



YOUR CULINARY
ADVENTURE
STARTS WITH

BEANS

BETTER 
WITH BEANS™

BETTER WITH BEANS™

Canada is a world leader in bean production, exporting beans to more than 70 countries! In fact, 80 - 90% of the beans grown here are exported. Ontario bean growers are proud to grow high quality beans that are enjoyed around the world and right here at home.

TYPES OF BEANS



WHITE PEA BEANS

(Navy beans, White beans)



DARK RED KIDNEY BEANS



BLACK BEANS

(Black Turtle Beans, Pretos)



ADZUKI BEANS



WHITE KIDNEY BEANS

(Cannellini, Alubia beans)



OTOYO BEANS



CRANBERRY BEANS

(Romano, Speckled Sugar)



LIGHT RED KIDNEY BEANS

Cooking Tips

1 cup dry = 2.5 cups cooked

Use unsalted water—salt toughens beans during cooking

Lemon, vinegar and other acidic ingredients slow the cooking process. Add them once the beans are tender.

Using baking soda to aid cooking beans is not recommended unless you have hard water. If you need to add baking soda, limit the amount to 1/8 tsp per 2 cups (0.5 mL per 500 mL) water.

Bean cooking time varies by type. When a bean is fully cooked, the skin is still intact but the bean easily be smashed between two fingers.

Pre-soak beans then boil for 10 - 12 minutes in fresh water before adding to your slow cooker.

During hot weather, soak beans in the refrigerator to prevent fermentation.

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YOUR CULINARY ADVENTURE STARTS WITH

BEANS

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STARTERS AND APPETIZERS

- 2 TBSP vegetable oil
- 1 medium cooking onion, diced
- 1 small sweet red pepper, seeded and diced
- 1 small sweet green pepper, seeded and diced
- 1 CUP diced carrots
- ½ CUP chopped green beans
- 1 TBSP minced garlic
- 1 ¼ CUPS water
- 3 TBSP cider vinegar
- 1 - 5 ½ OZ can of tomato paste
- 2 CUPS white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 2 TBSP pickled or fresh jalapeño peppers, finely chopped
- ¼ CUP finely chopped parsley
- 1 TSP salt

Vegetable & Bean Antipasto

YIELD: MAKES 5 CUPS

In a large saucepan or Dutch oven, heat the oil over medium heat. Sauté the onion, peppers, carrots, and green beans, stirring occasionally until tender (about 10 minutes).

Add the garlic and cook a further minute.

Add the water, vinegar, tomato paste and simmer covered for 15 minutes.

Stir in the beans, jalapeño peppers, chopped parsley and salt.

Place half of the mixture in a food processor. Process until smooth.

Return to the pan and stir to combine.

Store in glass jars in the refrigerator until ready to use. Can be made several days in advance. Serve with crackers and crostini.

NUTRITION (FOR 1 SERVING): Calories 22; Protein 1 g; Fat 1 g; Carbohydrates 4 g



Bean Bruschetta Flatbread

YIELD: 4 SERVINGS

Combine beans, green onions, tomato, garlic, green pepper, basil and hot pepper sauce.

Spread evenly over flatbread. Sprinkle with cheese.

Bake 425°F (220°C) for about 15 minutes or until bubbling and cheese is melted.

Cut into wedges.



- 1 CAN (14 OZ./398 ML) Beans in tomato Sauce
- 3 green onions, sliced
- 1 medium tomato, chopped
- 1 clove garlic, minced
- ½ CUP slivered green pepper
- 2 TSP dried basil leaves
- ½ TSP hot pepper sauce
- 1 Italian style gourmet flatbread (12 inch/30 cm, 425 g)
- 1 ½ CUPS shredded mozzarella cheese

NUTRITION (FOR 1 SERVING): Calories 517; Protein 28 g; Fat 12 g; Carbohydrates 78 g; Total Dietary Fibre 9.1 g





- 2 CUPS white pea beans (navy beans) soaked and cooked or canned in water: drained and rinsed
- 2 large stalks celery, thinly sliced on the diagonal
- 1 small red onion, halved and thinly sliced
- 1/2 small red pepper, thinly sliced
- 1/2 small green pepper, thinly sliced
- 1 CUP cherry tomatoes, halved
- 1 CUP arugula
- 1 TBSP fresh chives, chopped
- VINAIGRETTE**
- 1 TSP fresh garlic, minced
- 1 TSP Dijon mustard
- 1 TBSP balsamic vinegar
- 1/2 CUP olive oil

White Bean Salad

YIELD: 10 SERVINGS

In a large glass or plastic serving bowl, combine beans, celery, onion, peppers and tomatoes and set aside.

Dressing: In a small mixing bowl, combine the garlic, mustard and vinegar. Slowly whisk in the oil and season with salt and pepper.

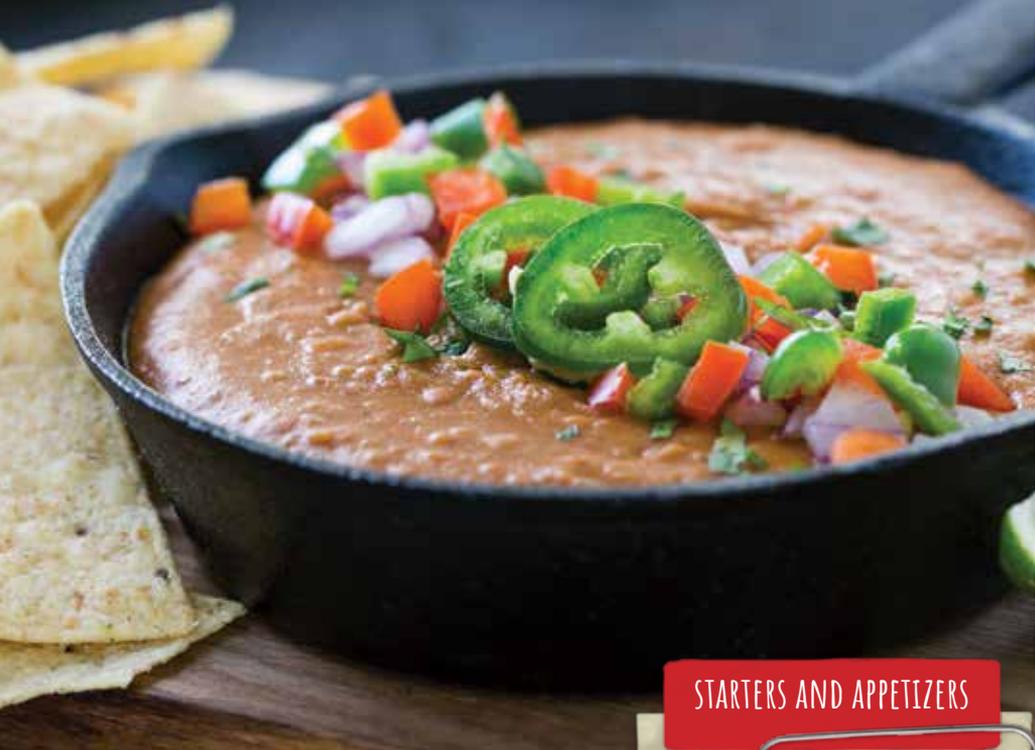
Pour over the bean mixture and mix well.

Cover and refrigerate for at least four hours or overnight before serving.

Just before serving, add arugula and chives and toss lightly. Adjust seasonings as needed.

NUTRITION (FOR 1 SERVING): Calories 153; Protein 3.4 g; Fat 11.1 g; Carbohydrates 10.7 g; Fibre 2.6 g; Sodium 166 mg; Sugar 2.0 g





STARTERS AND APPETIZERS

Gaucha Bean Dip

YIELD: 8 – 10 SERVINGS

Purée beans and sauce in food processor or blender with seasonings until smooth.

Spoon into a shallow 9 inch or 10 inch (23 – 25 cm) pie plate or casserole.

Arrange your choice of garnishes on top. Serve with chips to dip into the layers and don't be concerned if garnishes work down into bean mixture

1 CAN (14 OZ. / 398 ML)	Beans in Tomato Sauce
½ TSP	garlic powder
½ TSP	onion powder
2 – 3 TSP	chili powder



NUTRITION (FOR 1 SERVING):

Calories 54; Protein 2.7 g; Fat 0.4 g;

Carbohydrates 11.7 g; Total Dietary Fibre 4.4 g



MAINS

- 1 TBSP vegetable oil
- 4 boneless, skinless, chicken breast halves
- ½ LB hot Italian sausage, cut in ½-inch/2cm. slices
- 3 medium carrots, sliced
- 1 medium onion, sliced
- 1 clove garlic, minced
- ½ CUP dry red wine
- 1 bay leaf
- 1 TSP dried thyme leaves
- ¼ TSP pepper
- 1 CAN Beans with Pork in Tomato Sauce (14 OZ./398 ML)
- PINCH chopped parsley

Quick Cassoulet

YIELD: 4 SERVINGS

In large frying pan, heat oil over medium-high heat. Brown chicken and sausage.

Add carrots, onions and garlic; sauté 2 minutes. Drain off fat.

Stir in wine, bay leaf, thyme and pepper.

Cover and simmer over low heat about 15 minutes or until chicken is no longer pink.

Stir in beans and heat through. Sprinkle parsley on top.

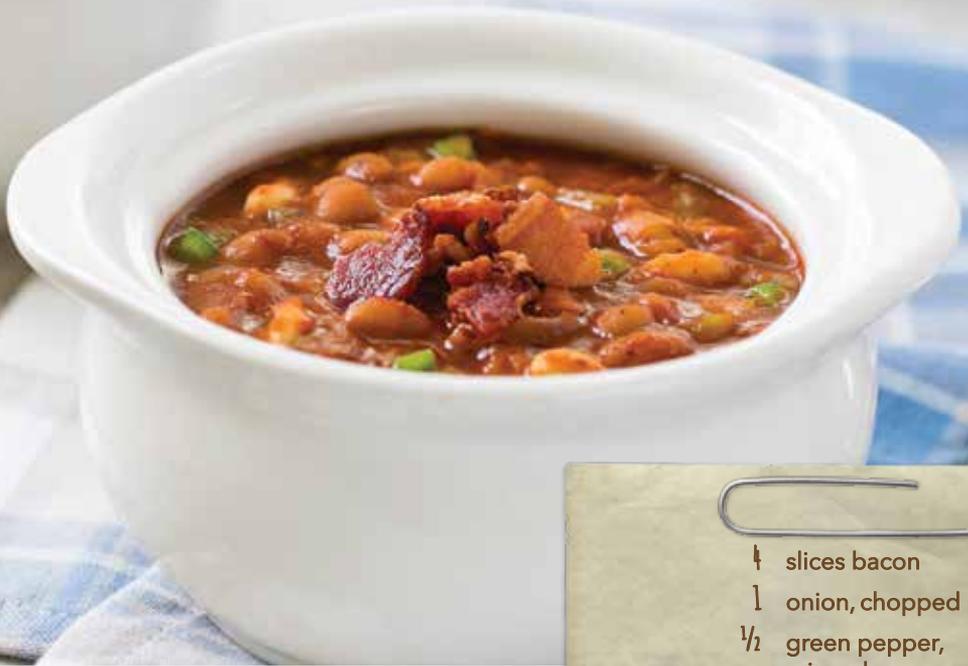
OR USE, ½ CUP (125 ML) CHICKEN BROTH AND 1 TBSP (15ML) RED WINE VINEGAR

NUTRITION (FOR 1 SERVING):

Calories 447; Protein 41.1 g; Fat 18.1 g;

Carbohydrates 28.9 g; Total Dietary Fibre 7.7 g

BETTER
WITH BEANS
FRANCE



Bean & Bacon Chowder

YIELD: 4 SERVINGS

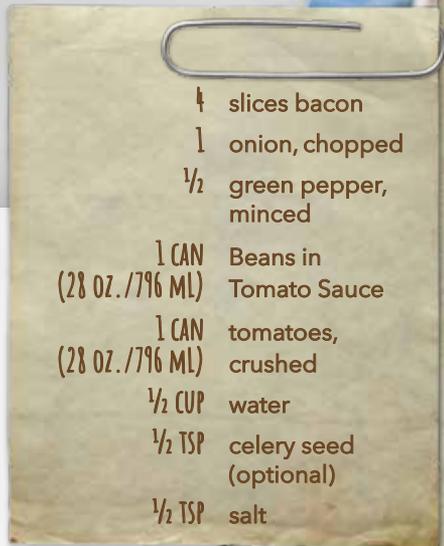
In a large saucepan fry bacon until crisp; remove and crumble. Add onion and green pepper to bacon drippings. Sauté 1 - 2 minutes.

Stir in beans, tomatoes, water, celery seed, salt and crumbled bacon. Simmer 10 minutes or until hot. Serve with whole wheat bread.

MICROWAVE METHOD

Arrange bacon in 3 quart (3 L) casserole; cover with paper towel. Cook on high 3 - 4 minutes or until crisp; remove and crumble.

Add onion and green pepper to bacon drippings. Cook on high 2 minutes; stir in beans, tomatoes, water, celery seed, salt and crumbled bacon. Cook on high about 4 minutes until hot.



NUTRITION (PER SERVING): Calories 376;
Protein 14.4 g; Fat 14.6 g; Carbohydrates 54.9 g;
Total Dietary Fibre 19.0 g



White Bean Batter Corndogs

YIELD: 8 CORNDOGS

In a medium pot, add 4 inches (10 cm) of canola oil, heat to 375°F (190°C).

In a medium bowl, combine cornmeal, flour, sugar, baking powder and salt; stir to combine. Add buttermilk, puréed beans, egg, and canola oil; stir until batter is combined.

