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EC927 Variations in the Preparation of Dried Beans

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

W. H. Brokaw, Director, Lincoln

VARIATIONS IN THE PREPARATION OF DRIED BEANS

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How to Cook Beans

Soak beans over night in cold water, or for at least two hours in hot water. Drain off water and cover with fresh water, bring to the boiling point and add 1 T. of soda for every 2 c. dry beans. Boil for five minutes. Pour off liquid. Add fresh water and cook until tender.

(1) BEAN CHOWDER

1 c. navy beans                1 c. shredded green pepper
1 1/2 qts. cold water          1 onion, diced
1 c. diced carrots             2 t. salt
1 1/2 c. tomatoes

Soak beans over night in cold water. Drain and add 1 1/2 qts. cold water and cook until half done, then add vegetables and continue to cook until tender. Press mixture through a sieve. Add salt and heat to boiling point. Add cracked wheat and cook until tender. Add milk and pepper to taste. Heat to boiling point and serve.

(2) CHILI CON CARNE

2 c. cooked navy beans        1/2 lb. lean meat; finely chopped
1/4 lb. salt pork             1/4 c. chopped onion
2 c. tomatoes                 1 T. chili powder or pepper

Cut the salt pork into 1/8 inch cubes, and brown in skillet. Add these cubes to beans. Brown chopped onion in the salt pork fat. Add the meat and cook slowly for five minutes. Combine with beans and other ingredients. Cook until meat is tender and flavors are well blended.

(3) CREAM OF BEAN SOUP

1 1/2 T. bacon fat            2 c. mashed navy beans
1/2 T. flour                  Seasonings
2 c. milk

Cook beans until soft. Mash or put through sieve. Make a white sauce of bacon fat, flour and milk. To this add mashed beans. Season to taste.
(4) BEAN PATTIES

Left-over beans may be made into patties. Put beans through sieve or mash. Add minced onion and season to taste. Add well-beaten egg and enough flour to make the consistency of thick batter. Drop by spoonfuls into skillet. Fry slowly.

1 c. dry navy beans
1 1/2 c. onions, chopped
1 t. salt

(5) BEAN STEW

1 1/2 c. cooked navy beans
1/2 c. tomatoes

Water to cover
1/4 to 1/2 c. onions, chopped
1 t. salt

Prepare beans as suggested above. Add tomatoes and the chopped onions ten minutes before removing from fire. This makes 5 servings.

Variations: Onions may be omitted. Bacon, any left-over meats or a soup bone may be cooked with the beans to add flavor and to save fuel.

(6) BEAN CASEROLE

3 large onions
2 1/2 c. cooked navy beans
1 large diced pepper*
3 to 6 slices bacon
4 to 5 medium-sized potatoes
2 1/2 c. strained tomatoes
Salt and pepper

In a greased baking dish arrange a layer of beans, a layer of potatoes, and a layer of onion. Continue until all the vegetables are used. Sprinkle with diced green pepper. It is best to finish with potatoes on top. Four tomatoes over all and bake in moderate oven until vegetables are tender. Lay slices of bacon over top and brown. Serve hot. Serves six.

*Peppers may be omitted.

(7) BAKED BEANS

3 c. navy beans
3/4 lb. diced bacon
1 t. mustard

1/3 c. sugar
1/3 c. tomatoes
Pepper to taste

Cook beans until tender. Do not cook too long. Put into baking pan. Add bacon, mustard, onion, salt, pepper, molasses, sugar, and tomatoes.

2 c. cooked navy beans
1 grated pepper or
1 grated carrot

1/2 t. salt
1 c. grated cheese
1 beaten egg

(8) BEAN CUTLETS

Mash the beans to a pulp. Add rest of ingredients and form into a roll. Cut in 1/2" slices and pan fry. Serve hot with tomato sauce.

3 c. cooked navy beans - mashed
2 c. chopped meat

3 potatoes, chopped
1 onion chopped fine

(9) HASH

Combine, place in greased pan and bake. Serves six.
(10) BEAN AND PEANUT BUTTER LOAF

1 qt. cooked navy beans  
2/3 c. peanut butter  
1 c. grated or chopped raw carrots  
1 to 2 medium-sized onions finely minced

3 T. drippings—lard or bacon fat  
Salt and pepper to taste  
4 thin slices bacon or salt pork

Simmer minced onion in fat for a minute or two, but do not allow to brown. Then mix ingredients thoroughly and shape into a loaf, place in a pan, cover with strips of bacon or pork, bake in a moderate oven about 30 to 45 minutes or until meat is crisp and brown. Slice and serve with tomato sauce.

Tomato Sauce

2 c. canned tomatoes  
3 T. flour  
3 T. bacon or other fat  
Salt and pepper

Melt fat and blend with flour, cook for a minute until flour is slightly browned; remove from heat, stir in tomatoes gradually. Season and cook until thickened.

(11) BEAN SALAD

2 c. cooked navy beans  
½ c. diced raw cucumber  
1 c. fresh tomato diced  
1 small onion chopped

Salt and pepper to taste

Mix the ingredients together with a salad dressing.

(12) BEAN DOUGHNUTS

1 egg  
1 c. navy beans  
2 T. melted fat  
1/2 c. sugar

1/2 t. nutmeg  
1 c. sour milk  
1/2 t. soda  
3 1/2 t. baking powder  
3 1/2 c. flour (scant)  
1/2 t. vanilla

Fry in deep fat.

(13) BEAN SANDWICH

Mash left-over beans; add chopped pickles and catsup. This is especially good on steamed brown bread.

(Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition)