

RECIPES
FROM THE
PULSES (BEAN)
STUDY



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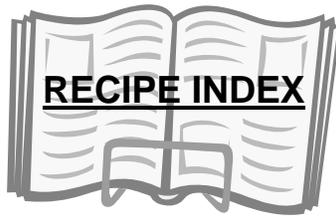
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Additional information on pulses and pulse recipes can be obtained from the Pulse Canada website (www.pulsecanada.com).



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HANDLING AND METHODS OF PREPARING PULSES

Canned Pulses

Canned beans, lentils or chickpeas are already cooked and can be used instead of dried beans. Always drain off the liquid and rinse the product with cold water. Note that canned green or yellow peas (whole or split) are generally not available.

A 540 ml (19 oz.) can of drained pulses is approximately equal to 500 ml (2 cups) of cooked pulses. A 398 ml (14 oz.) can of drained pulses is approximately equivalent to 375 ml (1 ½ cups) of cooked pulses.

Storing Pulses

Dry lentils, peas, beans and chickpeas will keep almost indefinitely if stored in tightly covered containers in a dry place at below 70°F (21°C), but it is best to use dry pulses within one year of purchase. When exposed to light for long periods of time, pulses tend to lose their colour, but flavour, nutrition and texture will not be affected as long as they are stored in a tightly sealed container.

A great timesaving tip: cook more pulses than you need for one recipe and refrigerate or freeze the remainder.

Cooked pulses store well for 1-3 days in the refrigerator or for several months in the freezer. To refrigerate, cool the cooked pulses (leaving them in the cooking water to prevent drying) then store in the cooking water. If there is insufficient cooking water to cover the pulses, add boiled water to prevent them from drying out. To freeze, cool and drain the pulses, then store in plastic, metal or glass containers in 250 to 500 ml (1 to 2 cup) portions ready to add to your favourite recipe.

Soaking Pulses

Before soaking or cooking dried pulses, pick them over to remove any shriveled or broken ones as well as foreign matter such as dried soil or pebbles. Rinse with cold water and drain.

Some pulses must be soaked prior to cooking to speed up the cooking time and increase their digestibility. These include dried kidney, navy, pinto, and lima beans, whole peas and chickpeas, but not lentils and split peas. There are three methods of soaking pulses:

1. The Long Cold Soak or Overnight Method

For every 250 ml (1 cup) of beans or whole peas, add 750 ml (3 cups) of water. Let stand 12 hours or overnight in the refrigerator. Discard soaking water and cook beans or peas according to recipe.



2. *The Quick Soak Method*

For every 250 ml (1 cup) of beans or whole peas, add 750 ml (3 cups) of water. Slowly bring to a boil and boil gently for 2 minutes. Remove from heat, cover, and let stand 1 hour. Discard soaking water and cook according to recipe. With this method, beans absorb as much water in 1 hour as they do in 15 hours soaking in cold water.

3. *Microwave Soak*

For each cup of pulses, combine with 750 ml (3 cups) of water in a suitable microwave casserole dish, cover, and microwave on high for 10-15 minutes; let stand for 1 hour.

Regardless of the soaking method used, discard the soaking fluid and rinse the pulses in a sieve under cold water.

Cooking Dried Pulses

Pulses can be cooked in a saucepan on top of the stove, in a slow cooker, and for certain recipes such as baked beans, in the oven. Basic cooking principles remain the same regardless of which method is used. Salt and acidic ingredients (such as tomatoes and vinegar) should be added only when the pulses are already tender, since they slow down the cooking process. Seasonings such as garlic, onion and herbs may be added to the cooking water right from the beginning.

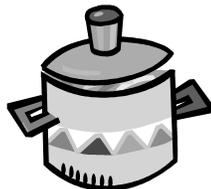
Stove Top Cooking

To cook on top of the stove, combine soaked pulses with water, 5ml (1 tsp) of oil (optional) to prevent foaming, and seasonings in a heavy saucepan that is large enough to allow the pulses to double or triple in volume during cooking. Bring to a boil, cover tightly, reduce heat and simmer until they are just tender and not mushy.

Always simmer pulses slowly since cooking too fast can break the seed coats. Approximate cooking times are 20 - 30 minutes (lentils), 40 - 45 minutes (split peas), 1 - 1½ hours (whole peas), 30 minutes - 2 hours (depending on type of bean) and 45 - 60 minutes (chickpeas). The best way to check if pulses are done is to taste them. Cooked pulses should be tender, free of any “raw” taste, and able to be crushed easily in your mouth. A 250 ml (1 cup) measure of dried pulses will yield approximately 625 to 750 ml (2 to 3 cups) when cooked.

Oven Cooking

Many traditional pulse recipes call for baking in the oven over long periods of time. To reduce the cooking length of these dishes, a combination of stove top followed by oven cooking can be used. Make sure sufficient liquid is present at all times during baking to prevent drying and hardening of the pulses.