Place each hot dog on stick. In a shallow bowl add cornstarch. Roll hot dogs in cornstarch and shake off any excess.

Pour batter into a tall glass. Working in batches of 2, dip hot dogs in batter, turning the stick slowly as you remove to ensure batter sticks. Immediately place into oil and cook until batter is golden brown, about 3 to 4 minutes, or until corndog floats. With tongs, remove from oil and transfer to a paper towel-lined plate.

Serve immediately with your choice of condiments.

1 CUP yellow cornmeal
¼ CUP flour
3 TBSP white sugar
1 TBSP baking powder
¼ TSP salt
1 CUP buttermilk
1 CUP canned white kidney beans, drained & rinsed, puréed
1 EGG beaten
2 TBSP canola oil
¼ CUP cornstarch, for dredging
8 all-beef hot dogs
8 6" wood sticks*

CANOLA OIL FOR FRYING

Nutrition (per 2 corn dogs):
Calories 655; **Fat** 41.2 g; **Protein** 17.5 g;
Carbohydrates 53.6 g; **Fibre** 3.7 g;
Sugar 11.7 g; **Sodium** 1123 mg;
Cholesterol 84 mg

A SECRET INGREDIENT PUTS A TWIST ON THIS TRADITIONAL STREET FOOD. ALL-BEEF WIENERS, COATED IN A CORNMEAL AND WHITE BEAN BATTER, THEN DEEP FRIED UNTIL GOLDEN BROWN.



*** THE STICKS MUST BE WOOD AS THEY WILL BE DEEP FRIED.**



MAINS

Salisbury Steak & Mushroom Gravy

YIELD: 5 STEAKS

In a large non-stick pan over medium-high heat, add 1 tbsp (15 mL) canola oil. Add onions and cook until translucent, about 3 minutes. Remove from heat.

In a large bowl lightly mash black beans with a fork. Add cooked onions, ground beef, egg, breadcrumbs, ketchup, mustard, Worcestershire sauce, garlic powder, and parsley. Mix until well combined. Form mixture into 5 round patties; about $\frac{3}{4}$ inch (2 cm) thick.

In the same pan used for the onion, over medium heat, add remaining canola oil. When oil is hot add patties; cook until browned, about 8 minutes per side. Remove to a plate and tent with foil.

In the same pan, over medium-high heat melt 2 tbsp butter. Add mushrooms and cook until mushrooms are lightly browned, about 5 minutes. Add garlic, thyme, and flour; cook for 2 minutes, stirring frequently so garlic doesn't burn. Add broth to deglaze the pan, scraping up any brown bits. Whisk in Dijon mustard, Worcestershire sauce, salt and pepper until smooth. Bring to a boil, reduce heat to low and simmer until gravy thickens, about 5 minutes.

Place patties in pan with gravy, including juices. Cook for 8 minutes or until patties register 160°F (71°C), stirring gravy occasionally around the steaks.

SALISBURY STEAK:

- 2 TBSP canola oil, divided
- $\frac{1}{2}$ CUP onion, diced
- 1 CUP canned black beans, rinsed and drained
- 1 LB ground beef
- 1 egg
- $\frac{1}{4}$ CUP breadcrumbs
- 2 TSP ketchup
- 1 TSP yellow mustard
- 1 TSP Worcestershire
- $\frac{1}{2}$ TSP garlic powder
- 2 TBSP fresh parsley, finely chopped

MUSHROOM GRAVY:

- 4 TBSP unsalted butter, divided
- 227 G crimini mushrooms, sliced
- 2 cloves garlic, chopped
- 1 TSP fresh thyme, chopped
- 2 TBSP all-purpose flour
- $1\frac{1}{2}$ CUPS beef stock
- 2 TSP Dijon mustard
- 2 TSP Worcestershire sauce
- PINCH of salt and pepper

NUTRITION (for 1 serving):

Calories 431; Fat 28.9 g; Protein 24.7 g;
Carbohydrates 18.9 g; Fibre 4.4 g; Sugar 3.8 g;
Sodium 395 mg; Cholesterol 117 mg



MAINS

- 1 LB boneless beef (round or rump)
- ¼ CUP vegetable oil
- 1 clove garlic, minced
- 4 medium onions, quartered
- 2 CANS Beans in Tomato Sauce (14 OZ./396 ML)
- 1 TSP sugar
- 1 CAN beef broth (10 OZ./284 ML)
- 1 TSP thyme
- 1 TBSP Worcestershire sauce
- ½ TSP pepper
- 2 TBSP cornstarch
- ¼ CUP water

Beef & Bean Stew

YIELD: 4 SERVINGS

Cut beef into 1 inch (2.5 cm) pieces.

Heat oil in large saucepan or Dutch oven; add meat and garlic and sauté until meat is browned.

Add remaining ingredients except cornstarch and water. Simmer covered 1 - 1½ hours or until meat is tender.

Mix cornstarch with water and stir into stew; cook over high heat until mixture comes to a boil and sauce is thickened and clear.

Serve over hot mashed potatoes or noodles or in a bowl with crusty bread.

MICROWAVE METHOD

In a 3-4 qt. (3 L) micro-proof casserole combine all ingredients except oil, cornstarch and water. Cover and cook on high for 6 - 7 minutes.

Stir and cook on low or 25% power for 55 - 60 minutes stirring after 30 minutes, or until beef is tender.

Mix cornstarch and water and stir into mixture. Cook on high 4 - 6 minutes stirring after 2 minutes, or until sauce is thickened and clear.

STEW MAY BE BAKED IN 350°F (180°C) OVEN INSTEAD OF SIMMERING ON TOP OF STOVE.

NUTRITION (per 1 serving): **Calories** 604; **Fat** 21.2 g; **Protein** 38.9 g; **Carbohydrates** 64.0 g; **Fibre** 10.4 g; **Sugar** 21.6 g; **Sodium** 1166 mg; **Cholesterol** 68 mg



Roasted Corn & White Bean Chowder

YIELD: 6 SERVINGS

Preheat oven to 350°F (180°C).

Brush corn cobs with 1 tbsp (15 mL) of olive oil and roast in the oven for 20 to 30 minutes, turning often, until nicely coloured. Cool for at least 15 minutes and remove corn kernels from the cob using a small sharp knife.

Reserve half of the corn. In a blender or food processor, puree remaining corn with 1 cup (250 mL) of the beans. Set aside. In a large skillet or saucepan, heat 2 tbsp. (25 mL) of olive oil over medium-high heat and sauté onion, garlic, celery and pepper for 10 - 15 minutes or until soft. Add remaining beans, corn, stock and corn-bean purée, stir to combine. Simmer over low heat for 15 minutes.

Meanwhile, melt the butter in a saucepan. Add flour, whisking together until bubbly. Gradually add milk, whisking constantly. Cook, while stirring, over medium heat until thickened. Slowly stir into vegetable mixture. Heat gently. Season with cayenne, salt and pepper.

