



Growth and Nutrition Program
300 Longwood Ave, Fegan 5
Boston, MA 02115
617-355-7713

GREAT VEGETABLE RECIPES YOUR CHILD WILL LOVE!!

Preparation for 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. (This will reduce 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 1 ½ to 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.

Black Beans and Rice

Prep Time: 10 minutes | ***Cook Time:*** 15 minutes | ***Servings:*** Makes 4

Prepare 2 cups of rice using the package directions. While the rice is cooking, heat 1 tablespoon olive oil 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 five minutes, or until peppers are soft. Add 2 cups black beans (canned or cooked) and 1 (16oz) 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.

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Vegetarian Chili

Prep Time: 10 minutes | ***Cook Time:*** 26 minutes | ***Servings:*** Makes 4

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 bean and kidney beans, canned or cooked, and 1 cup frozen corn kernels. Simmer 20 minutes. Add salt to taste.

Bean Tacos

Prep Time: 5 minutes | ***Cook Time:*** 30 minutes | ***Servings:*** Makes 4 servings, 2 tacos each

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 (8oz) 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.

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

Red Bean Pizza | ***Prep Time:*** 15 minutes | ***Cook Time:*** 15 minutes | ***Servings:*** Makes 4

Preheat oven to 425 degrees. 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 2 minutes. Add 3 cups red beans (cooked or canned), a 12 oz jar salsa and ¼ cup chopped parsley. Cook stirring occasionally, until heated through, about 5 minutes. Meanwhile, prepare 1 (10oz) tube refrigerated pizza dough* for 12-inch pie according to package directions. Sprinkle dough with ½ cup shredded cheddar or Monterey jack cheese. Spoon bean mixture on top of cheese; spread to cover entire surface. Top with an additional ½ cup shredded cheddar or Monterey jack cheese. Bake in preheated hot oven for 10-15 minutes or until hot and cheese is melted.

* Or buy a pre-made pizza crust in your supermarkets' bread aisle and follow directions as above.
