, 1 level tsp salt (depending on saltiness of ham), 1 lb chopped boiled ham pieces plus a ham bone for flavor. Soak beans over night. Add all the ingredients and cook until beans are tender. Remove bay leaves before serving. Serve over boiled rice. This is good served with a tossed green salad, French bread.

Sanwich Spread: Mash cooked beans and mix with salad dressing or ketchup for a tasty sandwich spread.

Chop Suey: Substitute cooked dried beans for meat in making a vegetable chop suey.

Bean Loaf: Make a bean loaf or fried patties with mashed cooked beans, bread crumbs, or cornmeal mush and seasonings.

Scalloped Dish: Scallop cooked dried beans with tomato juice and bits of bacon, sausage balls or links, or frankfurters.

Spanish Sauce for Lima's. Fry 1 med onion, 1 green pepper in 1 tb fat. Add  $1\frac{1}{2}$  cups tomato juice. Thicken with 2 tb flour mixed with a little water. Add 1 t salt and 1 tb. sugar. Add cooked limas, and heat well.

#### In Salad or Sandwich

Beans are so hearty in themselves they make a salad that is more than just a side dish. They take kindly, also, to mixing with the something sour and the something raw every good salad needs. Here are a few simple ways to use cold cooked beans in salads that may be the center of lunch or supper. Change the pattern to fit what's on the pantry shelf.

Beans, raw apple sliced with the skin on, moistened with salad dressing, and served on lettuce or other salad greens.

Beans, diced cucumber, or tender raw turnip or radish or celery cut crosswise.

Lima beans, peanuts, moistened with salad dressing mixed with tomato catsup.

Red kidney beans, chopped green pepper, raw onion rings and sliced tomato.

Beans, chopped pickle or pickle relish, chopped cooked beets on lettuce or dandelion greens.

Bits of left over meat or fish, hard cooked eggs, or cheese make a bean salad even more of a main dish.

Tuna Bean Salad: 2 c. cooked beans, 1 c drained flaked tuna,  $\frac{3}{4}$  c. sliced celery  $\frac{1}{2}$  pepper diced,  $\frac{1}{4}$  c. sliced pickle, 2 tbsp. grated onion,  $\frac{1}{4}$  c pimento sliced. Combine, season with salt and pepper. Cover. Chill 2 hrs. Put sliced salt pork over top and bake.

When you're mixing a salad, let yourself go. Try new combinations and you'll make a name for yourself as a salad maker.

Hot Bean Salad: Hot bean salad is easy to fix if you have cooked beans on hand. Cut 2 strips of salt pork or bacon into half-inch pieces and fry to a light brown. Add a third of a cup of chopped onion and brown lightly. Add 3 cups of boiled or baked beans,  $\frac{1}{2}$  tsp. mustard,  $\frac{1}{4}$  c. each of vinegar and water. Serve hot.

Hearty Sandwiches: Season baked beans with plenty of minced onion, pickle relish or catsup, and moisten with salad dressing for hearty sandwich filling. Chopped peanuts and beans are another good combination. Many of the salad suggestions above make excellent sandwich fillings.

Freezing beans. Cooked beans and bean dishes freeze well. Cook plenty and store for a quick casserole later or for sandwich fillings or for a quick salad.