- 4 fresh cobs of corn
- 3 TBSP olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 stalks celery, chopped
- ½ sweet red pepper, chopped
- 2 CUPS white pea beans, soaked and cooked or canned in water: drained and rinsed
- 1 CUP vegetable stock
- 2 TBSP butter
- 2 TBSP flour
- 2 CUPS milk
- PINCH cayenne pepper
- salt and pepper to taste

NUTRITION (per 1 serving):

Calories 334; Fat 13.7 g; Protein 11.5 g;
Carbohydrates 46.4 g; Fibre 9.4 g;
Sugar 9.2 g; Sodium 218 mg;
Cholesterol 17 mg

GARNISHED WITH CHOPPED FRESH CHIVES.





Tortellini Bean Soup

YIELD: 4 SERVINGS

In large saucepan, heat oil over medium-high heat. Sauté onion, garlic, mushrooms and green pepper 3 minutes.

Add vegetable broth and basil. Bring to a boil; stir in tortellini and zucchini.

Simmer uncovered, 8 minutes (for fresh) to 15 minutes (for frozen) until tortellini is tender.

Stir in beans and heat through. Serve immediately

- 1 TBSP olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 CUP sliced mushrooms
- ½ CUP chopped green or red pepper
- 4 CUPS vegetable broth
- 2 TSP dried basil leaves
- 8 OZ cheese-filled tortellini, fresh or frozen
- 1 medium zucchini, quartered lengthwise and sliced

1 CAN Beans in
(14 OZ./398 ML) Tomato Sauce



NUTRITION (FOR 1 SERVING):
Calories 328; Protein 13.6 g;
Fat 7.4 g; Carbohydrates 55.8 g;
Total Dietary Fibre 11.1 g

White Bean & Vegetable Pizzas

YIELD: 4 SERVINGS

Preheat oven to 350 F (180 C).

In a medium skillet, heat 1 tbsp (15 mL) of olive oil. Add chopped leeks and sauté over medium heat for about 5 minutes or until tender. Add garlic and continue to sauté slowly for 5 more minutes. Do not brown.

Remove from pan and set aside.

Turn heat to high and add spinach to pan. Cover and cook spinach just until it wilts (about 1 minute). Remove spinach from pan and rinse in cold water. Gently squeeze leaves to remove excess water. Set aside.

Brush pizza shells with 2 tbsp (25 mL) olive oil. Spread one quarter of the mozzarella cheese evenly over each pizza shell. Next, layer spinach leaves over the mozzarella cheese and top with white beans and sun-dried tomatoes. Finally, layer the leek and garlic mixture and sprinkle each pizza with Parmesan cheese, chives and oregano. Bake approximately 10 minutes.

MAINS

- 4 individual-size pizza shells
- 3 TBSP olive oil
- 1 leek, halved lengthwise and chopped
- 2 cloves garlic, minced
- 2 CUPS fresh spinach, stems picked off
- 1 CUP white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 8 sun-dried tomatoes, thinly sliced
- 1 ½ CUPS shredded part-skim mozzarella cheese
- ¼ CUP grated Parmesan cheese
- 1 TBSP fresh chives, finely chopped
- 1 TBSP fresh oregano, finely chopped (or 1 tsp/5 mL dried)

NUTRITION (FOR 1 SERVING): Calories 603; Protein 29.5 g; Fat 21.5 g; Carbohydrates 75 g; Total Dietary Fibre 6.7 g; Sodium 364 mg





MAINS

- 1 CAN (14 OZ./398 ML) Beans in Tomato Sauce
- 3 green onions, sliced
- 1 medium tomato, chopped
- 1 TSP chili powder
- 1 TSP Worcestershire sauce
- 6 eggs
- 2 TBSP water
- 1/4 TSP salt
- 1/4 TSP pepper
- 2 TBSP butter or margarine

Spanish Bean Frittata

YIELD: 4 SERVINGS

In a saucepan, combine beans, green onions, tomato, chili powder and Worcestershire sauce. Bring to boil; simmer over low heat while frittata cooks.

Whisk together eggs, water, salt and pepper. In 9 inch (23 cm) frying pan, melt butter over medium-high heat. Add egg mixture. As bottom cooks, lift up cooked portion to allow uncooked egg mixture to flow underneath. When almost set, cover and cook over low heat until puffed and set.

Cut frittata into wedges and spoon bean mixture over top

NUTRITION (FOR 1 SERVING):

**Calories 275; Protein 15.2 g;
Fat 14.0 g; Carbohydrates 25.5 g;
Total Dietary Fibre 9.1 g**



Italian Baked Beans

YIELD: 6-8 SERVINGS

In a large pot or Dutch oven, heat oil. Add carrots, celery, garlic, onion and green pepper; sauté 6 - 8 minutes or until vegetables are tender.

Add tomatoes, tomato paste, water, basil, oregano, sugar, hot pepper flakes, salt and 2 tbsp (25 mL) of the Parmesan cheese. Bring mixture to a boil, reduce heat and simmer approximately 20 - 25 minutes or until thickened.

Stir in white pea beans; cook 15 minutes longer. Transfer mixture to a lightly greased 9 x 13 inch (3L) baking pan. Sprinkle top of bean mixture with mozzarella. In a small bowl, combine breadcrumbs, parsley, butter or margarine and remaining Parmesan cheese. Sprinkle breadcrumb mixture evenly over top of casserole. Bake in a 375 F (190 C) oven for 20 to 30 minutes or until bubbling.

***MEAT ALTERNATIVE: ADD ITALIAN SAUSAGE OR HAM TO MIXTURE BEFORE BAKING.**

NUTRITION (PER SERVING (1/8 RECIPE):

Calories 359; Protein 17 g; Fat 11 g;

Carbohydrates 50 g; Total Dietary Fibre 10 g

- 2 TBSP canola oil
- 2 medium carrots, peeled and diced
- 2 stalks celery, finely chopped
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1 diced tomatoes
- 28 OZ CAN
- 1 tomato paste plus one can water
- 5 1/2 OZ CAN
- 1 TSP EACH dried basil, oregano and granulated sugar
- PINCH hot pepper flakes
- 1/2 TSP salt
- 1/4 CUP Parmesan cheese, divided
- 4 CUPS white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 1 CUP shredded mozzarella cheese
- 1 CUP fine dry breadcrumbs
- 1/4 CUP chopped fresh parsley
- 2 TBSP butter or margarine, melted





Greek Style Bean Pitas

YIELD: 6 SERVINGS

Combine all ingredients except pitas, lettuce and tzatziki in a bowl. (May be made several hours in advance).