Slow Cooker

Slow cookers offer a real time advantage in that they cook without any attention required. However, it is sometimes hard to cook certain recipes thoroughly within a reasonable time frame. Experiment with your own slow cooker and follow manufacturer's instructions for the best result.

Pulse Purée Recipe

250 ml (1 cup) pulse
500 ml (2 cups) water

Wash pulses, soak beans and whole peas as described under "Soaking Pulses". Cover with water. Bring to a boil and reduce heat. Cover and simmer until the pulses are very tender (40-50 minutes for lentils or split peas; 1 - 2 hours for beans). Drain and reserve the stock. Blend pulses, adding enough stock to make a purée the consistency of canned pumpkin.

Makes 500 ml (2 cups). Freezes well.

Conversions

Dried to Cooked

Pulse	Dried	Cooked
Beans	250 ml (1 cup)	625 ml (2 ½ cups)
Chickpeas	250 ml (1 cup)	750 ml (3 cups)
Lentils	250 ml (1 cup)	750 ml (3 cups)

Soaking - 12 hours or overnight

Dried Pulse	Water
250 ml (1 cup)	750 ml (3 cups)

Information provided by: Pulse Canada www.pulsecanada.com





DILL GREEN PEA SOUP

For 8 servings

Ingredients:

2 cups dried whole green peas, rinsed (4 cups cooked whole green peas)
1 Tbsp vegetable oil
2 onions, diced
2 cloves of garlic, minced
2 carrots, diced
2 parsnips, peeled and diced
1 potato, peeled and diced
4 cups vegetable stock
1 Tbsp fresh dill, chopped
¼ tsp pepper
salt to taste (optional)

Directions:

1. Soak the dried green peas overnight as described on pages 3 and 4. Drain the water and cook the peas using one of the cooking methods described on pages 4 and 5.
2. Heat oil in large saucepan on medium heat. Add onions and garlic and cook for 5 minutes. Do not brown.
3. Add carrots, parsnips and potato. Combine well and cook for 5 minutes.
4. Add cooked peas and vegetable stock and bring to a boil. If too thick add more water or stock.
5. Stir in dill and pepper. Add salt to taste.



PINTO BEAN HAMBURGER SOUP

For 8 servings

Ingredients:

2 cups dried pinto beans (4 cups cooked pinto beans)
6 cups beef stock
1 bay leaf
1 potato, cubed
2 carrots, sliced
2 stalks of celery, sliced
2 onions, chopped
¼ cup margarine
500 g (1 lb) lean ground beef
1 can (796 ml/28 oz) diced tomatoes
1 tsp ground black pepper
2 cloves of garlic
2 Tbsp ketchup
1 Tbsp Worcestershire sauce
salt to taste (optional)

Directions:

1. If using dried pinto beans, soak them overnight in water as described on pages 3 and 4. Drain water and cook the dried beans using one of the cooking methods described on pages 4 and 5. If using canned pinto beans, drain and rinse the beans in cold water.
2. Bring beef stock, cooked pinto beans and bay leaf to a boil; simmer for 20 minutes.
3. Add potatoes, carrots and celery.
4. In a skillet, sauté onion and garlic in margarine. Add beef and brown; drain off excess fat.
5. Add tomatoes. Cook 10 minutes, stirring frequently.
6. Add beef mixture to bean mixture.
7. Add ketchup, Worcestershire sauce and pepper. Bring to a boil.
8. Add salt to taste, if desired.



HAM PEA SOUP

For 8 servings

Ingredients:

2 cups dried whole yellow peas (4 cups cooked whole yellow peas)
1 Tbsp vegetable oil
1 cup ham, diced
½ cup onions, diced
½ cup carrots, grated
2 cups milk
⅛ tsp pepper
⅛ tsp nutmeg
salt to taste (optional)

Directions:

1. Soak dried yellow peas overnight in water as described on pages 3 and 4. Drain water and cook the dried peas using one of the cooking methods described on pages 4 and 5.
2. In skillet, heat oil and add onions and carrots; sauté until tender. Add ham and cook until heated through.
3. Purée peas. Combine ham, carrots and onions with puréed peas.
4. Add milk, pepper and nutmeg. Add salt to taste, if desired.
5. Bring to a boil.



LEMONY PARSLEY LENTIL SOUP

For 9 servings

Ingredients:

6 slices bacon
3 carrots, sliced
2 stalks celery, sliced
1 onion, chopped
2 cloves garlic, minced
1½ cup dried red or green lentils, rinsed (4½ cups cooked lentils)
7 cups chicken stock
1 bay leaf
½ cup fresh parsley, chopped
2 Tbsp lemon juice
1 tsp cumin
salt to taste (optional)

Directions:

1. In a large frying pan, fry bacon until crispy texture, remove from pan and crumble. Set aside 2 Tbsp of bacon fat and discard remaining fat.
2. In a large saucepan, heat bacon fat. Add carrots, celery, onion and garlic. Sauté over medium heat about 5 minutes.
3. Add dried red lentils, chicken stock and bay leaf. Bring to boil; reduce heat, cover and simmer for 15-20 minutes or until lentils are tender.
4. Remove bay leaf. Stir in crumbled bacon, chopped parsley, lemon juice and cumin.
5. Add salt to taste, if desired.



