

# Bean Recipes for Chalica

Recipes from our

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# Spicy Peanut Sauce

*Serve over pasta, with any combination of julienned cucumbers, mung bean sprouts, fresh cilantro or fresh lime wedges. This is a perfect dish for a picnic, a buffet, or a quick dinner when the sauce is already prepared. It's best at room temperature.*



## Ingredients

¼ cup soy sauce
¼ cup rice wine vinegar
6 tablespoons cold water
1 tablespoon sugar
½ teaspoon salt
2 teaspoons minced, peeled fresh ginger
1 teaspoon minced garlic
6 tablespoons smooth peanut butter, at room temperature
3 tablespoons peanut oil
3 tablespoons Asian sesame oil
½ teaspoon chili oil

## Directions

1. Place soy sauce, vinegar, water, sugar, salt, ginger and garlic in a blender (a food processor will work, but not as well). Process on high speed until the garlic and ginger are smoothed into the liquid, about one minute.
2. Add the peanut butter and process for 1 minute longer.
3. Combine the oils in a small bowl and drizzle into the sauce with the blender running on low speed. The mixture should have the consistency of a creamy aioli.
4. Store covered in the refrigerator for up to 2 days. Making this well in advance gives it time to for the flavors to meld. Bring to room temperature before serving.

# Rustic Red Bean Pate

## Ingredients

1 Medium onion
1 Clove garlic
2 Tbsp olive oil
1 Can red beans or kidney beans, drained ¼ cup sun dried tomatoes
Juice of half a lemon
2 Tbsp chopped fresh flat-leaf (Italian) parsley
2 Tbsp chopped fresh chives
1 Tbsp water
2 Tbsp tomato puree
½ Tsp Worcestershire sauce (vegan is available!)
¼ Cup roughly chopped pecans or walnuts
¼ Cup sun dried tomatoes, finely diced
Salt and pepper to taste

## Directions

1. Roughly chop the onion and garlic
2. Fry garlic and onion in 1 tbsp of the olive oil until lightly browned, being careful not to burn the garlic
3. Put everything except the sun dried tomatoes and nuts in to a food processor fitted with a metal blade. Process until smooth, slowly drizzling just enough water into it to get a thick consistency.
4. Move to bowl, then mix in the walnut and sun dried tomatoes
5. Refrigerate for a couple hours to make it nice and firm, pate-like.
6. Option: top with a bit of fresh chives and julienned sun-dried tomatoes






# Black Bean Soup

*From the Grant family*

## Ingredients

1 red onion, finely chopped
½ bell pepper, chopped
2 cloves garlic, minced
1 Tbsp tomato paste
1 tsp cumin
1 tsp oregano
3 cans of black beans
500 ml stock or bean-cooking liquid
Juice of 2 limes
4 strips bacon (optional)

Saute onion and pepper for 5 mins. Add garlic, tomato paste, cumin and oregano and cook another minute. Add beans and liquid and simmer for 30 mins. Add lime at end and serve with rice and some coriander (optional)

# Black Bean Soup

*From the Sorrentino Family*

Cook chopped onions in oil until soft
Add 3 cloves garlic
1 can diced tomatoes
1/2 cup salsa
dash Worcestershire sauce
dash hot sauce
2 cans black beans
juice of a lime.
Simmer for 20-30 min
Add chopped cilantro.



# Chickpea Rice

*Submitted by Betsy Dalton*

*This Indian inspired chickpea rice pilaf can be refrigerated for several days, and also freezes well. It is gluten free, soy free, vegan, and can easily be nut-free.*

## Ingredients:

1 tbsp vegetable oil
1 medium onion (chopped)
3 cloves garlic (minced)
1 small jalapeno pepper (or ⅛ - ¼ tsp cayenne pepper)
1 medium yellow squash or zucchini (chopped)
1 large bell pepper (chopped)
2 medium tomatoes (chopped)
1 tbsp cumin
1 tbsp ginger
½ tsp turmeric
1 tbsp garam masala
3 cups chickpeas (cooked or canned. 1 cup of dry chickpeas or 2 14-oz cans yield about 3 cups cooked chickpeas. Drain out all liquid)
3 cups brown or basmati rice (cooked. 1 cup dry rice yields approximately 3 cups when cooked) Salt to taste
2 tablespoons cilantro
½ cup peanuts (skip if nut-free)

## Instructions:

Heat oil in a large wok or skillet.
Add the onions and saute until they are soft.
Mix in garlic and saute for a minute.
Add in the zucchini and bell peppers and saute for 3-4 minutes until they get fairly tender.
Add the tomatoes and toss quickly.
Stir in the powdered spices--cumin, ginger, turmeric and garam masala -- and mix well.
Add in the chickpeas, stir them in, and then add the rice.
Check salt and add more if needed. Toss the rice gently with the chickpeas and veggies, taking care not to break the rice grains, and once the rice is coated evenly with the masalas, place a lid on the skillet and let the rice steam for a couple of minutes just so it warms through.
Sprinkle on the cilantro and serve hot.
Serve with peanuts on side, if preferred.

