

### Chipotle Bean Burritos

Ingredients:

- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15-ounce) can organic black beans, drained
- 1 (15-ounce) can organic kidney beans, drained
- 3 tablespoons refrigerated fresh salsa
- 6 (10-inch) reduced-fat flour tortillas (such as Mission)
- 1 cup (4 ounces) preshredded reduced-fat 4-cheese Mexican blend cheese
- 1 1/2 cups chopped plum tomato (about 3)
- 1 1/2 cups shredded romaine lettuce
- 6 tablespoons thinly sliced green onions
- 6 tablespoons light sour cream

Directions:

Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 1/2 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream; roll up

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### Amish Bean Soup

- 1 pound dried navy beans
- 2 1/2 quarts water
- 1—1 1/2 pounds meaty ham bone
- 1 bay leaf
- 1 garlic clove, minced
- 1 cup chopped carrots
- 1 cup chopped potatoes (1-2" cubes)
- 1 onion (chopped finely)
- 1 cup celery (thinly sliced)
- Salt & pepper or other seasonings as preferred

Place beans into pot with water. Place pot over heat and bring to a boil for 2 minutes. Remove from heat, let stand for at least 1 hour. Add the ham bone to the soup along with the bay leaf and garlic. Place over heat, cover and allow to simmer for approximately 2 hours. Add the rest of the vegetable ingredients (carrots, onion, celery and potatoes). Recover and allow to simmer for an additional hour. Remove the ham bone. Shave, dice and shred the meat from the ham bone. Add meat back into the soup. Increase heat and bring entire mixture to a boil. Remove from heat, pluck out the bay leaf, and serve. Season with salt and pepper to taste.

Savanna Innis  
Intermediate  
Bean Main Dish  
Hemphill County

### Bean Medley

Ingredients:

1 (15 oz.) can green beans; cut and drained	½ cup vinegar
1 (15 oz.) can garbanzo beans; drained	¼ cup sugar
1 (15 oz.) can Kidney beans; drained	½ cup olive oil
1 (15 oz.) can Black bean; drained	1 tsp salt
½ green pepper; chopped	1 tsp black pepper
1 small onion; chopped	1/3 cup celery, diced

Directions:

Drain beans, run water over Kidney and Black beans, then mix all beans and vegetables together. Combine vinegar, sugar, olive oil, salt, and pepper– pour over bean mixture and toss. Can eat after making or cover and put in refrigerator overnight to marinate.

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Ashley Ramos  
Intermediate  
Bean Main Dish  
Potter County

### Festive Protein Packed Bean Dinner

1 can black beans, drained and rinsed  
1 can garbanzo beans, drained and rinsed  
1 can pinto beans, drained and rinsed  
½ bottle Italian dressing  
2 roma tomatoes, diced  
½ purple onion, diced  
½ stalk celery, diced  
¼ tsp garlic, minced  
Salt and pepper to taste  
A squeeze of lemon to taste  
1 ripe avocado for garnish

Mix all ingredients in a large bowl and chill 1 hour. Line a plate with two whole large romaine lettuce leaves, washed and dried. Divide beans mixture evenly onto lettuce leaves. Garnish with diced avocado. Serve chilled and enjoy!

### Black Bean Lentil Dish

Ingredients:

1 cup dry lentils (green or brown)  
15 oz. can black beans, rinsed and drained  
1 red bell pepper  
½ small red onion  
1-2 roma tomatoes  
Large bunch cilantro, stems removed

Dressing:

Juice of 1 lime  
2 Tbsp. olive oil  
1 tsp. Dijon mustard  
1-2 cloves garlic, minced  
1 tsp. cumin  
½ tsp. oregano  
1/8 tsp salt

Directions:

Cook lentils according to package directions, leaving firm not mushy. Drain. While lentils are cooking, make the dressing: place all ingredients in a small bowl and whisk to combine. Set aside. Finely dice the bell pepper, onion, and tomatoes. Roughly chop the cilantro. IN a large bowl, place the black beans, bell pepper, onion, tomatoes, and lentils. Add the dressing and toss to combine. Add cilantro, and lightly toss. Serve immediately or chill covered in the fridge for at least an hour to let the flavors combine.

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Nicholas Payne  
Intermediate  
Bean Main Dish  
Sherman County

### Four-Bean & Sausage Dinner

1 15 ounce can red kidney beans, rinsed and drained  
1 15 ounce can black beans, rinsed and drained  
1 15 ounce can Great Northern beans, rinsed and drained  
1 15 ounce can butter beans, rinsed and drained  
½ pound cooked smoked turkey sausage, cut into ½ inch slices  
1 8 ounce can tomato sauce  
½ cup catsup  
1 medium green sweet pepper, chopped  
½ cup chopped onion  
¼ cup packed brown sugar  
2 teaspoons Worcestershire sauce  
½ teaspoon bottled hot pepper sauce

In a 3½ to 4 quart slow cooker combine all ingredients. Stir ingredients together. Cover; cook on low-heat setting for 8-10 hours or on high for 4-5 hours.