CHICKPEA AND SPINACH SOUP

For 5 servings

Ingredients:

1 cup dried chickpeas (2½ cups cooked chickpeas)
2 tsp olive oil
1 onion, chopped
1 tsp garlic powder
1 tsp cumin
⅛ tsp hot red pepper flakes
2½ cups vegetable stock
100 g (3 oz) frozen chopped spinach
¼ tsp pepper
salt to taste (optional)
2 Tbsp dried parsley flakes

Directions:

1. If using dried chickpeas, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the chickpeas using one of the cooking methods described on pages 4 and 5. If using canned chickpeas, drain and rinse them with cold water.
2. Heat oil in a large saucepan on medium heat. Add onion, garlic, cumin and hot pepper flakes and cook for 5 minutes.
3. Add cooked chickpeas with vegetable stock and bring to a boil. Reduce heat and simmer for 10 minutes. Purée half of soup and return to saucepan.
4. Add spinach and pepper and cook until spinach is thawed. Adjust seasonings to taste. Sprinkle with parsley.



SNOW WHITE TURKEY CHILI

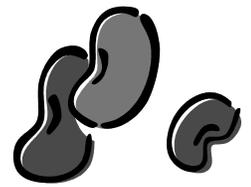
For 6 servings

Ingredients:

1½ cups dried navy beans (3 cups cooked navy beans)
500 g (1 lb) ground turkey
1 onion chopped
2 cloves of garlic, minced
salt to taste (optional)
1 Tbsp chili powder
1 tsp oregano
½ tsp cayenne pepper
1 green pepper, chopped
1 red pepper, chopped
¾ cup chicken broth
½ cup shredded Mozzarella cheese
½ cup low-fat sour cream
2 tsp dried parsley flakes

Directions:

1. If using dried navy beans, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the dried navy beans using one of the cooking methods described on pages 4 and 5. If using canned navy beans, drain and rinse them with cold water.
2. Cook turkey, onion, garlic and salt (optional) in large skillet. Cook stirring constantly until turkey is no longer pink.
3. Add dry seasonings and mix well. Add green and red pepper and chicken broth; bring to a boil.
4. Reduce heat and simmer for 10-15 minutes. Add cooked navy beans, Mozzarella cheese, sour cream and parsley. Heat through, stirring to combine.
5. Adjust salt to taste, if desired.



BEEF CHILI

For 8 servings

Ingredients:

2 cups dry red kidney beans (4 cups cooked red kidney beans)
500 g (1 lb) lean ground beef
2 onions, chopped
2 celery stalks, chopped
2 cloves garlic, minced
1 green or red pepper, chopped
1 can (540 ml/19 oz) diced tomatoes
1 Tbsp chili powder
1 tsp cumin
¼ tsp crushed red chili pepper
¼ tsp cinnamon
1 can (398 ml/14 oz) tomato sauce
salt to taste (optional)

Directions:

1. If using dried kidney beans, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the dried kidney beans using one of the cooking methods described on pages 4 and 5. If using canned kidney beans, drain and rinse them with cold water.
2. In large skillet and over medium heat, cook ground beef, stirring frequently.
3. Add onions, celery, garlic and green or red pepper. Cook for 15 minutes or until onions are translucent.
4. Stir in tomatoes, chili powder, cumin, red chili pepper and cinnamon. Cook for 5 minutes.
5. Stir in cooked kidney beans and tomato sauce.
6. Cover and simmer for about 1 hour.
7. Add salt to taste, if desired.



APRICOT CHICKEN WITH LENTILS

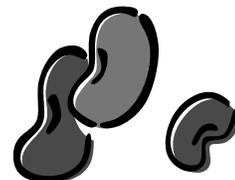
For 12 servings

Ingredients:

2 Tbsp canola oil
8 chicken thighs (skinless and boneless)
2 cups dry green lentils, rinsed (6 cups cooked lentils)
1 bunch green onions, chopped
1 green pepper, chopped
1 onion, chopped
1/3 cup fresh parsley
12 whole dried apricots, quartered
2/3 cup golden raisins
1 1/2 tsp fresh ginger, minced
1/4 tsp each ground all spice, cinnamon, cumin, and cayenne pepper
1/8 tsp nutmeg
2 cups boiling chicken broth
black pepper and salt to taste (optional)

Directions:

1. Preheat oven to 350°F (160°C).
2. In large frying pan, fry chicken in oil over medium heat for 5 minutes each batch.
3. In oven-safe casserole dish, add lentils, green onions, green pepper, chopped onion, 3 Tbsp chopped fresh parsley, apricots and raisins, ginger, allspice, cinnamon, cumin, cayenne pepper and nutmeg. Cook for 1 minute, stirring.
4. Place chicken over lentils. Pour chicken juices into casserole dish. Add chicken broth.
5. Cover and bake for 30 minutes. Uncover and bake for an extra 20 minutes or until lentils are tender.
6. Adjust seasonings to taste.
7. Sprinkle with remaining parsley and serve over rice if desired.