# Chunky Vegetarian Chili

*From Mary Alice and Sky Kimball - Made for the OWL training to much applause and appreciation*



## Ingredients

1 Tbsp vegetable oil
2 cups chopped onion
½ cup chopped yellow bell pepper
½ cup chopped green bell pepper
2 garlic cloves, minced
1 Tbsp brown sugar
1 ½ Tbsp chili powder
1 tsp ground cumin
1 tsp dried oregano
½ tsp salt
½ tsp black pepper
2 (16-ounce) cans stewed tomatoes, undrained
2 (15-ounce) cans black beans, rinsed and drained
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained

## Directions

Heat the oil in a Dutch oven over medium-high heat. Add onion, bell peppers, and garlic; saute 5 minutes or until tender. Add sugar and remaining ingredients and bring to a boil. Reduce heat, and simmer 30 minutes.

# Yellow Lentil Dal

Serves 6

*This recipe can be made with any type of lentil, just increase the cooking time 10 to 15 minutes if using black or green lentils*



## Ingredients

2 Tbs. canola oil
3 tsp. whole cumin seeds
2 tsp. red pepper flakes
1 medium onion, diced (1 1/2 cups)
2 cloves garlic, minced (2 tsp.)
1 tsp. salt
1 1/2 cups yellow lentils, sorted and rinsed
2 cups low-sodium vegetable broth
1 tsp. ground turmeric

## Preparation

1. Heat oil in saucepan over medium-high heat. Stir in cumin and red pepper flakes, and sauté 1 minute. Add onion, garlic, and salt, and sauté 1 minute more.
2. Add lentils, vegetable broth, 2 cups water, and turmeric. Cover, reduce heat to medium-low, and simmer 25 minutes, or until liquid is absorbed.

# Three Bean Salad

*Submitted by Elizabeth Donovan*

**Ingredients:**

One can of each of these kinds of beans:
cannellini, kidney, garbanzo. Drained
2 stems of celery, chopped
½ of a red onion, chopped
1 cup parsley, chopped
1 Tbsp fresh rosemary, chopped
⅓ cup cider vinegar
⅓ cup (I use much less) granulated sugar
¼ cup olive oil
1½ tsp salt
¼ tsp pepper

Toss and Enjoy!



# Our Perfect Veggie Burger

*Crunchy, chewy, with a crispy outer shell, these delicious veggie burgers have all the right elements. This recipe is from the food blog Oh She Glows and is seriously the best homemade veggie burger ever.*

## Ingredients

- 3 tablespoons ground flax
- 1/3 cup (80 mL) warm water (or use 1 egg instead of flax and water)
- 1 (14-ounce/398 mL) can black beans, drained and rinsed
- 1 tablespoon (15 mL) extra-virgin olive oil
- 3/4 cup finely chopped red onion or yellow onion
- 2 large garlic cloves, minced
- 1 cup grated carrots
- 1/3 cup finely chopped fresh parsley or cilantro
- 1/2 cup sunflower seeds, toasted
- 1 to 2 tablespoons (15 to 30 mL) tamari, to taste
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 cup rolled oats, processed into a coarse meal*
- 1/2 cup spelt bread crumbs (or bread crumbs of choice)
- 1 to 2 tablespoons oat flour (or flour of choice), as needed
- 1/2 to 3/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste

- Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper or oil.
- Whisk the ground flax and water in a small bowl and set aside for about 5 minutes so it can thicken.
- Into a large mixing bowl, add the drained black beans. With a potato masher, mash the beans until 2/3 of the mixture is a bean "paste" while leaving about 1/3 of the beans mostly intact.
- In a medium skillet, add the oil and increase the heat to medium. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed beans.
- Stir in the flax egg, grated carrots, parsley (or cilantro), sunflower seeds, tamari, chili powder, oregano, and cumin until thoroughly combined.
- Now, stir in the coarsely chopped oats, bread crumbs, and oat flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper, to taste.
- Shape the dough into 8 patties (roughly 1/3 cup of

# Southwest Black Bean Polenta Casserole

*My family loves this, and sometimes we just make it with pre-made tortillas instead of polenta, layering the tortillas, beans, cheese, salsa and sauteed onions, garlic and greens to make a "mexican lasagna". This recipe is from [this website.]*

3 1/2 cups cooked polenta (see notes for cooking instructions)
1 Tablespoon butter or light olive oil
6–8 ounces shredded cheese, divided (see notes for dairy free)
1 teaspoon minced garlic (about 1 clove)
1/3 cup onion, finely diced*
1/2 teaspoon kosher salt
1/2 teaspoon chili powder
1 can (10 ounces) diced tomatoes with chilis
1 can (15 ounces) black beans, drained and rinsed (2– 2 1/2 cups)
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/8 –1/4 teaspoon cayenne
1/2 teaspoon black pepper
Optional Garnishes/Toppings- chopped cilantro, sliced avocado, sour cream, sliced jalapeños