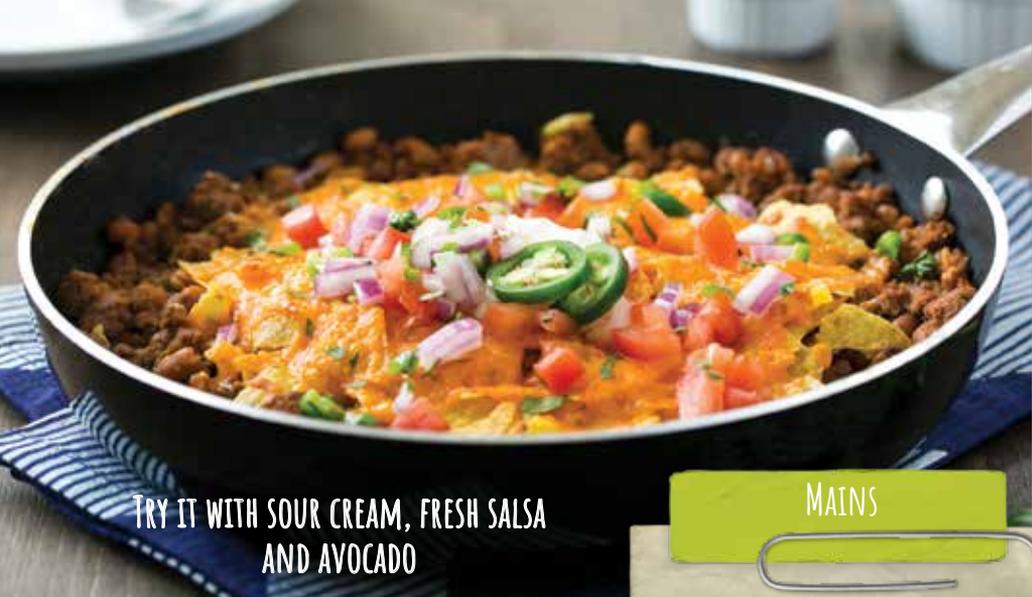
Place lettuce leaves on top of flat pita. Spoon filling in the middle. Roll up sides of pita with bottom of pita smaller than the top. Wrap bottom of pita with wax paper for easy handling. Serve with tzatziki on the side.

NUTRITION (FOR 1 SERVING):

Calories 287; Protein 16 g; Fat 4 g; Carbohydrates 49 g; Total Dietary Fibre 8.85 g

- 1 ½ CUPS white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 1 ½ CUPS diced English cucumber
- 1 CUP diced seeded tomatoes
- ½ CUP diced sweet green pepper
- ½ CUP crumbled feta cheese
- ⅓ CUP diced red onion
- ¼ CUP chopped, pitted black olives
- 2 TBSP red wine vinegar
- 1 ½ TSP dried oregano
- ¼ TSP salt
- ¼ TSP pepper
- 6 whole wheat pitas
- 6 red or green leaf lettuce leaves
- TO TASTE tzatziki sauce





TRY IT WITH SOUR CREAM, FRESH SALSA AND AVOCADO

Speedy Skillet Dinner

YIELD: 6 SERVINGS

In skillet brown beef, onion and garlic. Drain off any excess fat. Stir in beans, chili powder and oregano. Simmer covered 20 minutes, stirring frequently.

Sprinkle chips and cheese on top of mixture. Do not stir. Cover and simmer 5 minutes more to melt cheese.

Serve with sour cream, fresh salsa, and avocados

MICROWAVE METHOD

In a 3 qt. (3 L) micro-proof casserole crumble beef, stir in onion and garlic. Cook on high 6 - 7 minutes, stirring after 3 minutes. Drain off fat.

Stir in beans and seasoning. Heat covered 6 - 8 minutes stirring after 3 minutes. Sprinkle chips and cheese over top. Cover and heat on 70% power 1 - 2 minutes or until cheese melts.

MAINS

- 1 LB ground beef
- 2 medium onions, chopped
- 1 clove garlic, minced
- 2 cans Beans in Tomato Sauce (14 OZ./398 ML)
- 2 TSP chili powder
- 1 TSP oregano or marjoram
- 2 CUPS corn chips or tortilla chips
- 1 CUP grated cheddar cheese

NUTRITION (per 1 serving):
 Calories 451; Fat 19.3 g; Protein 28.5 g;
 Carbohydrates 41.7 g; Fibre 7.0 g;
 Sugar 11.9 g; Sodium 639 mg;
 Cholesterol 65 mg



Bean “Meat” Balls & Spaghetti

YIELD: 4 SERVINGS OF 5 MEATBALLS

Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.

In a large non-stick pan over medium-high heat, add canola oil, onion, and mushrooms; cook until onion is translucent, and mushrooms have released their moisture, about 5 minutes. Add garlic, cook 2 minutes, stirring frequently. Remove from heat, allow to cool 2 – 3 minutes.

In a food processor fitted with a metal blade, add mushroom and onion mixture, and Romano beans. Pulse just until combined, not puréed.

In a medium bowl add bean-mushroom mixture, egg, $\frac{3}{4}$ cup breadcrumbs, parmesan cheese, parsley, salt and pepper; mix until well combined. Set aside.

In a shallow bowl add remaining breadcrumbs and oregano, mix to combine.

Using your hands, form bean-mushroom mixture into 1 inch (2.5 cm) balls; roll in breadcrumbs and place on parchment-lined baking sheet. Bake in preheated oven for 25 minutes.

In a large non-stick pan over medium-heat, add tomato sauce and cooked bean “meat” balls. Cover and simmer until sauce is warmed through, about 8 minutes.

While the sauce warms, prepare spaghetti as per package directions.

Serve bean “meat” balls and sauce over spaghetti noodles.

THESE SIMPLE AND HEARTY “MEAT” BALLS ARE MADE WITH ROMANO BEANS AND UMAMI-RICH MUSHROOMS. FEATURING CLASSIC ITALIAN FLAVOURS THAT YOU HAVE COME TO LOVE IN A TRADITIONAL MEATBALL.

NUTRITION (for 1 serving): **Calories** 809; **Fat** 13.2 g; **Protein**: 37 g; **Carbohydrates** 136.9 g; **Fibre** 13.6 g; **Sugar** 12.5 g; **Sodium** 1751 mg; **Cholesterol** 59 mg

1 TBSP Canola oil
1 Small onion, chopped
1 Package sliced white mushrooms
2 Cloves garlic, minced

1 CAN (540 ML) Romano beans, drained and rinsed
1 Egg
1 CUP Breadcrumbs, divided
 $\frac{1}{2}$ CUP Parmesan cheese, grated
 $\frac{1}{4}$ CUP Parsley, chopped
 $\frac{1}{4}$ TSP Each, salt and pepper
 $\frac{1}{2}$ TBSP Dried oregano
1 650 ML JAR Tomato sauce
1 LB Dried spaghetti

MAINS

GARNISH: PARMESAN CHEESE, CHOPPED FRESH PARSLEY



Linguini With White Beans & Vegetables

YIELD: 4 SERVINGS

Cook pasta according to package directions. Drain and toss with 2 tbsp (25 mL) of the olive oil. Set aside.

In a small saucepan, heat the chicken stock and garlic. Add beans and stir gently. Cover and simmer gently over low heat for 5 - 10 minutes. Set aside.

