

Beans, peas and lentils

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beans, peas and lentils



At one time, baked beans were considered simply a side dish and pea soup was merely something to eat with a sandwich at lunchtime. But today the popularity of the dry bean family is increasing. They are being used more and more as a main dish or a meat alternate and in this role are a food bargain. Dry beans and their close cousins, dry peas and lentils, contain valuable nutrients. All are good sources of iron and the navy bean, in particular, is a good source of thiamine.

When using dry beans, peas and lentils in place of meat, remember that the protein contained in these products is not as complete or as high in quality as animal proteins such as meat, cheese, eggs and dairy products. However, the bean protein can be supplemented and consequently made more complete by eating some meat or other animal protein food, something from the breads and cereals group, or some nuts or seeds at the same meal.

This can be done with combination main dishes such as macaroni and kidney bean bake, which combines macaroni with kidney beans; quick supper chili, using meat with beans; or cream of bean soup, using beans and milk together. Other ways of supplementing the bean protein are to serve baked beans with brown bread, bean salad with a tall glass of milk, or a baked custard or yogurt for dessert after a hearty main course of beans.

what to look for

BEANS

KIDNEY BEANS Large, kidney-shaped, reddish brown.

LIMA BEANS Broad, flat, available in different sizes, pale green to deep green.

NAVY (PEA) BEANS Small, oval, white, hold their shape even when cooked tender. These are the beans that are used in canned beans with pork in tomato sauce.

SOYBEANS Oval, beige

YELLOW-EYE BEANS Larger than pea beans, oval, yellowish with a brown saddle.

PEAS

WHOLE PEAS Green or yellow with the yellow having a more distinct flavor than the green.

SPLIT PEAS Whole peas that have had their skins removed and have been broken in half.

Green and yellow whole peas and green and yellow split peas vary in taste a little, but may be used interchangeably in recipes. Whole peas require soaking (page 7).

LENTILS

GREEN LENTILS Disc-shaped legumes about the size of peas.

RED LENTILS Also disc-shaped, but smaller than green lentils.

how to buy

DRY

Look for bright color and uniform size to allow even cooking and a product free from visible defects. Dry legumes are usually sold in packages of different sizes, with 454 g being the most common. They may also be bought in bulk in speciality stores.

Remember that all dry peas, beans and lentils increase in volume when cooked. In general, allow 454 g dry for 1.5 to 2 L cooked.

CANNED OR FROZEN

Beans with pork in tomato sauce are sold in cans containing 284, 398, 540, 796 mL and 1.36 L. Kidney beans are available in 284, 398, 540 and 796 mL cans and lima beans in 284 and 398 mL cans. Lima beans are also sold frozen in 340 g packages.

how to prepare

Always soak beans and whole peas before cooking. Split peas and lentils may be cooked without soaking.

TO SOAK For each 250 mL beans or whole peas, add 600 to 750 mL water. Let stand 12 h or overnight. Or, for quick soak, slowly bring to a boil and boil gently for 2 min. Remove from heat and let stand 1 h. Drain.

TO COOK For each 250 mL beans or whole peas, add 600 to 750 mL fresh water and 5 mL salt.

Simmer — Bring to boil, reduce heat, cover and simmer for the time given below.

Pressure cook — To operate pressure cooker, follow the manufacturer's directions. Add 15 mL fat for each 250 mL legumes to reduce foaming. The times suggested in the accompanying table are to be used once the pressure has reached 100 kPa.

COOKING TIME

	SIMMER	PRESSURE COOK	MINIMUM COOKED VOLUME FROM 250 mL DRY LEGUME
Kidney beans	2 h	not recommended	600 mL
Lentils, green	55 min	not recommended	600 mL
Lentils, red	10 min	not recommended	500 mL
Lima beans, large	30 min	3 min	600 mL
Lima beans, small	45 min	not recommended	550 mL
Navy (pea) beans	1½ to 2 h	7 min	600 mL
Peas, green or yellow split	50 min	not recommended	500 mL
Peas, green or yellow whole	1½ h	3 min	600 mL
Soybeans	3½ h	15 min	750 mL

After boiling, these vegetables may be seasoned and eaten without further cooking, or they may be combined with other ingredients in recipes calling for cooked peas, beans and lentils.