Preheat the oven to 350 F. Coat a 9×13 pan with olive oil or nonstick cooking oil spray and set aside.
In a large pot, cook the polenta according to package instructions. When polenta is almost done cooking, stir in butter and 4 ounces of shredded cheese until creamy. Next stir in the minced garlic, onion (see notes below), salt and chili powder with the polenta. Mix thoroughly. Transfer polenta mixture into the 9×13 pan and spread until even, reaching each corner. If polenta is too runny or moist, parbake it at 350F for 15 minutes, then add the rest of your layers and bake again.
In a medium-sized bowl, stir together the black beans, cumin, garlic powder, cayenne, and black pepper. Evenly distribute the black beans on top of the polenta.
Layer the tomatoes and green chiles over the black

# Carole Driver's Potluck Baked Beans



## Directions

For the sauce, simmer for 20 minutes:
- 1/2 C brown sugar
- 1/2 C ketchup
- 1/2 C cider vinegar
- 1/4 C molasses
- 1/2 tsp. mustard
- 1 tsp. garlic powder (to taste)

Dice 3 large onions and sauté

Add to onions:
- 1 can (28oz) vegetarian beans
- 1 can (15 oz) drained red kidney beans
- 1 can (15 oz) drained large butter beans
- 1 can (15oz) green lima beans

Add sauce to the bean mixture

Bake uncovered in a 9 x 13 pan for 1 hour and15 minutes at 350

**Options:**

- Can also sauté onions in ovenproof pan, add beans and sauce and bake as above.
- Frozen beans can be substituted for canned. Or your own cooked.
- Original recipe added 1/2 pkg Morningstar Breakfast Strips microwaved until crisp, crumbled and added to beans.

# Black Bean Gingerbread Bars

*From Rev. Denis*

## Ingredients

- 1 1/2 cups cooked black beans , or 1 (15 oz.) can drained and rinsed
- 1/2 cup gluten-free oat flour
- 1/4 cup melted coconut oil
- 3/4 cup coconut sugar
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 tablespoon blackstrap molasses
- 2 teaspoons apple cider vinegar
- 1 tablespoon coarse granulated sugar , for topping (optional)

## Directions

- Preheat the oven to 350ºF and line a 9-inch square baking dish with parchment paper. In the bowl of a large food processor fitted with an "S" blade, combine the black beans, flour, oil, sugar, ginger, cinnamon, cloves, salt, baking soda, vanilla, molasses, and vinegar. Process until a smooth batter is formed.
- Pour the batter into the lined baking dish and sprinkle the top with the tablespoon of coarse sugar, if desired. Bake until the top feels firm to a light touch, about 25 to 30 minutes. Cool completely before removing the bars from the pan and slicing.
- These bars will keep well at room temperature for up to 48 hours tightly covered, but for best shelf life keep them in an airtight container in the fridge for up to a week.

# Chickpea Blondies

*These are from one of my favorite recipe blogs:*
Home - Chocolate Covered Katie



## Ingredients

- 1 can chickpeas or white beans, or 1 1/2 cups cooked
- 1 tsp baking powder
- 1/4 tsp each: salt and baking soda
- 3/4 cup granulated sugar of choice (Substitutions are listed above)
- 1/3 cup flour (white, oat, spelt, sorghum, or 1/2 cup almond flour)
- 1/4 cup applesauce, mashed banana, or yogurt
- 3 tbsp oil or 1/4 cup nut butter
- 1/2 cup chocolate chips, or more if desired

## Instructions

Preheat oven to 350 degrees. Drain and rinse beans very well. Blend all ingredients (except chips) until very smooth in a good food processor (see not above about using a blender). Mix in chips, and scoop into a greased or parchment-lined 8×8 pan. Optional: you can stick some chocolate chips on top of the batter as well. Bake for 30 minutes. They'll look a little undercooked when you take them out, but they firm up as they cool.

# Double Chocolate Peanut Butter Bite Cookies

*I've been making these for years and everyone always loves them, and can never guess that they're made with beans!*

## Ingredients

- 15 ounce Canned Chickpeas, rinsed and drained
- 1/4 cup + 2 tablespoons Cocoa Powder
- 1/2 cup Honey or Agave Or 3/4 cup Brown Sugar
- 3/4 cup All Natural Peanut Butter
- 1 teaspoon Baking Powder Gluten Free
- 1 pinch Sea Salt
- 2 teaspoons Vanilla
- 1/2 cup Semi Sweet Chocolate Chips



## Cooking Directions

1. Preheat oven to 375 degrees.
2. In a blender or food processor combine chickpeas, cocoa powder, honey, peanut butter, baking powder, sea salt and vanilla. Pulse until mixture is smooth and creamy like peanut butter. Scrape the sides of bowl as needed to make a uniform texture.
3. Add chocolate chips and fold until combined.
4. Using a cookie scoop or tablespoon make 1" balls and place on a parchment or silpat lined baking sheet.
5. Bake cookies for 12 minutes.
6. Allow to cool on cookie sheet for 3-5 minutes.
7. Cookies are best enjoyed warm.