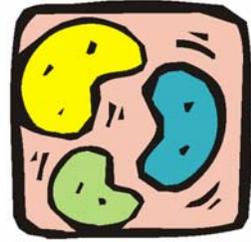


# COOKING WITH BEANS



## Beans & Corn Chili

1 (16 oz.) jar salsa	4 oz. package lowfat cheddar cheese
2 (16 oz) cans of beans	1/2 tsp. ground cumin
1 (8 oz.) can tomato sauce	1/2 tsp. chili powder
1 cup corn	

Drain the beans. In a skillet, combine beans, salsa, tomato sauce, corn, cumin and chili powder. Bring to a boil and reduce heat and simmer for 5 - 10 minutes. Grate cheese. Serve chili in bowls and top with grated cheese. Serves 6 (1 cup serving).

**Nutrition Facts (per serving):** Calories 240 ~ fat 5 g ~ calories from fat 45 ~ sodium 1230 mg ~ total carbohydrate 32 g

## Mexican Layered Dip

1 (15 ounce) can pinto beans, drained  
1/4 cup taco sauce  
1 teaspoon chili powder (if desired)  
1 cup shredded, reduced-fat Monterey Jack or Cheddar Cheese

Serving suggestions: toppings -shredded lettuce, chopped tomatoes and/or sliced green onion  
Serve dip with low-fat crackers or tortilla chips

Mash the beans in the bowl. Add the taco sauce and chili powder to the beans and mix well. Spread bean mixture evenly on the plate, and sprinkle shredded cheese over the beans.

Serves 4 - 6.

**Nutrition Facts (per serving):** Calories 100 ~ fat 2 g ~ calories from fat 20 ~ sodium 570 mg ~ total carbohydrate 10 g

## Cajun Red Beans and Rice\*

1 lb. dried red beans	1 tsp. Worcestershire sauce
3 cups onion, chopped	1 tsp. pepper
1 cup green onions, chopped	1/2 tsp. hot sauce
1 cup parsley, chopped	1 can (8 oz.) tomato sauce
1 Tbsp. garlic salt	1/2 lb. smoked sausage, cut into 1/4 inch slices
1/4 tsp. dried whole oregano	
1 tsp. red pepper	3 cups cooked rice

Sort and wash beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak overnight. Drain. Cover with fresh water. Add salt pork to beans; cover and simmer 45 minutes. Stir in next 10 ingredients; continue to cook 1 hour. Brown sausage and drain; add to bean mixture. Cover and simmer 45 minutes, adding more water if necessary. Serve over rice. Serves 6.

**Nutrition Facts (per serving):** Calories 530 ~ fat 13 g ~ calories from fat 120 ~ sodium 1940 mg ~ total carbohydrate 81 g

### Ham Hocks and Red Beans\*

1/2 lb. dried red/pinto beans (3 cups cooked)	strip green pepper
1 onion, minced	1 garlic clove
1 lb. smoked ham shanks or hocks	2 qts. cold water
1 bay leaf	

Wash and soak beans two to three hours, or overnight. When ready to cook, drain off water and put beans in large pot with 2 quarts cold water. Cook for 30 minutes. Add ham, onion, green pepper, bay leaf and garlic. Cook slowly but steadily for 2 hours. Serves 8.

**Nutrition Facts (per serving): Calories 200 ~ fat 5 g ~ calories from fat 45 ~ sodium 560 mg ~ total carbohydrate 19 g**

### Split Pea Soup\*

1 large onion	6 cups water
3 Tbsp. butter or margarine	1 1/2 tsp. salt
1 1/2 cup dry split peas	

Chop onion. Cook in butter in a large pan until tender. Wash and drain split peas. Add water, split peas and salt to onion. Bring to boiling. Lower heat and cover pan. Simmer about 2 hours, until thickened. NOTE: Cook a ham bone or pieces of ham in the soup, if you like. Remove bones and serve meat in soup. Serves 6 (3/4 cup serving).

**Nutrition Facts (per serving): Calories 200 ~ fat 6 g ~ calories from fat 60 ~ sodium 590 mg ~ total carbohydrate 28 g**

### Old South Blackeyes

1lb. small white California blackeye beans	1 can (8 oz.) tomato sauce
6 cups water	1 teaspoon salt
1/3 lb. ham hock	1/2 cup chopped celery
1 small onion, chopped	Garlic powder and pepper to taste.

Wash and sort blackeye beans. Soak overnight or bring blackeye beans and water to boil; boil 2 minutes; set aside for 1 hour. Add all ingredients and cook until beans are tender (approximately 1-2 hours). Add hot water during cooking if needed. Serves 8.

**Nutrition Facts (per serving): Calories 250 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 500 mg ~ total carbohydrate 38 g**

\*Adapted from "How Food Affects You", EFNEP, University of Wisconsin-Extension, 1989.



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