

# 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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# Lentils

Lentils are disc-shaped legumes about the size of a pea. They cook in less time than either dry beans or peas. They do not require soaking before cooking.

- 1/4 teaspoon ground black pepper
- Dash tabasco
- 1 bay leaf
- 1/2 teaspoon (or more) thyme
- 1/2 teaspoon basil
- 1 quart cold water (approximately)
- 1/2 lb. pepperoni sausage, thinly sliced (optional)

Soak beans overnight in cold water to cover; drain. Put beans and remaining ingredients into heavy pot or kettle, adding enough water to cover - approximately 1 qt. Bring to a boil; then reduce heat; simmer on low heat for 5 - 6 hours or until beans are tender and thick natural gravy has formed. Add additional water if mixture appears too dry. Scrape down sides and across bottom of kettle frequently to prevent scorching. Season to taste. Serve over hot steamed rice.

-Nancy Goddard  
Auburn Branch

## Creole Red Beans and Rice

- |                                    |                        |
|------------------------------------|------------------------|
| 2 tablespoons bacon grease         | crushed red pepper     |
| 2 large stalks celery, chopped     | to taste               |
| 2 large onions, chopped            | small can tomato paste |
| 1/2 bell pepper, chopped           | smoked sausage or ham  |
| 4 cloves garlic, chopped           | hocks                  |
| 4 tablespoons worcestershire sauce | 5 cans red beans or    |
| 1/2 teaspoon tabasco               | pinto beans OR         |
| 4 bay leaves                       | little less than       |
| 2 teaspoon salt                    | *1 lb. dried beans     |

Saute onions, celery, bell pepper and garlic in bacon grease about 15 min. or until transparent. Use a large pot. Add worcestershire sauce, tabasco, bay leaves, salt, crushed red pepper, tomato paste, and sausage or ham hocks along with beans. Simmer about three hours. Serve over rice. \*If using dried beans, soak and cook beans before adding to the soup.

-LeeAnn Robinson  
LaGrange Branch

## Three Bean Salad

- |                             |                          |
|-----------------------------|--------------------------|
| 1 can green beans, drained  | 1/2 cup sugar            |
| 1 can kidney beans, drained | 1/2 cup vinegar          |
| 1 can wax beans, drained    | 1/2 cup oil              |
| 1 small jar pimentos        | 1 teaspoon salt          |
| 1 medium grated carrot      | 1/2 teaspoon garlic salt |
| 1/2 chopped green pepper    | pepper to taste          |
| 1 cup chopped celery        |                          |
| 1 large chopped onion       |                          |

Mix sugar, vinegar, oil, salt, garlic salt and pepper. Bring to a boil. Pour over vegetables. Marinate several hours or better overnight. Dana Latham - Auburn Branch

## Vegetarian Lentil Soup

- |                               |                             |
|-------------------------------|-----------------------------|
| 1/2 cup dried lentils         | 1 clove garlic, minced      |
| 4 cups water                  | 2 teaspoons salt            |
| 1 large onion, chopped        | 3/4 teaspoon freshly        |
| 2 stalks celery, chopped      | ground pepper               |
| 4 carrots, peeled and chopped | 1 teaspoon dried thyme      |
| 1 15 oz. can tomato puree     | leaves                      |
|                               | 1/2 teaspoon dried tarragon |

Combine lentils, water, onion, carrot and celery in large pot. Simmer gently for 2 1/2 hours. Add more water if needed. Stir in tomato puree. Add garlic, salt to taste, pepper, thyme and tarragon. Heat through and serve immediately. If desired, add fresh greens for garnish and to add nutritional value. This soup is even better if prepared a day in advance. Serves 4.

-JoAnn McGlamery  
Benning Hills Ward

## Brown Rice and Lentils

- |                           |                            |
|---------------------------|----------------------------|
| 3 cups water              | 1 medium onion, chopped    |
| 1/2 cup brown rice        | 1 carrot, diced            |
| 1/2 cup lentils, unsoaked | 1/8 teaspoon garlic powder |
| salt to taste             |                            |

Sort lentils; wash them and the rice. Bring water to a boil. Stir in rice and lentils. Add onion and carrot. Return to a boil. Reduce heat and simmer about 45 min. Watch in case you need to add more water. When lentils and rice are tender and you are almost ready to remove from heat, stir in garlic powder and salt.

-Belle Usry  
Albany Ward

## LENTIL BURGERS

(If you want to break the hamburger habit, try this!)

- |                              |                                 |
|------------------------------|---------------------------------|
| 3/4 c. dried lentils         | 1/4 tsp. dried leaf basil       |
| 2 c. water                   | 1/4 c. wheat germ               |
| 1 tsp. salt                  | 2 T. vegetable oil              |
| 1/4 c. uncooked brown rice   | 2 pita bread rounds             |
| 1 c. fresh fine bread crumbs | 2 c. shredded lettuce           |
| 1/2 c. chopped walnuts       | 1 c. diced fresh tomato         |
| 1/4 c. finely chopped onion  | Buttermilk style salad dressing |
| 1/8 tsp. pepper              |                                 |

Sort and rinse lentils. Combine lentils, water and salt in a medium saucepan. Bring to a boil. Stir in rice; reduce heat. Cover and simmer 45 minutes. Mash lentils and rice together in a medium bowl. Stir in bread crumbs, walnuts, onion, pepper and basil; mix well. Put wheat germ in a shallow bowl. Shape lentil mixture into 4 patties. Place each patty in wheat germ to coat; turn to coat other side. Heat oil in a large skillet. Fry patties until browned. Turn once to brown other side. Cut each pita bread round in half and carefully separate sides of bread to make a pocket. Fill each pocket with a cooked patty and some lettuce and tomato. Drizzle with dressing. Makes 4 servings.