recipes for beans

KIDNEY BEAN AND SAUSAGE CASSEROLE

2 cans (540 mL each) kidney beans, drained OR 1.2 L cooked	125 mL chicken bouillon
6 pork sausages	15 mL dry mustard
15 mL fat	10 mL chili powder
1 garlic clove, crushed	10 mL Worcestershire sauce
125 mL chopped onion	2 mL salt
250 mL chopped green pepper	1 can (284 mL) condensed cream of tomato soup
	75 mL grated cheddar cheese

Soak and cook beans as on page 7. Drain. Brown sausages. Remove from pan and cut in 1 cm slices. Drain off excess fat; reserve 15 mL. Sauté garlic, onion and green pepper until onion is transparent. Combine all ingredients except cheese and stir thoroughly. Turn into greased 2 L baking dish. Cover and bake 45 min at 160°C. Remove from oven, sprinkle with cheese and bake uncovered 5 min more. Serve with rice, if desired. 6 servings.

ZESTY BAKED BEANS

1 can (540 mL) baked beans	50 mL onion
75 mL catsup	25 mL brown sugar
50 mL molasses	Dash salt and pepper

Combine ingredients. Turn into greased 2 L baking dish. Bake 30 min at 180°C. 6 servings.

THREE BEAN BAKE

1 can (398 mL) baked beans	25 mL fat
1 can (398 mL) lima beans, drained	15 mL flour
1 can (398 mL) kidney beans	50 mL molasses
500 mL chopped onion	15 mL soy sauce
2 cloves garlic, crushed	2 mL ginger
	Dash chili powder

Combine beans in greased 2 L baking dish. Sauté onion and garlic in fat until onion is transparent. Stir in flour, then remaining ingredients and bring to boil. Pour over beans and stir lightly. Cover and bake 1 h at 160°C. Uncover, stir and bake until thick (about 30 min more). 6 servings.

BEAN PATTIES WITH BARBECUE SAUCE

Barbecue Sauce

125 mL catsup	5 mL prepared mustard
75 mL water	2 mL salt
25 mL brown sugar	1 clove garlic, crushed
15 mL Worcestershire sauce	Dash tabasco sauce

Combine ingredients.

Patties

1 can (540 mL) kidney beans OR 500 mL cooked	250 mL soft bread crumbs
75 mL chopped onion	3 mL salt
75 mL chopped celery	1 mL pepper
15 mL fat	15 mL fat
	3 hamburger buns, split

Drain and mash beans. Sauté onion and celery in fat until onion is transparent. Combine with next 3 ingredients and shape in 6 patties. Chill. Panfry in fat 4 to 5 min each side, turning once. Drain off fat. Pour barbecue sauce over bean patties and heat thoroughly. Serve each patty on 1/2 bun and top with 15 mL barbecue sauce. 6 servings.

STUFFED GREEN PEPPERS AU GRATIN

6 medium green peppers	175 mL water
125 mL chopped onion	50 mL barbecue sauce
25 mL fat	5 mL oregano
1 can (540 mL) kidney beans OR 500 mL cooked	5 mL salt
1 can (156 mL) tomato paste	2 mL pepper
500 mL cooked rice	90 mL grated cheddar cheese

Remove tops, seeds and membranes from peppers. Sauté onion in fat until transparent. Combine onion with remaining ingredients except cheese. Fill each pepper with 175 mL stuffing. Place in greased 2 L baking dish (20 cm square). Cover and bake at 180°C until peppers are tender (about 1 h). Uncover and top each pepper with 15 mL cheese. Bake until cheese melts (about 5 min more). 6 servings.

CREAM OF BEAN SOUP

250 mL dry navy beans	1 mL pepper
250 mL chopped onion	750 mL milk
125 mL diced celery	50 mL grated carrot
15 mL fat	25 mL chopped fresh parsley
15 mL flour	OR 5 mL dried
750 mL water	6 slices cooked bacon, crumbled
10 mL salt	

Soak beans as on page 7. Drain. Sauté onion and celery in fat until onion is transparent. Blend in flour. Add water and seasonings. Cover and cook until beans are tender and water is almost absorbed (about 2 h). Press mixture through sieve or purée in blender. Add milk, parsley and carrot. Heat to serving temperature. Sprinkle with bacon. 6 servings.

WIENER AND BEAN BUNS

6 round crusty rolls, halved and toasted	125 mL (50g) grated cheddar cheese
Butter, softened	15 mL prepared mustard
12 wieners	1 can (540 mL) baked beans OR 500 mL cooked

Spread rolls with butter. Make 6 to 7 diagonal cuts about half way through each wiener. Place wieners in curve around edge of toasted roll halves. Combine cheese with mustard and spread on top of wieners. Place 25 mL baked beans in center of each roll. Broil 15 cm from heat until wieners are lightly browned (about 5 min). Serve with pickles, if desired. Makes 12 open-faced sandwiches.