BAKED STUFFED SOLE

For 6 servings

Ingredients:

2 cups dry whole yellow peas (4 cups cooked whole yellow peas)
400 gm (1 lb) package frozen sole fillets (2 large)
2 Tbsp margarine
1 cup carrot, diced
½ cup onion, diced
½ tsp dry crumbled marjoram
½ tsp dry crumbled basil
½ tsp salt (optional)
½ tsp ground black pepper
¼ cup dried bread crumbs
½ cup grated low-fat Mozzarella cheese
paprika

Directions:

1. Soak dried yellow peas overnight in water as described on pages 3 and 4. Drain water and cook the dried peas using one of the cooking methods described on pages 4 and 5.
2. Preheat oven to 400°F (200°C).
3. Wash fillets and pat dry. Cut each large fillet in half, butterfly style.
4. In a saucepan, melt margarine. Pour off half and reserve.
5. To the melted margarine remaining in the saucepan, add carrot and onion. Sauté for 5 minutes or until tender.
6. Add cooked yellow peas, marjoram, basil, salt (optional) and pepper. Stir and sauté 2 minutes over medium heat.
7. Remove from heat, stir in bread crumbs and cheese.
8. Divide filling in half and spoon into fillets.
9. Close and secure each fillet with a toothpick and place in shallow non-stick baking dish. Drizzle with reserved margarine and sprinkle with paprika.
10. Bake for 20 minutes. Remove from oven and serve immediately.



BEAN AND BEEF LASAGNA

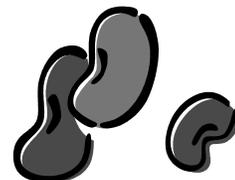
For 4 servings

Ingredients:

1 cup dry red kidney beans (2 cups cooked red kidney beans)
250 g (½ lb) lean ground beef
1 onion, chopped
1 clove garlic, minced
1 (369 ml/13 oz) can tomato paste
2 cups water
1 Tbsp fresh basil or 1 tsp dried
1 tsp ground thyme
½ tsp ground oregano
salt (optional) and freshly ground black pepper to taste
2 cups 1% cottage cheese
1 egg, lightly beaten
12 oven-ready lasagna noodles
2 cups shredded Mozzarella cheese
½ cup grated Parmesan cheese

Directions:

1. If using dried kidney beans, soak them overnight in water described on pages 3 and 4. Drain the water and cook the dried kidney beans using one of the cooking methods described on pages 4 and 5. If using canned kidney beans, drain and rinse them with cold water.
2. Mash the cooked kidney beans.
3. Preheat oven to 350°F (180°C).
4. In large non-stick skillet over medium heat, cook beef, onion and garlic, until beef is no longer pink
5. Spoon off any excess fat. Stir in mashed kidney beans, tomato paste, water, basil, thyme and oregano. Bring to boil, reduce heat and simmer for 15 minutes or until sauce is slightly reduced.
6. Season to taste with salt (optional) and pepper.
7. In small bowl, combine cottage cheese and egg; mix well.
8. Set aside 1 cup of bean and meat sauce. Spread ¾ cup of the remaining sauce over bottom of 13x9 inch (3L) baking or lasagna dish. Arrange a layer of 4 lasagna noodles over sauce. Spread half of remaining sauce over noodles, then half of cottage cheese mixture and half of Mozzarella cheese.
9. Place next 4 lasagna noodles in dish. Repeat sauce, cottage cheese mixture and Mozzarella cheese layers. Top with remaining 4 noodles. Cover completely with the 1 cup of reserved bean and meat sauce.
10. Sprinkle with Parmesan cheese. Bake for about 40 minutes or until noodles are tender. Let stand for 10 minutes before cutting.



ITALIAN SAUSAGE AND PASTA CASSEROLE

For 4 servings

Ingredients:

1 cup dried red kidney beans (2 cups cooked red kidney beans)
2 cups rotini pasta
250 g (½ lb) Italian sausage, sliced
1 onion, chopped
½ green pepper, chopped
2 cloves of garlic, minced
1 Tbsp chili powder
½ tsp cumin
2 (398 ml/14 oz) cans pasta sauce
1 cup shredded Cheddar cheese
¾ cup pitted black olives
1 cup baby corn, cut into small pieces

Directions:

1. If using dried kidney beans, soak them overnight in water described on pages 3 and 4. Drain the water and cook the dried kidney beans using one of the cooking methods described on pages 4 and 5. If using canned kidney beans, drain and rinse them with cold water.
2. Cook pasta according to directions. Drain, rinse and set aside.
3. Preheat oven to 350°F (180°C).
4. Brown sausage, onion, green pepper and garlic in large frying pan over medium heat. Stir in chili powder, cumin and pasta sauce. Bring to a boil, reduce heat and simmer for 15 minutes.
5. Toss cooked pasta with sausage mixture, ¾ cup of Cheddar cheese, olives, corn and cooked kidney beans.
6. Spoon into casserole dish and sprinkle with remaining Cheddar cheese. Cover and bake for 10 minutes.



