

Dry Beans

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-Friendly Eating Tips

- Sauté beans in olive or vegetable oil, add a few spices along with salt and pepper and you have yourself a delicious side for breakfast or dinner.
- Raw veggies with bean dip is a great after-school snack option.
- Add beans to a soup, chili or stew recipe.
- Burritos and tacos are an excellent way to incorporate beans into your kids' diet.

Storage Tips

Store beans in airtight containers and out of the light, in order to avoid rancidity and maintain the highest nutritional value.

Tidbit

Beans are a great addition to main or side dishes: they are affordable, versatile and hearty. They take on flavors well, are an excellent source of protein and can be stored dry, eaten fresh or cooked.

Cooking Tips

- Soak overnight—the ratio of water to beans is 4:1. The beans will double in volume.
- Simmer, covered, until cooked and tender (times vary slightly by bean, generally 1-2 hrs).
- Sprinkle a little baking soda or oil in the water to reduce foaming. Stir occasionally and add water if needed, to prevent burning.

Recipes

Black Bean Pie

Yield: one 9 inch pie, ~8 servings.

Crust Ingredients:

½ cup all purpose flour
¼ cup cornmeal
¼ cup whole wheat flour
¼ tsp. salt
1 tsp. sugar
¼ cup butter or shortening
~3 Tbsp. cold water

Filling Ingredients:

4 cups black beans
1 cup onion, chopped
1 cup tomatoes
4 cups corn
½ tsp. each of garlic powder
cumin and chili powder
¼ tsp. black pepper
2 cups cheddar, shredded

Directions:

- Crust:**
1. Combine flours, cornmeal, salt and sugar in the bowl of a food processor. Pulse to combine.
 2. Cut the shortening or the butter into chunks, then add them to the food processor and pulse until the mixture resembles coarse crumbs.
 3. Add the cold water slowly. Ideally, use just enough that the dough sticks together.
 4. Grease a hotel pan and press the crust into the bottom of the pan and three quarters of the way up the sides.

- Filling:**
1. Mix all ingredients together in a large bowl, except cheddar cheese.
 2. Spread evenly into pie crust and top with cheddar.
 3. Bake for ~45 min. at 350° F, until golden brown.

Roasted Sweet Potato & Black Bean Salad

Yield: 75, ¼ cup servings

Salad Ingredients:

3 large sweet potatoes, peeled and cut into ~1" chunks
1 cup black beans, drained and rinsed
1 large onion, chopped
1 Tbsp. extra virgin olive oil, enough to roast
½ tsp. each of salt and pepper

Dressing Ingredients:

2 Tbsp. extra virgin olive oil
2 cloves roasted garlic
3 Tbsp. lime juice
½ tsp. ground cumin
1 cup fresh parsley or basil, finely chopped.

Directions:

1. Preheat oven to 400° F.
2. Place your chopped sweet potatoes and onions onto a baking sheet, then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 min. (Check after 15 min. and toss vegetables again).
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, dash of salt, garlic, lime juice, parsley or basil, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.

Black Bean Pie

Roasted Sweet Potato & Black Bean Salad