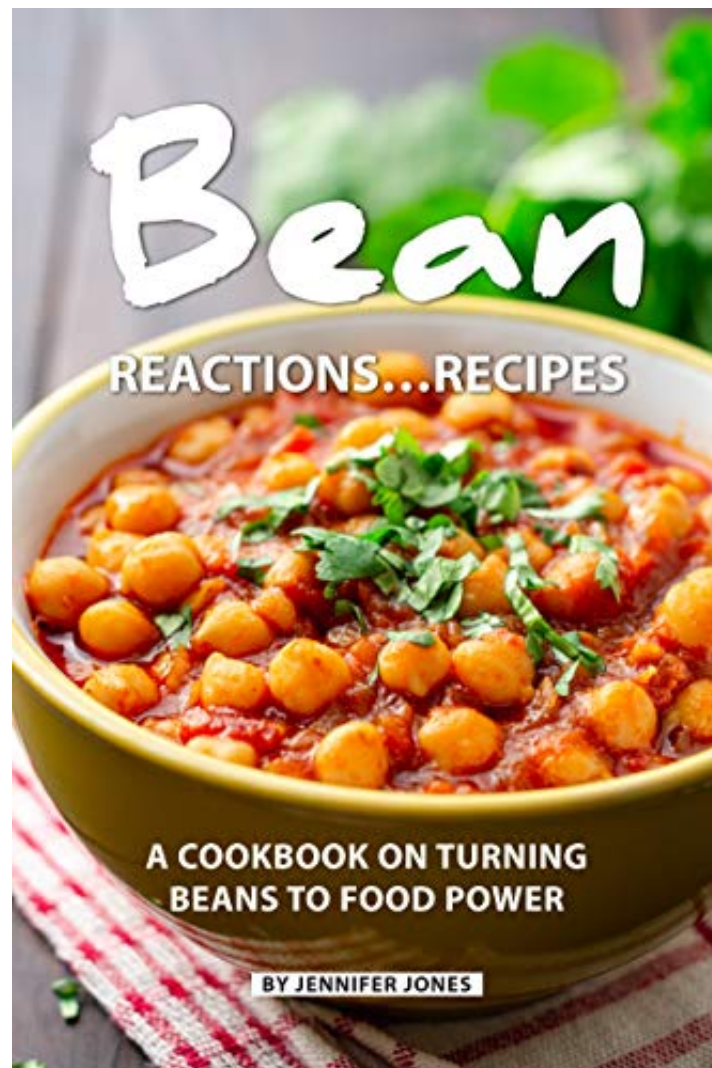


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# Bean Reactions...Recipes: A Cookbook on Turning Beans to Food Power

by  
Debbie Madson



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## **Synopsis**

The bean is actually a pod or seed which we choose to eat as food. It is a relatively low-cost source of protein, and can be used as a substitute for meat. Beans are also a good source of vitamins, antioxidants and minerals. Research indicates that beans help prevent fatty livers, assist with diabetes and glucose metabolism. They also help fill up and control the appetite. Beans come in different forms: as chickpea, lentil, soybean, kidney bean, pinto bean, navy bean, and more. Beans come in different sizes, provide varied tastes, but always fill you up. Beans can be cooked with food, cooked as the primary ingredient, used as a side dish, or made into a salad. There are 'how-to' lessons and recipes enclosed. Take a copy and start today.

## **Sort review**

"I didn't know you could be this creative with Ramen noodles. This book comes with such a creative and fun combination of recipes . It will come handy on all those short on time day or nights when cooking is the least of the worries" ~Maliha Khan "These easy ramen noodle recipes are time savers as well as budget stretchers. I will be using this book often." ~Charlene

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## Look inside the book

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Hearty, healthy beans served with tender lamb meatballs, a satisfying and flavorsome soup.  
Yield: 6-8  
Preparation Time: 10mins  
Total Cooking Time: 30mins  
Ingredient List: 1 pound ground lamb ¼ cup breadcrumbs ½ cup ricotta 1 teaspoon salt Freshly ground black pepper 1 tablespoon olive oil 1 yellow onion (finely diced) 5 cloves garlic (minced) 6 cups chicken stock 1 tablespoon tomato paste ½ teaspoons cayenne pepper 4 cups kale (roughly chopped) 1 (15 ounce) can cannellini beans (drained, rinsed) 1 cup whole wheat

pasta elbows 1 tablespoon freshly squeezed lemon juice Olive oil (to drizzle) Parmesan cheese (grated) Instructions: 1. In a large bowl combine the ground lamb with the breadcrumbs, ricotta, salt, and black pepper and mix until combined. Set to one side.

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Recipes Chapter I - Soup, Dip, and Side Recipes

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Recipe 2: Lima Bean and Leek Soup with Crispy Bacon  
You can use either fresh or frozen beans in this recipe, they both work equally well.  
Yield: 8  
Preparation Time: 10mins  
Total Cooking Time: 40mins  
Ingredient List: 3 rashers bacon 2 cups leek (chopped) 4 cups fresh baby lima beans 4 cups low sodium chicken broth 1 cup water 2 tablespoons freshly squeezed lemon juice ½ teaspoons salt ¼ teaspoons freshly ground black pepper ½ cup green onions (thinly sliced) ½ cup low-fat sour cream Instructions: 1. In a saucepan over moderate heat, cook the bacon until it's crisp. 2. Using a slotted spoon, remove the crispy bacon from the pan, and set one tablespoon of the bacon drippings aside. 3. Crumble the crispy bacon and set to one side. 4. Add the chopped leeks to the bacon drippings in the saucepan, and cook for 6-7 minutes until tender, while frequently stirring. 5. Add the lima beans, chicken broth and water, stir to combine and bring to a boil. 6. Turn down the heat and simmer until the beans are just tender, about 8-10 minutes. 7. Put ½ of the bean-broth mixture in a food blender. 8. Remove the center stopper from the blender's lid; this will make it easier for the steam to escape. Secure the blender's lid. Put a clean tea towel over the opening of the food

blender lid, and process until silky smooth.9. Pour the pureed bean mixture into a mixing bowl.10. Repeat the process with the remaining mixture.11. Add the freshly squeezed lemon juice, season with salt and pepper and stir to combine.12. Divide the soup between the eight bowls and top each portion with onions, sour cream, and crispy bacon.