CHICKPEA CURRY

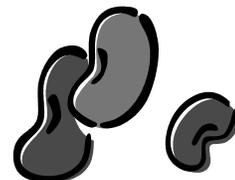
For 5 servings

Ingredients:

1 cup dried chickpeas (2½ cups cooked chickpeas)
1 Tbsp vegetable oil
1 onion, chopped
1 clove of garlic, minced
1 Tbsp curry powder
2 Tbsp flour
2 cups vegetable stock
½ cup raisins
¼ cup coconut
1 apple, peeled and chopped
2 tsp ketchup
1 tsp sugar
1 tsp Worcestershire sauce
salt to taste (optional)

Directions:

1. If using dried chickpeas, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the dried chickpeas using one of the cooking methods described on pages 4 and 5. If using canned chickpeas, drain and rinse them with cold water.
2. In deep skillet, heat oil and sauté onion and garlic over medium heat until tender. Stir in curry powder and flour.
3. Add vegetable stock slowly, stirring constantly.
4. Add all other ingredients, except cooked chickpeas. Simmer for 15 to 20 minutes. Adjust seasoning to taste.
5. Add cooked chickpeas and heat through for about 5 minutes; serve over cooked rice.



SAUTÉED ASIAN YELLOW PEAS

For 8 servings

Ingredients:

2 cups dried whole yellow peas (4 cups cooked whole yellow peas)

⅓ cup liquid honey

¼ cup soy sauce

2 Tbsp water

2 tsp cornstarch

1 Tbsp sesame oil

5 cloves of garlic, minced

½ tsp crushed red pepper flakes

2 tsp fresh ginger, grated

½ sweet red pepper, diced

½ cup currants

salt to taste (optional)

Directions:

1. Soak dried yellow peas overnight in water as described on pages 3 and 4. Drain water and cook the yellow peas using one of the methods described on pages 4 and 5.
2. In small bowl, whisk together honey, soy sauce, water and cornstarch. Set aside.
3. In large skillet, heat sesame oil over medium heat; sauté garlic, crushed red pepper flakes and ginger for 1 or 2 minutes. Stir in diced red pepper, currants and cooked yellow peas.
4. Sauté for 5 minutes stirring constantly. Add honey mixture.
5. Adjust salt to taste, if desired, and serve over rice.



BISTRO BEANS

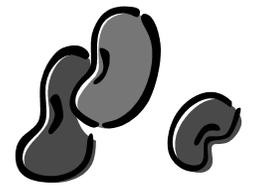
For 24 servings

Ingredients:

1½ cups dried black beans (3 cups cooked black beans)
1½ cups dried red kidney beans (3 cups cooked red kidney beans)
1½ cups dried navy beans (3 cups cooked navy beans)
3 cloves of garlic, minced
½ medium onion, chopped
1 green pepper, chopped
1 (341 ml/12 oz) can corn niblets
1 (398 ml/14 oz) can diced tomatoes
1¾ cups salsa
1 tsp each basil, marjoram and oregano
6 flour tortillas
2 cups grated Mozzarella or Cheddar cheese (or a mix of the two cheeses)
sour cream (optional)

Directions:

1. If using dried beans, soak them overnight in water, with each type of bean in a separate bowl. Drain the water and cook each type of bean separately using one of the cooking methods described on pages 4 and 5. If using canned beans, drain and rinse them with cold water.
2. Preheat oven to 350°F (180°C).
3. In large saucepan, combine cooked beans, garlic, onion, green pepper, corn, tomatoes, salsa, basil, marjoram, and oregano. Bring to a boil and simmer for 20 minutes, stirring occasionally. Remove from heat.
4. Spray a 9"x13" baking pan with cooking spray. Cut tortillas in half. Place four halves in prepared pan, to cover the bottom, flat edges facing outward.
5. Spread ⅓ of the bean mixture over tortillas. Repeat procedure, adding two more layers, ending with the bean mixture.
6. Sprinkle cheese on top.
7. Bake for 20 minutes, or until cheese is melted. Let sit for 5 minutes before cutting.
8. Serve with sour cream (optional).