QUICK CHILI CON CARNE

250 mL chopped onion	1 mL pepper
25 mL fat	2 cans (284 mL each) condensed tomato soup
500 g ground beef	2 cans (398 mL each) kidney beans OR 1 L cooked
20 mL chili powder	
5 mL salt	
2 mL oregano	

Sauté onion in fat until transparent. Add beef and brown. Add seasonings, soup and beans. Cover and simmer until thick. 8 servings.

MARITIME BAKED BEANS

500 mL dry navy beans	1 mL pepper
120 g salt pork, cubed	25 mL catsup
7 mL salt	500 mL water
2 mL dry mustard	125 mL molasses

Soak beans as on page 7. Drain. Pour beans into greased 2 L baking dish and stir in pork. Combine seasonings, catsup and water and pour over beans. Cover and bake 2 h at 120°C. Stir in molasses and continue baking 5 to 6 h more. Add more water if required. Uncover for last 30 min of cooking. 6 servings.

BAKED BEANS — QUEBEC STYLE

500 mL dry navy beans	125 mL molasses
1.2 L water	50 mL brown sugar
5 mL salt	5 mL dry mustard
250 mL chopped onion	1 mL pepper
240 g salt pork	1 mL salt
500 mL water	

Soak beans as on page 7. Drain. Combine beans, water and 5 mL salt. Bring to boil. Reduce heat, cover and simmer 30 min. Drain. Pour half the beans into greased 2 L baking dish and sprinkle with onion. Score rind of pork. Place rind on beans and add remaining beans. Combine remaining ingredients and pour over beans. Cover and bake 6 to 7 h at 120°C. Add more water if required. Uncover for last 30 min of cooking. 6 servings.

HAWAIIAN BEAN BAKE

1 can (796 mL) baked beans	25 mL chopped celery
1 can (284 mL) pineapple tidbits, drained	5 mL soy sauce
25 mL finely chopped onion	3 slices cooked bacon, halved or crumbled

Combine all ingredients except bacon in greased 2 L baking dish. Top with bacon. Bake 30 min at 180°C. 6 servings.

MACARONI AND KIDNEY BEAN BAKE

75 mL chopped onion	3 mL oregano
75 mL chopped celery	1 mL pepper
25 mL fat	10 mL dry mustard
1 can (540 mL) kidney beans, drained OR 500 mL cooked	1 L cooked macaroni (500 mL uncooked)
1 can (398 mL) tomato sauce	500 mL (200 g) grated cheddar cheese
1 can (540 mL) tomatoes	
7 mL salt	

Sauté onion and celery in fat until onion is transparent. Combine kidney beans, tomato sauce, tomatoes, seasonings and macaroni. Turn into greased 2 L baking dish. Cover and bake 30 min at 180°C. Uncover, sprinkle with cheese and bake 10 min more. 6 to 8 servings.

SOYBEAN CHOWDER

250 mL dry soybeans	500 mL diced potato
1.2 L water	500 mL chopped carrot
15 mL salt	250 mL chopped onion
2 mL pepper	125 mL chopped green pepper
1 bay leaf	250 mL milk
1 can (796 mL) tomatoes	

Soak and cook soybeans as on page 7. Drain. Combine beans, water, seasonings and tomatoes. Cover and cook until beans are tender (about 2 h). Add vegetables and continue cooking until vegetables are tender (about 30 min more). Remove bay leaf and stir in milk. Heat to serving temperature. 10 servings.

SOYBEAN MACEDOINE

250 mL dry soybeans	1 can (284 mL) condensed cream of tomato soup
1 can (540 mL) mixed vegetables, drained	25 mL finely chopped onion
50 mL liquid from vegetables	5 mL salt
125 mL (50g) grated medium cheddar cheese	125 mL soft bread crumbs

Soak and cook soybeans as on page 7. Drain beans. Combine mixed vegetables with remaining ingredients except crumbs. Turn into greased 2 L baking dish. Top with crumbs. Bake 30 min at 180°C. 6 servings.

