

Kidney Beans

Kidney beans are large, red, kidney-shaped beans that are used in chili; salads, and Mexican dishes.

Marinated Three-Bean Salad

Drain: 1 can green beans
1 can wax beans
1 can kidney beans

Mix together: 3/4 cup sugar 1/2 cup diced green
2/3 cup vinegar pepper and/or
1/3 cup salad oil onions
1 teaspoon salt 1 teaspoon pepper

Add: Beans, mix together and let stand overnight.
-Karen Baxter
Benning Hills Ward

Bean and Egg Salad

1/2 cup mayonnaise or salad dressing 1/2 teaspoon salt
3 T. shredded cheddar cheese 1/8 tsp. pepper
1 T. prepared mustard 2 hard cooked
few drops worcestershire sauce eggs, quartered
1 15 oz. can kidney beans, drained or 1/2 cup shredded
1 16 oz. can garbanzo beans cheddar cheese
1 small stalk celery, chopped (1/4 c.) salad greens
2 hard cooked eggs, sliced
3 pickles (dill or sweet), chopped
1 small onion, finely chopped (1/4 c)

Combine first four ingredients. Mix, cover and chill.
Combine beans, celery, eggs, pickles, onion, salt and
pepper. Pour chilled dressing over bean mixture.
Garnish with quartered eggs and cheese. Serve on salad
greens.
-Janice Mann
Benning Hills Ward

Meatless Chili

1 tablespoon vegetable oil
1 large onion, chopped
2 1/2 cups cooked red kidney beans
1 cup cooked white kidney beans
2 1/2 cups cooked whole tomatoes
1 cup celery, chopped
1 teaspoon salt
1 teaspoon black pepper
chili powder

Heat oil in large pot and cook onions until brown. Add
all other ingredients except the chili powder and stir.
Add chili powder by the teaspoon until desired flavor is
reached. Simmer 20-25 min. Serve over hot rice.

Four Bean Salad

Combine and stir until dissolved: 3/4 cup sugar, 2/3 cup
vinegar, 1/3 cup oil, 1 teaspoon salt, 1 teaspoon
pepper, 1/4 teaspoon garlic salt (or to taste),
Mrs. Dash spices (optional), 1/4 cup Italian salad
dressing (optional).

Pour over the following:

1 1/2 cups kidney beans, canned or cooked
1 1/2 cups white or Northern beans, canned or cooked
16 oz. can yellow wax beans
16 oz. can green beans
1/4 cup (or more) sliced onion (Vidalia is excellent)
1/4 cup sliced green pepper

Chill overnight.

-Janice Grover
Auburn Branch

Red Beans and Rice

1 lb. kidney beans 1 dash garlic
1/2 lb. salt pork 1 - 2 bay leaves
6 cups water roux (recipe below)
1 medium onion

Wash beans. Cover with water; let stand overnight.
Drain. Place beans, salt pork and 6 cups water in pot.
Bring to a boil. Turn heat down to medium. Allow beans
to cook for 2 1/2 hours or until soft. Add water as
needed. Salt and pepper to taste. After 20 minutes of
cooking time, add spices. Serve over rice. Variations:

1. Add 1 teaspoon chili powder and cayenne pepper to
suit your taste.
 2. Add 1/2 to 1 lb. ground beef, cooked and drained
 3. Cook beans with 1 lb. pork neck bones instead of
salt pork. Add 2 cans whole kernel corn the last
30 minutes of cooking time.
 4. Add 1 lb. cooked beef chunks.
- *The roux is the thickening of the bean liquid. It can be
made thicker as you desire it. Basic recipe:

2 teaspoons white flour in cup
Add enough water to cover and make paste.
Pour into bean pot 30 min. before done.

-M. Fournier
Albany Ward

Red Beans and Rice

1 lb. dry red kidney beans (2 1/2 c.)
1 cup onion, chopped
1/4 cup green onion tops, thinly sliced
1/4 cup green pepper, chopped
1 clove garlic, minced
1 tablespoon fresh parsley, finely minced
1 - 2 lbs. ham hocks or ham bone with meat

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