REFRIED BEAN BURRITO

For 12 servings

Ingredients:

2 tsp canola oil
1 large onion, chopped
1 clove of garlic, minced
1 medium green pepper, chopped
1 small red pepper, chopped
1 medium carrot, shredded
2 tsp chili powder
1 tsp cumin
1 tsp oregano
2 cups salsa
2 cups refried beans (see page 21)
salt (optional) and pepper to taste
6 tortilla shells (22 cm/9 inch)
½ cup shredded Cheddar cheese
½ cup shredded Mozzarella cheese

Directions:

1. Preheat oven to 400°F (200°C).
2. In large saucepan, heat oil over medium heat. Cook onions until soft. Add garlic, peppers and carrot; cook for about 5 minutes stirring frequently.
3. Stir in chili powder, cumin and oregano and set aside. Add salsa and refried beans. Adjust salt and pepper to taste, if desired.
4. Spread ¼ cup bean mixture on tortilla shell. Sprinkle with both types of shredded cheese before rolling up the tortilla.
5. Roll up each tortilla and place seam side down in greased 9"x13" baking dish. Bake for 15 minutes.
6. If desired, serve with sour cream or yogurt and additional salsa sauce.



REFRIED BEANS

For 2 cups

Ingredients:

1 ½ cups dry red kidney beans (3 cups cooked red kidney beans)

1½ cups black beans (3 cups cooked black beans)

2 tsp canola oil

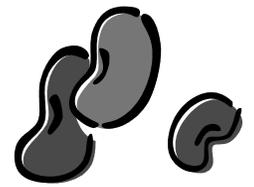
1 small onion, minced

2 cloves of garlic, minced

salt (optional) and pepper to taste

Directions:

1. If using dried beans, soak them in water overnight, using separate bowls. Drain water and cook them separately using one of the cooking methods described on pages 4 and 5. If using canned beans, drain and rinse them with cold water.
2. Mash both types of beans together.
3. In nonstick skillet, heat oil over medium heat. Cook onion and garlic for 5 minutes or until onion is translucent.
4. Add the mashed beans. Cook stirring often until thickened, approximately 10-15 minutes.
5. Season to taste with salt and pepper, if desired.
6. Use in “Refried Bean Burrito” on page 20.



BLACK BEAN QUESADILLA

For 4 servings

Ingredients:

1½ cups Mexican Baked Beans (see page 23)
8 tortilla shells (22 cm/9 inch)
1 cup Mozzarella or Monterey Jack cheese, grated
½ cup medium salsa
1 Tbsp olive oil

Directions:

1. Preheat oven to 350°F (180°C).
2. Spread ¼ of the Mexican Baked Black Bean mixture on each of 4 tortillas. Top each with ¼ of the grated cheese and salsa.
3. Place a remaining tortilla shell on top of each tortilla with the filling mixture, pressing down gently on the top tortilla. Brush outer sides of tortilla shells lightly with oil for browning and crispiness. Arrange on a baking sheet.
4. Bake for 5 minutes or until lightly browned and cheese is melted. Quesadillas can also be browned in a frying pan or on the barbecue.
5. Cut into quarters.



MEXICAN BAKED BEANS

For 3 cups

Ingredients:

½ cup dry black beans (1 cup cooked black beans)

½ cup dry pinto beans (1 cup cooked pinto beans)

2 tsp vegetable oil

1 medium onion, chopped

2 cloves of garlic, minced

½ red pepper, diced

1 tsp paprika

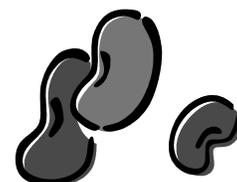
1 tsp chili powder

1 can (213 ml/7 oz) tomato sauce

⅓ cup water

Directions:

1. If using dried beans, soak them separately in water overnight. Drain water and cook each type of bean separately using one of the cooking methods described on pages 4 and 5. If using canned beans, drain and rinse them with cold water.
2. Preheat oven to 325°F (160°C).
3. Purée (or mash) both types of cooked beans together.
4. In skillet, heat oil and sauté onion and garlic over medium heat for 5 minutes.
5. In a medium size casserole dish combine all the ingredients; mix well.
6. Bake covered for 1 hour.
7. Use in “Black Bean Quesadilla” on page 22.



BAKED BEANS

Ingredients:

- 1 cup dried white beans (2 cups cooked white beans)
- 1 medium onion, chopped
- 4 slices bacon, diced
- 3 cups water
- 2 Tbsp molasses
- 1 tsp dry mustard
- ½ tsp pepper
- ¼ tsp salt
- ¼ cup ketchup
- ¼ cup cider vinegar
- 1 Tbsp Worcestershire sauce
- 1 tsp crushed red pepper flakes

Directions:

1. If using dried white beans, soak them in water overnight. Drain the water and cook the white beans using one of the cooking methods described on pages 4 and 5.
2. In a large saucepan, combine the cooked beans, chopped onion, bacon and 3 cups of water. Bring to a boil and simmer for 20 minutes.
3. Combine molasses, dry mustard, salt, pepper, ketchup, vinegar, Worcestershire sauce and crushed red pepper flakes, and stir into cooked bean mixture.
4. Place in 1.5 L casserole dish. If necessary, add boiling water to just cover beans.
5. Bake in 350°F (180°C) oven for 30-40 minutes [or heat covered on high power in microwave for 15 minutes, stirring half way through cooking time].