In a large wok or skillet, heat remaining 2 tbsp (25 mL) of olive oil over medium-high heat. When hot, add all the vegetables, except the tomatoes, stir-fry for 2 - 3 minutes.

Sprinkle with 2 - 3 tbsp (25 - 50 mL) water. Cover and cook for 2 - 3 minutes or until tender-crisp.

Lower heat and stir in the bean and stock mixture. Remove from heat and transfer vegetables to a large serving bowl.

Add tomatoes and linguini to bowl and toss all ingredients until well mixed. Add Parmesan and toss gently. Season with salt and pepper and top with fresh or dried basil.



NUTRITION (FOR 1 SERVING): Calories 548; Protein 22 g; Fat 18 g; Carbohydrates 77 g; Total Dietary Fibre 10 g; Sodium 382 mg

- 12 OZ fresh linguini
- 2 CUPS white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 3 cloves garlic, minced
- 1 CUP chicken stock
- 1 CUP broccoli florets
- 1 medium green or yellow zucchini,
- 8 - 10 stalks fresh asparagus, cut into 3 inch pieces
- 4 OZ mushrooms, quartered
- 1/2 red pepper, cut in long, thin slices
- 3 plum tomatoes, chopped
- 4 TBSP olive oil
- 1/4 CUP grated Parmesan cheese
- 2 TBSP fresh basil, finely sliced (or 2 tsp/10 mL dried)
- PINCH salt and pepper





- 2 TBSP butter
- 2 stalks celery, diced
- 2 onions, chopped
- 2 CANS (14 OZ./396 ML) Beans in Tomato Sauce
- 1½ TBSP curry powder
- ½ TSP ground cumin
- 1 CUP baby spinach
- ½ CUP plain yogurt
- ⅓ CUP dry roasted peanuts, chopped
- OPTIONAL: cilantro, chopped

Curried Beans & Vegetables

YIELD: 4 – 6 SERVINGS

In a large saucepan heat butter until hot; add celery and onions. Sauté 3 – 5 minutes. Add curry powder, cumin and beans in sauce. Simmer 5 – 10 minutes.

Wash and dry spinach thoroughly and discard stems; stir in beans. Cover and heat about 5 minutes or until spinach is cooked.

Serve with rice, chutney or your choice of meat. Top with yogurt, peanuts and cilantro.



NUTRITION (per 1 serving):
Calories 268; Fat 8.8 g; Protein 11.5 g;
Carbohydrates 38.7 g; Fibre 7.7 g; Sugar 13.1 g;
Sodium 520 mg; Cholesterol 12 mg

Teriyaki Chicken and Beans

YIELD: 4 SERVINGS

Combine soya sauce, honey, brown sugar, lemon juice, garlic, mustard, ginger and pepper; set aside.

In frying pan, heat oil over medium-high heat. Add chicken; brown on both sides. Drain off fat, if necessary. Reduce heat, stir in sauce mixture. Cover and simmer 10 - 15 minutes or until chicken is no longer pink. Stir in beans and green onions; heat through.

Serve with sautéed snow peas and red peppers, if desired.



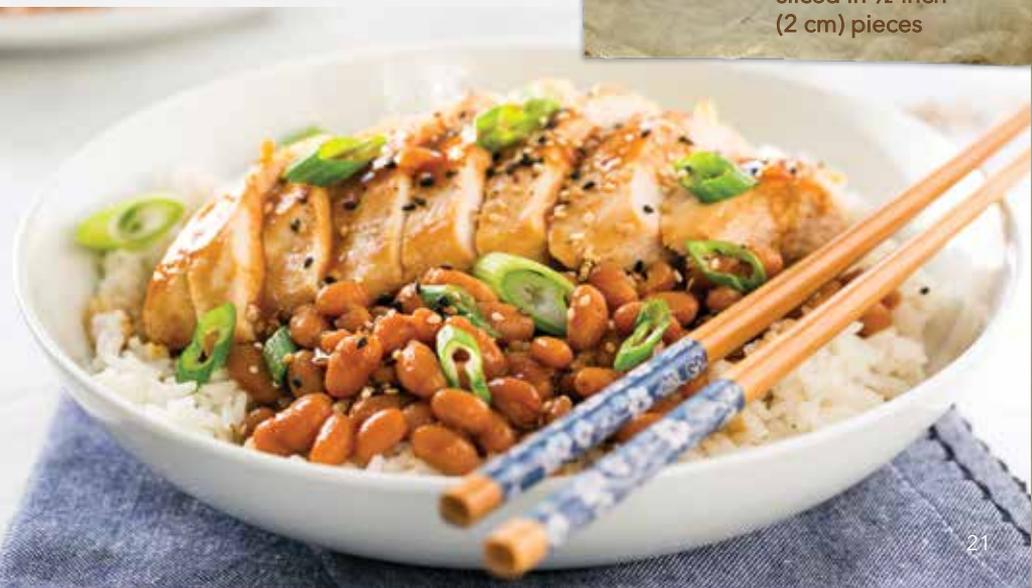
NUTRITION (per 1 serving):

Calories 539; **Fat** 8.3 g; **Protein** 51.7 g;
Carbohydrates 63.1 g; **Fibre** 4.8 g; **Sugar** 44.9 g;
Sodium 939 mg; **Cholesterol** 116 mg



MAINS

- 2 TBSP soya sauce
- ¼ CUP honey
- ¼ CUP brown sugar
- 2 TBSP lemon juice
- 1 clove garlic, minced
- 2 TSP dry mustard
- ½ TSP ground ginger
- ¼ TSP pepper
- CHICKEN & BEANS**
- 1 TBSP vegetable oil
- 4 boneless, skinless, chicken breast halves
- 1 CAN Beans with Pork in Molasses Sauce (14 OZ. / 398 ML)
- 4 green onions, sliced in ½-inch (2 cm) pieces





MAINS

- 1 TBSP vegetable oil
- 3 medium carrots, sliced
- 1 medium onion,
halved lengthwise
and sliced
- 1 medium zucchini,
halved
- 1 CUP frozen whole
kernel corn
- 1 CAN (14 OZ./398 ML)
beans with pork
and tomato sauce
- 1 CUP stewed tomatoes
- ½ TSP dried basil leaves
- ½ TSP dried oregano leaves
- ¼ TSP salt

Vegetable Stew with Parmesan Biscuits

YIELD: 6 SERVINGS

In saucepan, heat oil over medium heat. Sauté carrots and onions until tender, about 5 minutes. Stir in zucchini, corn, beans, stewed tomatoes, basil, oregano and salt. Heat through. Pour into greased shallow 1½ quart (1.5 L) baking dish.

Combine biscuit mix and cheese. With fork, stir in milk forming a stiff dough. Drop by spoon onto vegetable mixture.

Bake at 400°F (200°C) for 12 – 15 minutes or until biscuits are lightly browned.

