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U.S. Bureau of home economics.

**DRIED**

***Beans  
& Peas***

*in*  
**LOW  
COST  
MEALS**

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★ OCT 14 1942 ★

U. S. Department of Agriculture

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## MEET THE BEAN FAMILY . . . . .

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Navy beans . . . Great Northerns . . . California Whites . . . Lima beans . . . Kidney beans . . . Pintos . . . Pinks . . . Small Reds—these and many others. People everywhere have their favorites in the dried bean family. And close cousins to the beans are the dried peas—black-eye, green, and yellow.

No matter what the color, shape, name, all dried beans and peas are good nourishing food . . . food that “sticks to the ribs” on cold days . . . food that gives what it takes for work and play.

Among the vegetables, dried beans and peas come nearest to meat, eggs, milk, and cheese as body builders. That’s why they’re so good as a main dish now and then. And besides protein, they have vitamin B<sub>1</sub>, iron, and many more food values, all packed into small space.

In fact, that is another thing that makes dried beans and peas popular . . . they pack well, ship well, keep well. For kitchen care all they need is a cool, dry place and a tight bag or can to shut out dust, bugs, and mice.

### Soak . . . Simmer . . . Season

◆ First of all, pick over the beans or peas and throw out all bad ones. Wash in cold water, twice if need be, to get out all grit.

◆ Give dried beans and peas plenty of time to soak—overnight or 5 or 6 hours.

◆ Cook them in the water in which they are soaked to save vitamins and minerals. If the bean flavor seems too strong, you may have to drain them and add fresh water.

◆ Use soft water, if you can, when you soak and cook beans. Hard water toughens the skin. Old-time cooks caught rain water when they couldn’t get soft water for their beans any other way.

◆ Don’t add soda, or else you will lose some of the vitamins.

◆ Keep the heat low as you cook beans and peas, and simmer instead of boil.

◆ Watch the pot, too. Add water from time to time. Dried beans and peas take up a lot of water as they cook.

◆ Try new ways, old ways, many ways, when you season beans and peas. They’re so mild themselves it takes a dash of this and that to make them tasty.

◆ Serve them, too, with something salt or sour, something fresh and crisp, or something bright and spicy.

Recipes given here are planned to serve 6 persons. In general, 1 cup of dried beans or peas makes 2 to 3 cups when cooked.

R. B. S. OCT 15 1942

# MAKE THEM BEANS PLUS . . . . .

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## Plain Cooked for the Start

Look over the beans or peas, picking out the bad ones, and wash carefully. Cover 2 cups of dried beans or peas with 1 quart of cold water, and soak overnight. (If you forget to put them to soak overnight, 5 or 6 hours in luke-warm water will do the trick.)

When ready to cook, add a teaspoon of salt and simmer slowly in the soaking water in a covered pan until the beans are tender but not broken. Add more water during the cooking, if necessary. Season with salt and pepper.

An easy way to add flavor is to cook beans with salt pork, sausage, bacon, or a ham bone.

## Serve in Style

◆ Place a mound of hot cooked beans on a platter and surround with fried sausage cakes or links.

◆ Cut frankfurters in half lengthwise and arrange on top of cooked beans in a shallow baking dish. Bake in a moderate oven until the frankfurters are hot through and through.

◆ To cooked beans add white sauce, catsup, and bacon fat mixed together. Sprinkle with grated cheese and bread crumbs, and brown in the oven.

◆ For a tasty tomato sauce to go with beans, cook a sliced onion in 2 tablespoons of fat until the onion turns light yellow. Blend in 2 tablespoons of flour and brown slightly. Stir in 2 cups of cooked tomatoes. Season and cook until thickened. If desired, add green or red sweet peppers, chopped fine. Serve hot over the hot beans.

◆ For bean "sausages," mash 3 cups of cooked beans; mix well with  $\frac{1}{2}$  cup of bread crumbs, 2 beaten eggs, 1 teaspoon of sage, if desired, and salt and pepper to taste. Moisten with milk or bean liquid. Shape into the form of sausages, dip in raw egg beaten with a little water, then roll in bread crumbs. Brown in a little melted fat.

◆ For bean croquettes, use the recipe above. Mold into ball or cone shapes. Dip in raw egg beaten up with a little water, then in fine, dry bread crumbs. Fry in deep fat until a golden brown. Or mold into patties and brown in a little melted fat. Sprinkle with chopped parsley.

◆ For an open-face sandwich, melt 2 tablespoons of fat in a saucepan, add 2 cups of mashed beans, and stir over the fire for 5 minutes. Add about 1 cup of milk, 1 cup of grated cheese, salt and pepper to taste. Cook until the cheese is melted, stirring constantly. Serve on bread or toast, topping each with crisp bacon or salt pork, and cress, sliced tomatoes, or onion if desired.

## PICK YOUR FAVORITE . . . . .

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North, East, South, West—every family has its favorite way of fixing beans or peas. Here are just a few of the many recipes for main dishes, low in cost, high in food value.

