

1934

EC927 Variations in the Preparation of Dried Beans

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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICSU. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, LincolnExtension
Circular
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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	2 T. uncooked cracked wheat
1½ qts. cold water	1 onion, diced	2 c. top milk
1 c. diced carrots	2 t. salt	Pepper to taste
1½ c. tomatoes		

Soak beans over night in cold water. Drain and add 1½ 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	½ lb. lean meat; finely chopped	2 c. tomatoes
¼ lb. salt pork	¼ c. chopped onion	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

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

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.

(5) BEAN STEW

1 c. dry navy beans		2 c. tomatoes
Water to cover	$\frac{1}{4}$ to $\frac{1}{2}$ 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 CASSEROLE

3 large onions		
$2\frac{1}{2}$ c. cooked navy beans	1 large diced pepper*	3 to 6 slices bacon
4 to 5 medium-sized potatoes	$2\frac{1}{2}$ 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. Pour 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	1 (small) minced onion	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ lb. diced bacon	$\frac{1}{2}$ t. salt	$1\frac{1}{2}$ c. tomatoes
1 t. mustard	$\frac{1}{2}$ c. mild molasses	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.

(8) BEAN CUTLETS

2 c. cooked navy beans		$\frac{1}{4}$ t. pepper
1 grated pepper or	$\frac{1}{2}$ t. salt	1 c. bread crumbs
1 grated carrot	1 c. grated cheese	1 beaten egg

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

(9) HASH

3 c. cooked navy beans - mashed	3 potatoes, chopped
2 c. chopped meat	1 onion chopped fine

Combine, place in greased pan and bake. Serves six.

(10) BEAN AND PEANUT BUTTER LOAF

1 qt. cooked navy beans	3 T. drippings--lard or bacon fat
$\frac{2}{3}$ c. peanut butter	Salt and pepper to taste
1 c. grated or chopped raw carrots	4 thin slices bacon or salt pork
1 to 2 medium-sized onions finely minced	

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. bacon or other fat
3 T. flour	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		1 c. fresh tomato diced
$\frac{1}{2}$ c. diced raw cucumber	Salt and pepper to taste	1 small onion chopped

Mix the ingredients together with a salad dressing.

(12) BEAN DOUGHNUTS

1 egg		
1 c. navy beans	$\frac{1}{2}$ t. nutmeg	$3\frac{1}{2}$ t. baking powder
2 T. melted fat	1 c. sour milk	$3\frac{1}{2}$ c. flour (scant)
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. soda	$\frac{1}{2}$ 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)