NUTRITION (per 1 serving):

Calories 293; Fat 8.9 g; Protein 10.4 g;
Carbohydrates 45.1 g; Fibre 7.6 g; Sugar 13.3 g;
Sodium 837 mg; Cholesterol 5 mg





Chocolate Peanut Butter Cup Smoothie

YIELD: TWO 1-CUP SERVINGS

Place all ingredients in a high-powered blender and whirl until smooth for approximately 2 - 3 minutes. Garnish with a drizzle of peanut butter and cocoa nibs if desired. Serve immediately.

BEVERAGE

- 1 CUP sweetened almond milk (or 1% milk)
- ½ CUP black beans, drained and rinsed
- 1 TBSP natural peanut butter
- 1 TBSP chia seeds
- 1 frozen ripe banana, cut into chunks
- 2 TBSP cocoa powder
- ½ TSP ground cinnamon

A FEW ICE CUBES (2 - 4)

MORNING, NOON OR NIGHT, THIS CHOCOLATE PEANUT BUTTER CUP SMOOTHIE DOES AN EXCELLENT JOB OF SATISFYING YOUR SWEET TOOTH. PACKED WITH FIBRE AND PROTEIN, YOUR FAMILY WILL DRINK UP THIS CLASSIC FLAVOR COMBO!

NUTRITION (per 1 serving):
Calories 209; Protein 7.7 g; Fat 7.8 g;
Carbohydrates 32.4 g; Total Dietary Fibre 9.1 g;
Sodium 224 mg; Vitamin A 53 mg;
Vitamin C 6 mg; Calcium 230 mg; Iron 2.7 mg





Easy Pull Apart Bread

YIELD: 1 LOAF 6 – 8 SERVINGS
BEAN PASTE: 3 CUPS

MOVE OVER MONKEY BREAD PULL-APART TREAT IN TOWN. THIS TASTY LAYERED BREAD IS CRISPY ON THE OUTSIDE AND SOFT ON THE INSIDE, MAKING IT PERFECT FOR BREAKFAST WITH COFFEE.

RED BEAN PASTE*:
1 CUP (250 ML) dried adzuki beans
1 ½ CUPS (375 ML) sugar
½ CUP (125 ML) butter
PINCH of salt

BREAD:
2 (340 g) packages Pillsbury country style biscuits, at room temperature

*** REFRIGERATE LEFTOVER BEAN PASTE IN AN AIRTIGHT CONTAINER FOR UP TO 1 WEEK. USE LEFTOVERS ON TOAST OR TREAT YOURSELF TO ANOTHER LOAF.**

Red Bean Paste:

In a medium sauce pan, add adzuki beans and cover with enough water to fully submerge by at least 1 inch. Soak 2 – 3 hours or overnight.

Drain and replace with 4 – 5 cups of fresh water. Over high-heat bring to a boil; reduce to low and allow to simmer for 1½ hours, or until beans are very soft. As the water boils down, you may need to add more to keep beans submerged. Once cooked, drain and allow to cool slightly.

In a food processor fitted with a metal blade add warm beans; blend until smooth and no clumps remain.

Return puréed beans to sauce pan over medium-heat. Add sugar, butter, and salt; cook, stirring frequently for 2 – 3 minutes until butter is melted and well combined; set aside, and cool completely.

Bread:

Lightly grease a 5 x 9 inch (12.5 x 22 cm) loaf pan; set aside.

Remove biscuits from both packages and separate rounds, there should be 16 total. Flatten to ¼ inch (0.6 cm) thick. Spread 1 tbsp (15 mL) bean paste onto flatten rounds. With the shortest side of the pan facing you, begin placing stacks of rounds in the pan on their side, pressing together lightly until no rounds remain.

Tent loaf with foil and bake 20 minutes. Remove foil and bake for an additional 25 minutes, until top is golden brown. Remove from oven and allow to cool before removing from pan to serve.

NUTRITION (per 1 serving):
Calories 386; Fat 13.6 g;
Protein 7.0 g; Carbohydrates 62.0 g;
Fibre 1.9 g; Sugar 20.6 g;
Sodium 937 mg; Cholesterol 13 mg

Banana Bean Muffins

YIELD: 12 MUFFINS

Preheat oven to 350°F (180°C).

Grease a 12 cup muffin pan and dust with flour.

In a bowl sift together flours, baking soda and salt.

In a separate bowl, beat the eggs.

Add mashed bananas, honey, brown sugar, white pea beans, vanilla and buttermilk; mix well.

Make a well in the centre of flour mixture and pour in banana mixture; fold just until combined. Gently stir in nuts or chocolate chips.

Pour batter into prepared muffin pan. Bake in a preheated oven for 30 - 35 minutes. Place pan on a rack and let cool.

NUTRITION (PER MUFFIN):

Calories 202; Protein 7 g;

Fat 4.5 g; Carbohydrates 35.5 g;

Total Dietary Fibre 3 g



DESSERTS

- 1 CUP all-purpose flour
- 3/4 CUP whole wheat flour
- 1 TBSP baking soda
- 1/4 TSP salt
- 2 eggs
- 3 ripe bananas, mashed
- 1/4 CUP honey
- 1/4 CUP brown sugar
- 1 CUP white pea beans (navy beans), soaked and cooked or canned in water; drained and rinsed
- 1 TSP vanilla
- 2/3 CUP buttermilk
- 1/2 CUP chopped walnuts, pecans or chocolate chips

***ALTERNATIVE: FOR A CAKE, POUR INTO 9 x 13 INCH (3 L) PREPARED BAKING PAN AND BAKE FOR 30 TO 35 MINUTES OR UNTIL CAKE TESTER INSERTED IN CENTRE COMES OUT**





DESSERTS

- $\frac{3}{4}$ CUP dried adzuki beans
- $\frac{1}{2}$ CUP peanut butter
- 1 CUP maple syrup
- 2 TSP vanilla extract
- $\frac{1}{4}$ TSP salt
- 1 $\frac{1}{2}$ CUP unsweetened cocoa powder
- $\frac{1}{2}$ CUP butter, melted

ENJOY A FIBRE-RICH TREAT MADE WITH PROTEIN-PACKED ADZUKI BEANS. THE LIGHT AND CREAMY TEXTURE IS COMPLEMENTED PERFECTLY BY THE DENSE CHOCOLATE FLAVOR, MAKING THIS RECIPE WORTH A TRY.

Adzuki Bean Fudge

YIELD: 16 SQUARES

In a medium sauce pan, add adzuki beans and cover with enough water to fully submerge by at least 1 inch. Soak 2 - 3 hours or overnight.

Drain and replace with 4 - 5 cups of fresh water. Over high-heat bring to a boil; reduce to low and allow to simmer for 1 $\frac{1}{2}$ hours, or until beans are very soft. As the water boils down, you may need to add more to keep beans submerged. Once cooked, drain and allow to cool slightly.

Line a 8 x 8 inch (20 x 20 cm) cake pan with parchment paper; set aside.

In a food processor fitted with a metal blade, add warm beans; blend until it is smooth and no clumps remain. Add the peanut butter, maple syrup, vanilla extract, and salt. Pulse until well combined.

