

Green beans, garbanzo, pinto, black, navy, cannellini, and other great bean varieties create soul-soothing, easy-to-make recipes for tasty meals, snacks, and sides.

Asian Soybean Hummus
Lentil, Sausage, and Kale Soup
Grandma's Ham and Beans
Easy Summer Succotash
And more!

Yum!

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101 THINGS TO DO WITH BEANS

CROSS



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SMITH

101 Things[®] To Do With Beans

BY
ELIZA
CROSS



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GREEN BEAN FRIES

1 tablespoon **salt**
1 pound **fresh green beans**, ends trimmed
1 **egg**
1/2 cup **milk**
2 cups **seasoned bread crumbs**
1 teaspoon **chili powder**
1/2 teaspoon **garlic powder**
1/2 teaspoon **onion powder**
1 cup **flour**
vegetable oil for frying
ranch dressing for dipping

Bring a large saucepan of water to boil. Add the salt and green beans. Cook beans for 3 to 4 minutes or until crisp-tender. Drain beans and transfer to a bowl. Cover with ice water and set aside for 5 minutes. Drain the beans on paper towels.

In a shallow bowl, whisk the egg and milk together. In a separate bowl, mix together the bread crumbs, chili powder, garlic powder, and onion powder. Put the flour in a zip-top bag and toss the green beans with flour to coat, shaking off the excess. Dip the beans into the egg mixture and then into the bread crumbs, coating thoroughly.

Heat the oil in a deep fryer or electric skillet to 375 degrees. Fry beans in batches so they are not touching. Cook until golden brown and crispy, about 2 minutes. Drain on paper towels and serve hot with ranch dressing. Makes 6 servings.

CHICKEN AND BEAN QUESADILLAS

1 tablespoon **vegetable oil**
1 **small onion**, finely chopped
1 pound **boneless skinless chicken breast**, cut in 1 x 1/2-inch strips
1 can (11 ounces) **corn with red and green peppers**, drained
1 teaspoon **chili powder**
1/2 teaspoon **ground cumin**
1/2 teaspoon **salt**
1/4 teaspoon **pepper**
8 (8-inch) **flour tortillas**
1 can (15 ounces) **refried beans**
1 1/2 cups **grated Mexican blend cheese**
4 tablespoons **butter**
2/3 cup **sour cream**

In a large skillet, heat the oil over medium-high heat and cook the onion until translucent, about 5 minutes. Add the chicken strips and cook, stirring occasionally, until lightly browned and cooked through. Add the corn, chili powder, cumin, salt, and pepper and cook for 1 minute. Spread 4 tortillas with 1/4 cup refried beans each (reserve remaining beans for another use). Divide the chicken mixture among the tortillas, and then sprinkle cheese evenly on top of each. Top with the remaining tortillas and press down gently on top to compact the ingredients.

Melt 1/2 tablespoon of the butter in large skillet or griddle over medium heat and cook one side of a quesadilla until golden brown. Lift the quesadilla with a large spatula, and melt another 1/2 tablespoon butter in the skillet. Cook the other side of the quesadilla until golden brown. Repeat with remaining quesadillas. Cut each quesadilla into 6 wedges and serve warm accompanied with sour cream. Makes 24 appetizers.

SECRET INGREDIENT CHOCOLATE BROWNIES

1 can (15 ounces) **black beans**, rinsed and drained
1/2 cup **quick-cooking oats**
1/3 cup **maple syrup**
1/4 cup **vegetable oil**
2 tablespoons **sugar**
2 tablespoons **cocoa powder**
2 teaspoons **vanilla**
1/2 teaspoon **baking powder**
1/4 teaspoon **salt**
2/3 cup **chocolate chips**

Preheat oven to 350 degrees and grease an 8 x 8-inch baking pan.

Combine the beans, oats, maple syrup, oil, sugar, cocoa powder, vanilla, baking powder, and salt in a medium bowl and blend well with an electric mixer until completely smooth. Stir in the chocolate chips and spread into the prepared pan. Bake for 15 to 18 minutes, or until a toothpick comes out clean. Cool for 10 minutes and cut in 12 squares. Makes 12 brownies.

AMAZING CHOCOLATE CHIP COOKIE DOUGH DIP

1 can (15 ounces) **garbanzo beans**, rinsed and drained
1/4 cup **almond or peanut butter**
1/4 cup **softened cream cheese**
1/4 cup **firmly packed brown sugar**
2 tablespoons **warm water**
2 tablespoons **maple syrup**
2 tablespoons **quick-cooking oats**
1 tablespoon **vanilla**
1/4 teaspoon **salt**
1/8 teaspoon **baking soda**
1/2 cup **mini chocolate chips**
fresh strawberries and graham cracker sticks for dipping

Combine the beans, almond or peanut butter, cream cheese, brown sugar, water, maple syrup, oats, vanilla, salt, and baking soda in the bowl of a food processor. Process until batter is blended. Scrape down the sides and process again until batter is smooth.

Transfer to a serving bowl and fold in chocolate chips. Serve with strawberries and graham cracker sticks. Makes 6 servings.