### Boston Baked Beans

To bake beans rich and brown in the Boston style, long slow cooking is necessary.

Wash 2 cups of beans and soak them overnight in a quart of cold water. In the morning add 2 more cups of water and simmer for 45 minutes, or until the beans begin to soften.

Score the rind of  $\frac{1}{4}$  pound of salt pork and put half of the pork in the bottom of the bean pot. Add the beans and bury the other half of the pork in the top portion of the beans, with only the scored rind exposed. Mix 4 tablespoons of molasses, 1 or 2 teaspoons of salt, depending on how salty the pork is, and  $\frac{1}{2}$  teaspoon of mustard, if desired, with a little hot water. Pour over the beans. Cover with hot water.

Put a lid on the pot and bake in a slow oven for 6 or 7 hours. Add a little hot water from time to time. During the last hour of baking remove the lid and let the beans and pork brown on top.

*For Variety in Flavor.*—Place a peeled onion in the bottom of the bean pot, or add the onion plus tomato catsup. Some New Englanders use maple sirup or maple sugar in place of the molasses to sweeten their baked beans.

### Beans Baked the Michigan Way

To 1 quart of beans that has already been cooked tender in water with a 4-ounce piece of salt pork, add 4 tablespoons of molasses or brown sugar and salt to season. Place in a shallow pan with enough of the bean liquid to moisten well. Slice the salt pork over the top. Brown in the oven.

### Savory Succotash

It's an old American custom to cook corn and beans together for succotash. We learned the name from the Indians.

To make savory succotash, chop and brown an onion in bacon fat. Add 2 cups each of canned corn and cooked beans. Simmer for a few minutes. Season with salt and pepper to taste and serve hot. If desired, add chopped green pepper to give more flavor and color.

### Beans Western

Brown a chopped onion in 2 tablespoons of fat. Add 2 cups of cooked tomatoes seasoned with salt and pepper. Bring to a boil and add 1 quart of cooked beans. Simmer 15 to 20 minutes. Sprinkle with parsley and serve hot.

## PICK YOUR FAVORITE . . . . .

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### Hopping John, Southern Style

Cook dried black-eye peas, or beans if preferred, in water with a ham knuckle. First cook the ham knuckle in 2 quarts of water for 2 hours. Then add 1 cup of dried peas that have been soaked overnight in cold water. Cook until the peas are almost tender. Remove the ham, add a cup of washed rice, and salt and pepper to season. Boil gently about 20 minutes, or until the rice is soft and the liquid almost cooked away. Serve on a hot platter topped with pieces of the ham.

### Savory Bean Stew

Select beans of almost any kind, or, if you like, dry peas. Soak and cook  $1\frac{1}{2}$  cups of the dry beans or peas in water in the usual way.

In another pan fry  $\frac{1}{2}$  cup of diced salt pork until crisp. Then brown  $\frac{1}{2}$  cup chopped onion in the salt pork fat, add  $\frac{1}{2}$  pound ground lean meat, stir and cook slowly for 5 minutes. Combine meat, onion, salt pork, and 3 cups of canned tomatoes with the cooked beans. Add salt and pepper to taste, and simmer until the meat is tender and the flavors well blended. Serve at once.

### Chile Con Carne

Add 2 to 4 teaspoons of chili powder and a bit of garlic, if desired, to the recipe for Savory Bean Stew. Red kidney or California pink beans are the favorite kinds for chile con carne.

### Baked Bean Loaf

For a change sometime, bake a bean loaf as you would a meat loaf. Start with 3 cups of cooked beans. Chop the beans very fine, or mash them with a potato masher. Add a chopped onion,  $\frac{1}{2}$  cup of milk, water, or liquid from the beans, a beaten egg, and a cup of bread crumbs. A little finely chopped celery is good, too. Season to taste with salt and pepper, and some dried herbs if you like. Mix well and shape into a loaf. Place in a shallow pan, pour a little melted fat over the top, and bake until well browned. Serve with hot tomato sauce.

### Mexican Style Beans

Wash and soak 2 cups of beans (pinto beans preferred) overnight in 1 quart of water. The next day, bring them to a boil in  $1\frac{1}{2}$  quarts of water and let them simmer gently for about 3 hours. When the beans start to simmer, add a few bacon rinds. At the end of 2 hours, add a minced clove of garlic, 1 large dried red chili pepper, or chili powder, and salt to taste. The cooked juice should be thick. If desired, mash the beans and add grated cheese.

## PEAS PORRIDGE HOT . . . . .

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A bowl of bean or split pea soup . . . piping hot with a slice of lemon and crisp bits of salt pork or bacon sprinkled over the top . . . is something more than "just bean soup." Some like it with the beans left whole, others like it put through a sieve to get rid of the skins.