SWEET AND SOUR BEAN SALAD

1 can (398 mL) lima beans, drained OR 350 mL cooked	50 mL chopped onion
1 can (540 mL) kidney beans, drained OR 500 mL cooked	75 mL oil
1 can (540 mL) green beans, drained	150 mL vinegar
1 can (540 mL) wax beans, drained	175 mL sugar
	15 mL Worcestershire sauce
	5 mL salt
	1 mL pepper

250 mL sliced celery

Combine beans with celery and onion. Blend together oil and vinegar. Add sugar and seasonings. Combine dressing and vegetables. Toss lightly. Marinate overnight in refrigerator. Drain before serving if desired. 6 servings.

BAKED SOYBEANS

375 mL dry soybeans	25 mL fat
50 mL water	10 mL Worcestershire sauce
125 mL chopped onion	5 mL dry mustard
50 mL molasses	3 mL salt
50 mL catsup	1 mL pepper

Soak and cook soybeans as on page 7. Drain. Combine all ingredients. Turn into greased 2 L baking dish. Cover and bake 30 min at 150°C. Uncover, stir and bake until thick (about 45 min more). 6 servings.

DEEP FRIED SOYBEANS

250 mL soybeans	1.5 mL salt
375 mL oil	Dash garlic salt

Soak soybeans as on page 7. Drain; dry thoroughly. Heat oil to 190°C. Deep fry 125 mL amounts until golden brown (3 to 5 min). Drain. Sprinkle with seasonings. Makes 650 mL.

recipes for peas

PEA SOUP

750 mL whole dry peas	175 mL diced celery
2 L water	1 mL savory
250 mL chopped onion	1 bay leaf
240 g salt pork	Salt and pepper to taste

Soak peas as on page 7. Drain. Combine all ingredients except salt and pepper. Bring to boil. Reduce heat, cover and simmer until peas are tender (about 2 h). Remove salt pork and bay leaf. Chop salt pork finely. Return pork to soup and heat thoroughly. Season to taste. 6 to 8 servings.

SPLIT PEA SOUP

500 mL dry split peas	7 mL salt
2 L water	2 mL pepper
1 ham bone with meat	1 mL savory
250 mL chopped onion	250 mL diced carrot
125 mL chopped celery	

Combine ingredients except carrot. Bring to boil. Reduce heat, cover and simmer until peas are tender (about 2¹/₄ h). Add carrot and cook ¹/₂ h more. Remove ham bone. Trim meat from bone and chop finely. Return meat to soup and heat thoroughly. 6 to 8 servings.

recipes for lentils

BAKED LENTILS

500 mL dry lentils	5 mL chili powder
1.5 L water	3 mL salt
175 mL chopped onion	1 mL basil
25 mL fat	0.5 mL pepper
250 mL canned tomatoes	4 slices cooked bacon,
25 mL chopped green pepper	crumbled

Wash lentils and combine with water. Bring to boil. Reduce heat, cover and simmer 30 min. Drain. Sauté onion in fat until transparent. Combine with remaining ingredients except bacon. Turn into greased 1.5 L baking dish. Bake uncovered 1 h at 180°C. Sprinkle with bacon before serving. 6 servings.

LENTIL CHOWDER

375 mL dry lentils	125 mL chopped celery
1 L water	25 mL fat
10 mL salt	1 can (796 mL) tomatoes
175 mL chopped onion	500 mL diced potatoes

Wash lentils. Combine with water and salt. Bring to boil. Reduce heat, cover and simmer 30 min. Sauté onion and celery in fat until onion is transparent. Add to lentils with remaining ingredients. Cover and simmer 30 min more. 6 to 8 servings.

Food Advisory Division

Cette publication est aussi disponible en français.

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KITCHEN METRICS

VOLUME

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

1000 mL = 1L

500 mL

250 mL



250 mL

125 mL

50 mL



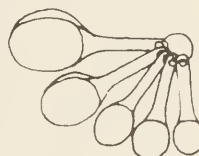
25 mL

15 mL

5 mL

2 mL

1 mL



TEMPERATURE

Most commonly used oven temperatures

°C replaces °F

100 200

150 300

160 325

180 350

°C replaces °F

190 375

200 400

220 425

230 450

Refrigerator temperature: 4°C replaces 40°F

Freezer temperature: -18°C replaces 0°F

MASS

1 kg (1000 g) is slightly more than 2 pounds

30 g is about 1 ounce

LENGTH

1 cm (10 mm) is slightly less than 1 1/2 inch

5 cm is about 2 inches

PRESSURE

Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa replaces PSI

35 5

70 10

100 15

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