VEGETARIAN
RECIPE MAGIC:
Healthy meals that please the toughest critic – your child.

“mommy, please pass the beans”
PREPARATION:

**dried beans**

**Directions for soaking dried beans:** In a large pot, add 10 cups of water to 1 pound of beans. Cover and soak 8 hours or overnight. Drain and rinse beans.

**Directions for gas-free beans:** In a large pot, add 10 cups of water to 1 pound of beans. Boil for 2-3 minutes, cover and set aside overnight. Drain and rinse beans. (Reduces gas by 75-90%)

**Directions for cooking dried beans:** Put soaked and rinsed beans into a large pot. Cover the beans with 3 times their volume of water—about 6 cups for one pound of beans. Bring to a boil; reduce the heat and simmer until tender, about 1½-2 hours. Drain and use in recipes.

**Storing beans for later use:** Drain and cool beans. Freeze in 1-2 cup packages. One pound of beans will result in 5-6 cups cooked beans.

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**black beans and rice**

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

Prepare 2 cups rice using the package directions. While rice is cooking, heat 1 tablespoon olive or canola oil in a large skillet over medium-high heat. Add 1 chopped red or green pepper, ½ cup chopped onion and 1 clove of minced garlic. Cook for 5 minutes, or until peppers are soft. Add 2 cups black beans (canned or cooked) and 1 (16 oz) can Italian style diced tomatoes with juices. Simmer for 10 minutes. Divide 2 cups cooked rice between 4 plates. Top each serving with the black bean mixture. Makes 4 servings.

**vegetarian chili**

**Prep Time:** 10 minutes  
**Cook Time:** 26 minutes

Heat 1 tablespoon olive oil in a medium-size non-stick skillet. Add 1 each: medium chopped onion, red and green pepper and 2 cloves of minced garlic. Cook, stirring, for 5 minutes. Add 1 tablespoon chili powder and 2 teaspoons ground cumin; cook 30 seconds. Add 1 (16 oz) can whole tomatoes (with the juice), breaking up tomatoes with a spoon. Stir in 2 cups each black beans and kidney beans, canned or cooked, and 1 cup frozen corn kernels. Simmer 20 minutes. Add salt to taste. Makes 4 servings.

**bean tacos**

**Prep Time:** 5 minutes  
**Cook Time:** 30 minutes

Heat 2 tablespoons of canola or olive oil in a large non-stick saucepan. Add 1 pound diced firm tofu. Add ½ chopped small onion, 1 chopped green pepper, 1 clove minced garlic and 1 tablespoon chili powder. Cook for 3 minutes. Add 2 cups kidney beans, canned or cooked, and 1 (8 oz) can of tomato sauce. Simmer for 20 minutes or until thick enough to use as taco filling. Divide mixture between 8 taco shells and serve along with shredded cheese, shredded lettuce and diced tomato. Makes 4 (2 tacos each) servings.

**NOTE:** 1 pound lean ground turkey can be used instead of tofu.

**red bean pizza**

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes

Preheat oven to 425°F. Heat 1 tablespoon oil in large skillet over medium heat. Add 1 cup chopped onion. Cook 3 minutes or until softened. Add 2 cloves minced garlic and cook two minutes. Add 3 cups red beans [canned or cooked], 1/2 cup salsa and ¼ cup chopped parsley. Cook stirring occasionally, until heated through, about 5 minutes. Meanwhile, prepare 1 (10 oz) tube refrigerated pizza dough for 12-inch pie according to package directions. Spread cheese over dough. Spoon red bean mixture on top of cheese; spread to cover entire surface. Top with additional ½ cup shredded cheddar or Monterey jack cheese. Bake in preheated hot oven (425°F) for 10 to 15 minutes or until hot and cheese is melted. Makes 4 servings.

**EVEN EASIER:** Buy a pre-made pizza crust in your supermarkets’ bread aisle and follow directions as above.