



DRY BEANS

a good choice for the thrifty family



The best buy in the
MEAT GROUP

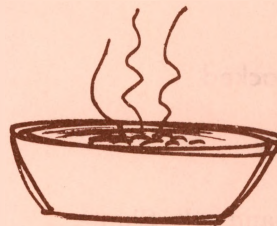
Give us Energy
Help build Muscle
Blood



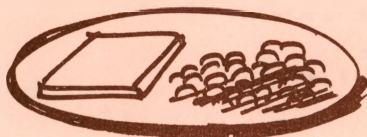
USE COOKED BEANS:



Alone



In Soups



With Meats



In Salads

COOKED DRY BEANS OR PEAS

2 cups dry beans or peas

Water:

5 cups water for small red, Great Northern, lima, or blackeye

6 cups water for kidney, pinto, pea (navy), or small white

2 teaspoons salt

Wash and drain beans.

Put beans and water in large pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Add salt and boil beans gently until tender. Add more water, if needed. Cooking time will be about:

	Hours
Kidney, pinto, and pea (navy) ---	2
Small red and small white -----	1½
Great Northern -----	1¼
Lima -----	1
Blackeye -----	½

Makes about 5 cups cooked beans or peas.

Note: To season beans, add bacon or ham drippings, canned chopped meat, salt pork, or a ham bone before cooking.

BEANS AND MEATBALLS

1 small onion

1 pound ground beef

3 tablespoons nonfat dry milk

1 teaspoon salt

2 cups cooked dry beans

2 tablespoons brown sugar, packed

¼ cup catsup

½ teaspoon prepared mustard

Finely chop onion.

Mix meat, onion, dry milk, and salt. Shape into 12 balls.

Put meatballs in heated greased fry pan. Brown on all sides. Drain off fat.

Add beans, brown sugar, catsup, and mustard to meatballs. Boil gently 10 to 15 minutes until slightly thickened, stirring as needed to keep from sticking.

Makes 6 servings, each ⅓ cup beans and 2 meatballs.

CHILI CON CARNE

1 large onion

1 green pepper

1 pound ground beef

¾ cup tomato sauce

2 cups cooked or canned tomatoes

2 tablespoons chili powder

1 ½ teaspoons salt

4 cups cooked kidney beans

Chop onion and green pepper.

Crumble ground beef into heated fry pan. Add onion and green pepper and cook until tender. Drain off fat.

Stir in rest of ingredients. Boil gently about 45 minutes until thickened.

Makes 6 servings, 1 cup each.

MEAT AND KIDNEY BEANS

1 tablespoon fat

2 ½ cups cut-up, canned chopped meat or canned luncheon meat

2 cups cooked or canned tomatoes

2 ½ cups cooked kidney beans

Melt fat in fry pan. Add meat and cook until browned.

Add tomatoes and kidney beans. Heat slowly until hot.

Makes 6 servings, 1 cup each.

RICE AND BEANS

2 cups cooked dry beans

1 cup cut-up, canned chopped meat or canned luncheon meat

1 cup uncooked rice

2 cups water

Salt and pepper, as you like

Put beans, meat, rice, and water in a pan. Bring to boiling.

Lower heat. Cover and boil gently about 25 minutes until rice is tender.

Add salt and pepper.

Makes 6 servings, 1 cup each.

HOPPIN' JOHN

1 cup blackeye beans (blackeye peas, cow-peas)
5 cups ham broth or water
1 cup cut-up, cooked ham, canned chopped meat, or canned luncheon meat
1 cup uncooked rice
Salt and pepper, as you like

Wash and drain beans.

Put beans and ham broth or water in a pan. Bring to boiling and boil 2 minutes.

Remove from heat, cover, and let stand 1 hour.

Boil gently about $\frac{1}{2}$ hour until beans are almost tender.

Add meat, rice, salt, and pepper.

Cover and boil gently about 20 minutes until rice is tender.

Makes 6 servings, 1 cup each.

BAKED BEANS

2 cups dry pea (navy) beans
6 cups water
 $\frac{1}{4}$ pound salt pork
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ small onion
 $\frac{1}{4}$ cup brown sugar, packed
1 teaspoon dry mustard
 $\frac{1}{2}$ cup molasses

Wash and drain beans.

Put beans and water in large pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Cut salt pork in pieces and add to beans.

Add salt. Boil gently about 1 $\frac{1}{2}$ hours until beans are tender. Add more water, if needed. Drain and save cooking water. Put beans in baking pan.

Chop onion. Mix with brown sugar, mustard, molasses, and $\frac{1}{2}$ cup bean cooking water. Pour over beans.

Bake at 350° F (moderate oven) about 1 hour until beans are lightly browned on top and sauce thickens.

Makes 6 servings, about $\frac{3}{4}$ cup each.

TOP OF STOVE BEANS

5 cups cooked pea (navy) beans or lima beans
 $\frac{1}{2}$ cup brown sugar, packed
2 tablespoons meat drippings
2 tablespoons prepared mustard
 $\frac{3}{4}$ cup tomato sauce
Salt and pepper, as you like

Drain beans. Set aside cooking water. Mix beans and rest of ingredients in a pan.

Cover and boil gently about 30 minutes to blend flavors. Add a little bean cooking water if sauce gets too thick.

Makes 6 servings, about $\frac{3}{4}$ cup each.

HOT BEAN SALAD

$\frac{1}{4}$ cup cut-up salt pork or 2 slices bacon, cut-up
 $\frac{1}{2}$ small onion
 $\frac{1}{2}$ green pepper
1 stalk celery
 $\frac{1}{4}$ cup vinegar
3 cups cooked pea (navy) beans
 $\frac{1}{2}$ teaspoon prepared mustard
 $\frac{1}{2}$ teaspoon salt

Brown salt pork or bacon in large fry pan.

Chop onion, green pepper, and celery and put in the pan. Add rest of ingredients.

Heat slowly until hot, stirring as needed to keep from sticking.

Makes 6 servings, $\frac{1}{2}$ cup each.

BEAN SALAD

2 cups cooked kidney beans
2 cups cooked or canned green beans
1 medium-size onion
 $\frac{1}{2}$ cup french dressing

Drain beans.

Slice onion and separate into rings.

Mix all ingredients. Cover and chill about 1 hour before serving.

Makes 6 servings, $\frac{2}{3}$ cup each.

THREE BEAN SALAD

- 1/2 green pepper
- 2 cups cooked or canned green beans
- 2 cups cooked or canned wax (yellow) beans
- 2 cups cooked kidney beans
- 3/4 cup sugar
- 2/3 cup vinegar
- 1/3 cup vegetable oil
- 1 teaspoon salt
- 1 teaspoon pepper (or less)

Chop green pepper. Drain beans.

Mix sugar, vinegar, vegetable oil, salt, and pepper in a large bowl. Add vegetables and mix well.

Cover and chill 6 hours or longer. Before serving, mix well.

Makes 6 servings, 1 cup each.

BEAN SOUP

- 1 1/2 cups dry beans
- 7 cups water
- 1 medium-size onion
- 1 teaspoon salt
- Ham bone (see Note)

Wash and drain beans.

Put beans and water in pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Chop onion, add to beans.

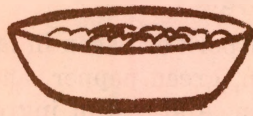
Add salt and ham bone. Cover and boil gently 1 1/2 to 2 1/2 hours until beans are soft and ham is tender.

Remove bones and serve meat in soup.

Add more water for thinner soup, if you like.

Makes 6 servings, 1 cup each.

Note: Use 1 cup cut-up ham instead of ham bone, if you like.



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