In a large mixing bowl add bean mixture, cocoa powder and melted butter; mix until well combined.

Press into lined cake pan; refrigerate for 1 hour before slicing into 2 inch squares.

NUTRITION (per 1 serving): **Calories** 199; **Fat** 11.0 g; **Protein** 5.1 g; **Carbohydrates** 25.0 g; **Fibre** 4.6 g; **Sugar** 12.3 g; **Sodium** 117 mg; **Cholesterol** 15 mg



Bean and Coconut Pie

YIELD: 6 SERVINGS

In a blender or food processor fitted with a metal blade add white pea beans, process 2 minutes, or until smooth. Add eggs, sugar, vanilla and butter pulse until combined; set aside. Sprinkle half of the toasted coconut on the bottom of the thawed pie shell. Pour in bean mixture and top with remaining coconut. Bake in a 350°F (180°C) oven for 40 minutes or until set.

TIP:

Spread coconut on a baking sheet. Bake at 350°F (180°C) for 6 - 8 minutes or until lightly toasted and fragrant, stirring once during cooking.

- 1 CUP white pea beans (navy beans), soaked and cooked or canned in water: drained and rinsed
- 2 eggs
- ½ CUP granulated sugar
- 1 TSP vanilla extract
- ½ CUP butter or margarine, melted
- ½ CUP flaked coconut, toasted
- 1 9 inch frozen pie shell, thawed



ALTERNATIVE: FILL 12 TART SHELLS AND BAKE FOR 30 - 45 MINUTES OR UNTIL SET.

NUTRITION (per 1 serving):
Calories 320; Fat 19.7 g; Protein 4.9 g;
Carbohydrates 31.8 g; Fibre 3.5 g;
Sugar 15.3 g; Sodium 201 mg;
Cholesterol 79 mg





TIPS AND TRICKS

BUYING CANNED BEANS

Canned beans are convenient as they are pre-cooked and ready to use. Look for canned beans in the canned foods sections of the store.

- Always drain and rinse well before use.
- Reduce the sodium content of regular canned beans by 40% by draining and rinsing before using or try No Salt Added canned beans.

STORING CANNED BEANS

- Unopened canned beans store well in a cool, dry place for up to one year or until the best before date on the can.
- Opened, drained and rinsed canned beans can be stored the same as cooked beans.

STORING COOKED BEANS

- Cooked beans store well for 1 to 3 days in the refrigerator in airtight containers.
- Freezing cooked beans is a great time saver and they keep for up to 6 months.

TO FREEZE

- Drain cooked beans then let cool;
- Lightly pat dry to remove some surface moisture;
- Measure out into 1 or 2 cups (250 or 500 mL) portions into airtight containers or lay flat in plastic freezer bags.

BUYING DRY BEANS

Look for dry beans in the ethnic, bulk, or canned food sections of your grocery store. When buying dry beans, look for:

- Uniform size;
- Brightly coloured seeds;
- Smooth skins without chips or shriveled coats.

STORING DRY BEANS

- Store in a tightly covered container in a cool, dry place.
- If exposed to light, beans tend to lose their colour but flavour, nutrition and texture will not be affected as long as they are tightly sealed.
- It is best to use dry beans within one year of purchase.

SOAKING DRY BEANS

Always soak dry beans before cooking to replace moisture.

1. Remove any shriveled or broken beans.
2. Rinse the beans under cold running water.
3. Soak your beans.

OVERNIGHT SOAK: Add 3 cups (750 mL) cool water for every 1 cup (250 mL) dry beans making sure beans are covered completely. Soak for 8 - 24 hours. Drain soaking liquid and rinse beans with cool water.

QUICK SOAK: Place 1 cup (250 mL) of beans in a large pot with 3 cups (750 mL) of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking liquid and rinse beans in cool water.

BEAN FLOURS

Bean flours can be found in some grocery stores and most bulk, ethnic, or specialty food stores. They can be used in a variety of recipes including cakes, muffins and cookies. Bean flours are often used in gluten-free recipes to boost fibre.

COOKING SOAKED BEANS

- Use 3 cups (750 mL) water for everyone 1 cup (250 mL) of soaked beans. Then follow one of these methods.
- **Conventional Cooking:** In a large saucepan, combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45 to 60 minutes.
- **Microwave Cooking:** In a 4 qt. (4 L) microwaveable casserole dish combine 3 cups (750 mL) of water and 1 cup (250 mL) of soaked beans. Cover and microwave at high (100%) power 10 to 15 minutes or until boiling. Stir and microwave at medium (50%) power for 25 to 35 minutes, stirring every 15 minutes or until fork tender.

BAKING WITH BEANS

- Baked goods may be heavier and more dense when made with beans, while crusts are smoother and remain fresher for a longer time.
- The high moisture content of bean purées may require longer baking times.
- Bean flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.
- Boost the protein, fibre, vitamin and mineral content when adding beans to your baking.
- The high protein content of beans improves the texture of baked goods.
- The high fibre content and moisture from beans extends the shelf life of baked goods

HOW TO USE BEANS IN BAKING

Beans can be incorporated into baked goods as a purée or flour. Bean purées can be made from canned or boiled beans.

HOW TO MAKE BEAN PURÉE

Place cooked or rinsed and drained canned beans into a food processor.

Add ¼ cup (60 mL) water for every 1 cup (250 mL) cooked beans.

Blend to make a smooth purée, with a consistency like canned pumpkin.

Add additional water 1 tablespoon (15 mL) at a time if needed to reach desired consistency. **STORE** in airtight container in refrigerator for 1 or 3 days or freeze for up to 6 months.

HOW TO ADD BEAN PURÉE

Add 1/2 cup (125 mL) bean purée into cookie, muffin or any other baked good recipe to boost fibre and protein content.

Combine the wet ingredients as per the recipe (egg, butter or oil, sugar and/or vanilla) then beat/ blend in the bean purée with those wet ingredients before adding the mixture to the dry ingredients. **BAKE** as directed.

HOW TO SUBSTITUTE WITH BEAN FLOUR

Substitute (1:1) up to half the wheat based flour (including all purpose flour) in any baked goods recipe with an equal amount of bean flour to add iron, folate, fibre and protein.

HOW TO SUBSTITUTE WITH BEAN PURÉE

Replace 1/2 the butter or oil with an equal amount of bean purée to lower the fat.

ADVENTURE
STARTS WITH

BEANS



This powerful pulse has been overlooked for far too long. **Better with Beans** seeks to improve Ontario's appreciation of beans by showing how anyone can cook with, or add this locally grown super food into the recipes they already love, with very little effort.

Low in fat and packed with fibre, beans are a source of quality protein and are extremely versatile. Whether baked into muffins, added to tacos, or mixed into any favourite dish, the mild, complementary flavour helps everyday families make healthy choices easier and every meal better—**everything is Better with Beans.**

BETTER 
WITH BEANSTM

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