SWEET POTATO CHICKPEA WRAP

For 5 servings

Ingredients:

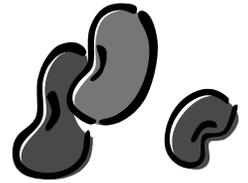
1 cup dried chickpeas (2½ cups cooked chickpeas)
1 medium sweet potato, peeled and diced (about ¾ pound)
2 tsp olive oil
1 tsp curry powder
dash of coarse grained salt (optional)
1 (398 ml/14 oz) can peeled plum tomatoes
1 cup carrots, julienne or shredded
½ tsp crushed red pepper flakes
150 g (5 oz) package frozen chopped spinach
4 tortilla shells (22 cm/9 inch)
fresh cilantro
½ cup plain low-fat yogurt

Directions:

1. If using dried chickpeas, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the chickpeas using one of the cooking methods described on pages 4 and 5. If using canned chickpeas, drain and rinse them with cold water.
2. Preheat oven to 400°F (200°C).
3. Place sweet potato, olive oil, ½ tsp curry powder, and a dash of salt in a plastic bag. Shake until the potato cubes are well coated. Spread them on a cookie sheet. Bake for 35 to 40 minutes, until golden and cooked through, stirring once at the halfway point.
4. While the sweet potatoes are cooking, combine tomatoes, cooked chickpeas, carrots, crushed red pepper flakes, and remaining curry powder in a medium sauce pan. Bring to a boil and immediately reduce to a simmer. Add cooked sweet potatoes, stir in the spinach, and cook until spinach is wilted, 1 to 2 minutes.
5. Divide filling among tortilla shells. Sprinkle filling with some cilantro leaves and then roll up the tortilla. Serve with yogurt as a dip.

Note: Alternatively, filling can be put into pita bread.

ZUCCHINI BEAN CASSEROLE



For 4 servings

Ingredients:

1 cup dry red kidney beans (2 cups cooked red kidney beans)
1 tsp olive oil
1 onion, coarsely chopped
1 clove garlic, minced
6 mushrooms
½ medium zucchini
1 (540 ml/19 oz) can diced tomatoes
½ cup water
½ cup pasta, small shapes
1 tsp ground thyme
salt (optional) and ground black pepper to taste
½ tsp ground oregano
¼ cup grated Parmesan cheese
2 tsp dried parsley flakes

Directions:

1. If using dried kidney beans, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the kidney beans using one of the cooking methods described on pages 4 and 5. If using canned kidney beans, drain and rinse them with cold water.
2. In nonstick skillet, heat olive oil over medium heat; cook onion and garlic, stirring occasionally, for about 4 minutes or until onion is translucent.
3. Cut mushrooms into quarters. Cut zucchini lengthwise in half, then into 1 inch (2.5 cm) thick slices. Add mushrooms and zucchini to skillet; cook for 2 minutes.
4. Stir in tomatoes (break them up with a fork), ½ cup water, cooked kidney beans, pasta, thyme, and oregano; season to taste with salt and pepper as desired.
5. Bring to boil; reduce heat and simmer for 15 minutes or until pasta is al dente (tender but still firm).
6. Sprinkle each serving with Parmesan cheese and parsley.



CHICKPEAS WITH TOMATOES AND RICE

For 8 servings

Ingredients:

1 cup dry navy white beans (2 cups cooked navy beans)
1 cup dry chickpeas (2½ cups cooked chickpeas)
1 Tbsp olive oil
2 cloves garlic, minced
1 onion, chopped
2 carrots, sliced
2 stalks celery, sliced
2 cups beef stock
1 (796 ml/28 oz) can diced tomatoes
½ cup uncooked long grain brown rice
1 tsp dry oregano
⅛ tsp crushed red pepper flakes
⅛ tsp black pepper
1 Tbsp fresh parsley, chopped
salt to taste (optional)
½ cup Parmesan cheese

Directions:

1. If using dried beans, soak them in separate bowls overnight in water as described on pages 3 and 4. Drain the water and cook the beans separately using one of the cooking methods described on pages 4 and 5. If using canned beans, separately drain and rinse them with cold water.
2. In large saucepan, heat oil over medium heat; cook garlic, onion, carrots and celery for 5 minutes or until soft.
3. Add beef stock, tomatoes, rice, oregano, red chili flakes and black pepper. Cover and bring to a boil; reduce heat and simmer for 20 minutes or until rice is cooked.
4. Add navy beans, chickpeas and parsley; cook for 5 minutes.
5. Adjust salt to taste, if desired.
6. Sprinkle each serving with Parmesan cheese.



