

Extremely Easy Bean Recipes

Nancy Vandenberg

Easy-as Hamburger-Helper Beans

6 ounces rigatoni or other pasta
1 onion, chopped
1 clove garlic, minced
½ green pepper, chopped
8-ounce can tomato sauce
1 pound can kidney beans, rinsed and drained (or cooked from dry beans, better yet)
½ teaspoon chili powder

Cook pasta according to package instructions. Saute onions, garlic, and green pepper in nonstick pan (can spray with nonstick spray or just use a little water) 4-5 minutes or until soft. Stir in tomato sauce, beans, and chili powder. Simmer several minutes. Drain pasta and stir into sauce. 4 servings

Multi-purpose Black Beans

2 cans black beans, rinsed and drained
1 cup water
½ cup onion, chopped
2 cloves garlic, minced
1 teaspoon brown sugar/1 teaspoon oregano
2 Tablespoons lemon juice/2-3 drops hot sauce

Place all ingredients in a saucepan and cook over medium/low heat for 20 minutes, stirring occasionally. Use for burrito filling, serve with rice topped with salsa, thin with water and make soup, or use as taco or nacho topping.

Mexican Minestrone

1 can kidney beans, rinsed and drained
1 cup chunky salsa
1 cup fresh or frozen corn
2 cups vegetable broth (or could use chicken broth)
¾ cup macaroni
1 cup red and green bell pepper, diced
1 cup diced cabbage

Combine all ingredients in a large pan, bring to a boil, then reduce to a simmer. Cook until macaroni is tender—about 15 minutes-- stirring occasionally.

Lentil Vegetable Soup

1 large onion, chopped
1 clove garlic, minced
3 carrots, sliced
2 stalks celery, sliced
½ teaspoon chili powder
4 -5 cups vegetable broth (or you could use beef broth.....)
1 cup (dry) lentils
1 15-ounce can diced tomatoes

In large pot, cook the onion and garlic over medium-high heat until soft, stirring constantly. (Can spray the pot with nonstick spray or just add some water to keep onions from sticking). Add carrots, celery, and chili powder and cook 1 –2 minutes longer, stirring. Add broth and lentils. Cover pot and simmer gently until lentils are tender, about 35 – 45 minutes. Add tomatoes to hot soup. Garnish with Parmesan cheese.

Easiest Dinner Ever (also healthy, inexpensive, and delicious)

Flour tortillas—wrap in foil and heat in oven. Or heat on stove in covered cast iron pan.

Fat-free or vegetarian refried beans
Green or red pepper strips/onion slices
Grated cheese

Spread all of above—use whatever vegetables you want—on tortilla and microwave. Garnish with sliced olives, avocado, and/or fat-free sour cream. You can add salsa before or after microwaving, whatever you like best.
Serve with a green salad and sliced oranges for a meal that hits all of the food groups!

Vegetarian Chili

3 large (about ¾ # total) carrots, peeled and chopped
1 large (about ½ #) onion, coarsely chopped
1 28-oz can chopped tomatoes
1 can (about 1#) EACH black beans, pinto beans, and kidney beans (or 3 cans of 1 kind)
3 Tb. chili powder

In 4 – 5 quart pan over med-high heat, combine carrots, onions, and ½ cup water. Stir frequently until liquid evaporates and vegetables begin to brown, about 10 minutes. Add tomatoes (break up with spoon or potato masher), drained and rinsed beans, chili powder, and about 2 – 4 cups of water, depending on desired consistency. Bring to boil, then lower heat and simmer uncovered about 15 minutes. 6 – 8 servings.