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BEAN & PEA RECIPES

BASIC BEAN SOUP

- 1 cup dry beans (soaked)
- 6 cups water
- 1 teaspoon salt
- 1 ham bone
- 1 onion, chopped

Add salt and ham bone to soaked beans. Cover and cook over low heat for 2 hours. Add onion to soup and cook for about 30 minutes more, until the beans are soft. Remove the bone before serving the soup. Makes 4 servings.

BAKED PINTOS

- 2 cups dry pinto beans
- 5 cups water
- 2 small onions, chopped
- 1 cup stewed tomatoes or sauce
- ¼ cup molasses
- ¼ cup soy sauce
- 1 tablespoon chili powder

Add pintos to water. Cover and simmer 2-3 hours, until tender. Add other ingredients and simmer until tender.

NAVY BEAN SOUP

- 3 quarts water
- 2 cups navy beans
- 1 large onion, chopped
- 1 cup minced parsley
- 1 cup tomato sauce
- 1 ham bone or ham stock
- ½ teaspoon marjoram
- 2 cloves garlic, mashed
- salt and pepper to taste

Rinse beans. Put water in soup pot. Bring to a boil. Add beans; reduce heat to simmer and cook for 2 hours. Add onion, ham bone, seasonings and tomato/sauce. Simmer covered for 2½-3 hours. Add more water when necessary until the beans are tender and the meat is loose from the bone. Garnish with parsley. Yields 5-6 servings.

CHICKPEA SOUP

- 1 clove garlic, cut in half
- 1 teaspoon rosemary; (*Wrapped in garni bag and tied securely.*)
- 4 teaspoons vegetable oil
- 2 tomatoes, chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1½ cups cooked chickpeas
- 4 teaspoons chicken soup base (or use 3 chicken bouillon cubes dissolved in 3 cups water.)
- 1⅓ cups uncooked ditali or macaroni

Sauté garlic and rosemary in oil until garlic is golden brown. Remove garlic from oil. Add tomatoes, salt and pepper. Simmer 6-7 minutes. Remove bag of rosemary. Add chickpeas and chicken broth. Bring to a boil. Add Ditali or macaroni and simmer 8-9 minutes, until the macaroni is tender, stirring occasionally. Yield 5-6 servings.

SPLIT PEA SOUP

- 1 pound dried green split peas
- 1½ cups chopped celery
- 1 cup chopped onions
- 9 cups water
- 1 ham bone or 2 hocks (with meat)
- 3 tablespoons parsley

Combine all ingredients in a dutch oven. Cook over medium heat until the mixture comes to a boil. Cover and reduce heat to low. Continue cooking 1½ hours, stirring occasionally. Remove cover and continue cooking until soup is thickened (30-60 minutes.) Remove bone or hocks. Remove meat when cool; return meat to soup. Season with salt and pepper to taste.

INSTANT REFRIED BEANS (Mix)

- 1½ cup Instant Refried Beans
 - 1¾ cups boiling water
- Place Instant Refried Beans in a bowl; add boiling water. Stir well, cover 5 minutes, and serve. For richer flavor, add 1-2 tablespoons