

## Legume Recipes

<p><b><u>Delicious Herbed Beans</u></b>            2 c pinto beans            1 clove garlic            ½ tsp Rosemary            ½ tsp Sage            ½ tsp Basil            ½ tsp Thyme            1 TBSP cider vinegar            1 tsp salt</p>	<p>Put herbs in metal tea bag, cook with beans and garlic 2-3 hours or till tender. Add salt and vinegar just before serving.</p>	<p><b><u>Spicy Black Beans</u></b>            3 c black beans            Dash black pepper            ½ tsp each of cinnamon, cloves, coriander, cumin, cardamom, oregano, thyme            2 TBSP lemon juice            1 ½ tsp salt      Cook beans 2-3 hours till tender. Turn off heat, then add remaining ing, and let sit with lid on for 1 hour before serving.</p>
<p><b><u>Basic Chili</u></b>            3 c pinto beans            2 tsp salt            1 qt tomato juice            1 TBSP chili powder            Cook beans till tender (about 3 hours) Add other ingredients and simmer slowly without lid another 1-2 hours, stirring occasionally. If desired, you can cook a chopped onion with 1lb ground beef, and add to beans.</p>		<p><b><u>Chickpea Stew</u></b>            3 c chickpeas            1 bay leaf            1 chopped onion            2 diced carrots            1 celery stalk, chopped            2 cloves garlic            2 c raw veggies (peas, broccoli, cauliflower)            ½ tsp dried rosemary            2 tsp salt            ½ c tomato sauce            1 TBSP olive oil</p>
<p><b><u>Lentil Stew</u></b>            Layer in saucepan 1 TBSP Kombu or other seaweed            1 diced onion            2 celery stalks with leaves, chopped            2 c winter squash, 1 in squares            1 c lentils            1 TBSP dried parsley            1 tsp salt            2 c water            Simmer covered, 30 mins</p>		<p><b><u>Three Bean Soup</u></b>            (Timing is important with this soup)            3 hours before serving:            Cook 2 c lima beans in 6 c water. Add tea bag containing, 1 tsp allspice, 1 tsp peppercorns, 2 bay leaves. In another pan cook 2 c kidney beans in water.            1 hour before serving:            Add two cups split peas to lima beans. Add more water if needed.            10 minutes before serving:            To lima beans, add three tsp salt, 1 chopped onion, two large handfuls of chopped celery leaves. Add kidney beans and 1 TBSP coconut oil before serving.</p>
<p><b><u>The Best Hummus</u></b>            1 c chickpeas            ¼ c olive oil            1 ¼ tsp salt            ¼ c tahini            ½ lemon, juiced            2 cloves garlic            1 tsp dried oregano</p>	<p>Cook chickpeas in 2 c water until tender, about 2 hours. Mash. Add other ing. Mix well. Or use food processor till smooth.</p>	<p><b><u>Yummy Bean Dip</u></b>            3 c cooked, mashed pinto beans            ½ c frozen corn            1 tsp salt            1 c tomato sauce            ½ c salsa            1 TBSP lime juice            2 TBSP olive oil            Few dashes of cayenne</p>

Cook chickpeas and bayleaf in water 2-3 hours, until tender. Saute veggies in water 3-4 min, add all ing.

Mix well and serve, as dip for veggies or chips.