### Dried Pea or Bean Soup

Wash 1 cup of dried beans or dried peas, and soak overnight in 1 quart of water. In the morning, add a quart of water,  $\frac{1}{4}$  pound of salt pork, an onion, and a few stalks of celery, if desired. Simmer until the beans or peas are tender. Remove the salt pork and rub the rest through a strainer if a smooth soup is wanted. Cut the salt pork into tiny pieces. Add a tablespoon of flour mixed well with a little water to keep the bean pulp from settling to the bottom. Stir, reheat, and season with salt and a dash of pepper.

*With Ham.*—In place of the salt pork in the recipe above, cook the beans with a ham bone, or add some chopped leftover ham to the soup a little while before serving.

*Crisp Bits of Bacon . . . Chipped Beef . . . Cooked Sausage.*—All these do something to the flavor of bean soup, too. Add any one of them toward the end of the cooking when the beans are almost done.

*Roasted Peanuts.*—Finely chopped or ground peanuts are good in bean soup, also, for their taste and for their food value.

*Tomatoes or Carrots.*—These give a touch of color and more beside to bean or pea soup.

*For a "Hot" Soup.*—Add a clove of garlic,  $\frac{1}{2}$  a chopped onion, 1 tablespoon oregano, and 2 chili pepper pods. Strain after cooking. Heat again and serve.

### Bean Chowder

1 cup dry beans	2 teaspoons salt
$1\frac{1}{2}$ quarts cold water	2 tablespoons uncooked cracked wheat, or
1 cup diced carrots	1 tablespoon flour
1 cup tomatoes	2 cups milk
$\frac{1}{2}$ cup shredded green pepper	few grains pepper
1 onion, chopped fine	

Wash the beans; add the cold water and soak overnight. Cook in a covered pan until the beans begin to soften, then add the vegetables and continue to cook until tender. Add salt and cracked wheat or flour mixed with a little cold water. Stir. Cook about 30 minutes. Add milk and pepper. Heat to the boiling point and serve.



# IN SALAD OR SANDWICH . . . . .

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## Salad Suggestions

Beans and peas are so hearty in themselves they make a salad that is more than just a side dish. They take kindly, also, to mixing with the something sour and the something raw every good salad needs. Here are a few sample ways to use cold cooked beans or peas in salads that may be the center of lunch or supper. Change the pattern to fit what's on the pantry shelf:

- ◆ Beans, raw apple sliced with the skin on, moistened with salad dressing, and served on lettuce or other salad greens.
- ◆ Black-eye peas, chopped raw cabbage or cress and carrot, with vinegar and oil or other fat.
- ◆ Beans or peas, diced cucumber, or tender raw turnip or radish or celery cut crosswise.
- ◆ Lima beans, peanuts, moistened with salad dressing mixed with tomato catsup.
- ◆ Red kidney beans, chopped green pepper, raw onion rings and sliced tomato.
- ◆ Beans or peas, chopped pickle or pickle relish, chopped cooked beets on lettuce or dandelion greens.
- ◆ Bits of leftover meat or fish, hard-cooked egg, or cheese make a bean salad even more of a main dish.
- ◆ When you're mixing a salad, let yourself go. Try new combinations and you'll make a name for yourself as a salad mixer.
- ◆ Make up your own rules for salad dressings, too. Try a touch of garlic with the vinegar and oil or bacon fat. If you have fresh herbs in the garden, put them in dressing or salad itself to give it a different taste.

## Hot Bean Salad

Hot bean salad is easy to fix if you have cooked beans on hand.

Cut 2 strips of bacon or salt pork into half-inch pieces and fry to a light brown. Add a third of a cup of chopped onion and brown lightly. Add 3 cups of boiled or baked beans,  $\frac{1}{2}$  teaspoon of mustard,  $\frac{1}{4}$  cup each of vinegar and water, and a dash of pepper. Simmer until the beans absorb the vinegar and the water. Serve hot. Double the recipe if you wish to serve hot bean salad as the main dish.

## Hearty Sandwiches

Season baked beans with plenty of minced onion, pickle relish or catsup, and moisten with salad dressing for a hearty sandwich filling. Chopped peanuts and beans are another good combination. Many of the salad suggestions above make excellent sandwich fillings.

## DRIED BEANS AND PEAS IN THE DIET

Dried beans and peas are rich in food value and make an important contribution to a nutritious diet. They are grown by farmers in different parts of the country and, for the most part, in plentiful supply. Many American families, however, cannot afford to buy all of the dried beans and peas they need and want. To enable these families to use more dried beans and thereby build a wider market for growers, the Agricultural Marketing Administration of the Department of Agriculture, when supplies have been large, has included dried beans on the list of foods obtainable with free blue stamps under the Food Stamp Program. Surplus dried beans have also been bought by the AMA from time to time for direct distribution by State welfare agencies to families receiving public aid and for use in school lunches for children.

While the primary purpose of this leaflet is to assist in a more effective use of dried beans by low-income families, the information on preparing dried beans and peas economically in a variety of ways will be useful to any consumer.

*Prepared by*

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