**Recipe 3: Appalachian Cider Baked Beans with Pork**An amazing, from pot to plate side dish or appetizer; delicious served with cornbread or warm muffins.**Yield: 8****Preparation Time: 15 mins****Total Cooking Time: 14hours 45mins****Ingredient List:**3 cups pinto beans (dried)3 cups apple cider8 ounces salt pork (sliced thinly)2 small whole yellow onions (peeled)6 tablespoons molasses1 tablespoon mustard powder2 teaspoons kosher salt

**Instructions:**1. First, pick over the pinto beans discarding any that are wrinkled, along with the stones.2. Rinse in cold water, and place in a large mixing bowl. Add sufficient cold water to cover the beans by around 3" and cover with a lid. Put to one side to soak overnight.3. Drain the soaked beans, and put them in a heavy, large saucepan.4. Pour in the apple cider and bring the beans slowly to boil over a moderate heat.5. Boil gently, for half an hour.6. Take off the heat, drain, and reserve the bean cooking water.7. Preheat the main oven to 300 degrees F.8. Layer half of the thinly sliced pork in the bottom of a Dutch oven.9. Put the pinto beans in the pot and bury the peeled onions in the pinto beans.10. Using a small pan, combine the sorghum molasses with the mustard powder and kosher salt and place over moderate heat until both dissolve into the molasses.11. Evenly pour the mixture over the pinto beans and top with the remaining slices of pork.12. Pour in the bean cooking water, set aside earlier, adding sufficient hot water, as needed, to cover the pinto beans. Cover with a tight-fitting lid.13. Bake in the oven for 4 hours, uncover, add more water if needed.14. Replace the cover, and continue baking for between 1-2 hours, or until the pinto beans are tender.15. Serve hot, straight from the pot.

**Recipe 4: Coriander-Chile Pinto Bean Dip**A yummy pinto bean dip, with a creamy texture to serve with flatbread crackers.**Yield: 6****Preparation Time: 5mins****Total Cooking Time: 5mins****Ingredient List:**

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**Chapter I - Soup, Dip, and Side Recipes**

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Instructions: 1. In a saucepan over moderate heat, cook the bacon until it's crisp. 2. Using a slotted spoon, remove the crispy bacon from the pan, and set one tablespoon of the bacon drippings aside. 3. Crumble the crispy bacon and set to one side. 4. Add the chopped leeks to the bacon drippings in the saucepan, and cook for 6-7 minutes until tender, while frequently stirring. 5. Add the lima beans, chicken broth and water, stir to combine and bring to a boil. 6. Turn down the heat and simmer until the beans are just tender, about 8-10 minutes. 7. Put 1/2 of the bean-broth mixture in a food blender. 8. Remove the center stopper from the blender's lid; this will make it easier for the steam to escape. Secure the blender's lid. Put a clean tea towel over the opening of the food blender lid, and process until silky smooth. 9. Pour the pureed bean mixture into a mixing bowl. 10. Repeat the process with the remaining mixture. 11. Add the freshly squeezed lemon juice, season with salt and pepper and stir to combine. 12. Divide the soup between the eight bowls and top each portion with onions, sour cream, and crispy bacon.

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Instructions: 1. First, pick over the pinto beans discarding any that are wrinkled, along with the stones. 2. Rinse in cold water, and place in a large mixing bowl. Add sufficient cold water to cover the beans by around 3" and cover with a lid. Put to one side to soak overnight. 3. Drain the soaked beans, and put them in a heavy, large saucepan. 4. Pour in the apple cider and bring the beans slowly to boil over a moderate heat. 5. Boil gently, for half an hour. 6. Take off the heat, drain, and reserve the bean cooking water. 7. Preheat the main oven to 300 degrees F. 8. Layer half of the thinly sliced pork in the bottom of a Dutch oven. 9. Put the pinto beans in the pot and bury the peeled onions in the pinto beans. 10. Using a small pan, combine the sorghum molasses with the mustard powder and kosher salt and place over moderate heat until both dissolve into the molasses. 11. Evenly pour the mixture over the pinto beans and top with the remaining slices of pork. 12. Pour in the bean cooking water, set aside earlier, adding sufficient hot water, as needed, to cover the pinto beans. Cover with a tight-fitting lid. 13. Bake in the oven for 4 hours, uncover, add more water if needed. 14. Replace the cover, and continue baking for between 1-2 hours, or until the pinto beans are tender. 15. Serve hot, straight from the pot.

Recipe 4: Coriander-Chile Pinto Bean Dip  
A yummy pinto bean dip, with a creamy texture to serve with flatbread crackers.  
Yield:

6Preparation Time: 5minsTotal Cooking Time: 5minsIngredient List:1 (15 ounce) can pinto beans (drained, rinsed)1 tablespoon red wine vinegar2 tablespoons olive oil1 small garlic clove1/2 teaspoons ground coriander1/2 teaspoons paprika1/2 teaspoons cayenne pepper2 tablespoons waterSea salt and black pepperPaprika (for garnish)Olive oil (to drizzle)

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The book by Debbie Madson has a rating of 5 out of 4.1. 5 people have provided feedback.

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