CHICKPEA LEMON CAKE

For 16 large servings

Ingredients:

1 cup dry chickpeas (2½ cups cooked chickpeas)
4 Tbsp lemon juice
¼ cup vegetable oil
2 tsp grated lemon zest
2 egg yolks
⅔ cup all purpose flour
1 cup sugar
2 tsp baking powder
½ tsp salt
2 egg whites
⅛ tsp cream of tartar
2 Tbsp freshly squeezed lemon juice
icing sugar

Directions:

1. If using dried chickpeas, soak them overnight in water as described on pages 3 and 4. Drain the water and cook the chickpeas using one of the cooking methods described on pages 4 and 5. If using canned chickpeas, drain and rinse them with cold water.
2. Preheat oven to 350°F (180°C). Grease and lightly flour two 8" round cake pans.
3. In a blender or food processor, purée cooked chickpeas with lemon juice, oil and lemon zest. Add egg yolks and blend. Turn mixture into large bowl.
4. In a medium bowl, combine flour, ½ cup sugar, baking powder, and salt. Mix well. Add to puréed chickpea mixture and mix well.
5. In another medium bowl, beat egg whites and cream of tartar until foamy. Gradually add remaining ½ cup sugar in a slow, thin stream, beating until it forms peaks that are stiff but not dry.
6. Fold beaten egg whites into chickpea purée. Pour the batter into the prepared pans and bake 30-35 minutes, or until a toothpick inserted into center of cake comes out clean.
7. Cool 10 minutes on a rack, then turn cake out of pans and onto racks. Cool completely.
8. Dribble freshly squeezed lemon juice over each round, and sprinkle tops with icing sugar.



RASPBERRY CHEWS

For 12 bars

Ingredients:

Base:

1 $\frac{1}{3}$ cups all purpose flour
¼ cup sugar
½ tsp baking powder
pinch of salt
½ cup margarine
1 egg, slightly beaten
½ cup raspberry jam

Lentil filling:

1 cup lentil purée (¼ cup dry lentils cooked in 1 cup water)
1 cup brown sugar
¼ cup all purpose flour
1½ tsp baking powder
½ tsp vanilla
pinch of salt
2 eggs, beaten
¾ cup shredded coconut
¾ cup chopped pecans

Directions:

1. Preheat oven to 375°F (190°C).
2. Prepare the lentil purée by cooking ¼ cup dry lentils in 1 cup water. When lentils are tender, purée in food processor or blender.
3. To prepare the base, combine flour, sugar, baking powder and salt. Cut margarine into flour mixture until coarse crumbs form. Stir in egg. Mix thoroughly with hands.
4. Press base into a 9"x13" baking dish. Bake for 10 minutes.
5. Remove the base from oven. When cooled slightly, spread jam over the base.
6. Reduce oven to 350°F (180°C).
7. To prepare the filling, combine lentil purée, brown sugar, flour, baking powder, vanilla, salt and eggs. Mix well. Add coconut and pecans. Spread carefully over raspberry jam.
8. Bake for 25 minutes or until firm. Remove from oven and allow to cool.
9. Cut into 18 bars.



LENTIL MUFFINS

For 12 muffins

Ingredients:

1 cup lentil purée (¼ cup dry lentils cooked in 1 cup water)
1 cup canned apple pie filling
1 egg
½ cup canola oil
¾ cup whole wheat flour
¾ cup all purpose flour
1/3 cup packed brown sugar
2 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
½ tsp salt
¼ tsp ground allspice
⅛ tsp nutmeg

Directions:

1. Preheat oven to 400°F (200°C). Line muffin tins with paper baking cups.
2. Prepare the lentil purée by cooking ¼ cup dry lentils in 1 cup water. When lentils are tender, purée in food processor or blender.
3. Cut apples in pie filling into small pieces.
4. Beat egg in a large mixing bowl. Stir in oil. Add lentil purée and apple pie filling.
5. In a separate bowl, combine flours, brown sugar, baking powder, baking soda, cinnamon, salt, allspice and nutmeg.
6. Stir dry mixture into purée mixture just until flour is moistened. Spoon batter into prepared muffin tins.
7. Bake 15 minutes or until a toothpick inserted into center comes out clean.



OATMEAL CHOCOLATE CHIP LENTIL COOKIES

For 36 cookies

Ingredients:

1 cup puréed large green lentils (¼ cup dry lentils cooked in 1 cup water)
1 cup brown sugar
¾ cup margarine
1 egg
1½ tsp vanilla
1½ cups all-purpose flour
¼ tsp salt
1 tsp baking soda
1½ cups quick cooking rolled oats
1½ cups chocolate chips
½ cup chopped pecans

Directions:

1. Preheat oven to 375°F (190°C). Grease cookie sheets.
2. Prepare the lentil purée by cooking ¼ cup dry lentils in 1 cup water. When lentils are tender, purée in food processor or blender.
3. In a large bowl, cream together brown sugar and margarine. Add egg and mix just until blended. Add vanilla and lentil purée; mix until blended.
4. Sift flour, salt and baking soda.
5. Add flour mixture to lentil mixture 1/3 at a time. Mix on low speed until just blended.
6. Add rolled oats, chocolate chips and pecans and lightly blend.
7. Scoop 1 tsp of dough onto cookie sheet; flatten with fork.
8. Bake for 12-15 minutes.