

THE OLIVE GARDEN'S PASTA E FAGIOLI SOUP

From: seancarkiki

2 tsp. oil
2/3 lb. ground beef
1 small onion, chopped
1 medium carrot, slivered
1 stalk celery, diced
1 (16 oz.) can diced tomatoes
2/3 C. red kidney beans
2/3 C. great Northern beans
29 oz. beef stock
1 tsp. oregano
3/4 tsp. pepper
1 2/3 tsp. fresh chopped parsley
1/8 tsp. Tabasco sauce
16 oz. spaghetti sauce
Shell macaroni

Sauté beef in oil in a large pot until beef begins to brown. Add onions, carrots, celery and tomatoes and simmer for about 10 minutes. Drain and rinse beans and add to the pot. Add beef stock, oregano, pepper, Tabasco, spaghetti sauce and noodles. Simmer until celery and carrots are tender, about 45 minutes. Serve with freshly grated Parmesan cheese.

Yields 3 quarts.

HOPPIN JOHN

From: seancarkiki

3 cups dry black-eyed peas
2 lb. ham hocks or smoked turkey neck or wings
2 onion, chopped
Salt and pepper to taste
8 cups water
3 cups long-grain white rice
In a large stock pot place the peas, seasoning meat, onion, salt and pepper. Cover with water and bring to a boil. Reduce heat to medium-low and cook for 1 1/2 hours.
Remove meat and cut into pieces. Return meat to pot. Stir in the rice, cover and cook until rice is tender, about 20 to 25 minutes. Season to taste with salt and pepper.
Serve with fresh chopped onion.
Serves about 10.

This is a Southern New Year's Day tradition. Supposedly the more Hoppin' John you eat on New Year's Day, the more good luck you will have in the year ahead.

BLACK-EYED PEA SALAD (FROM THE LADY & SONS IN SAVANNAH, GA)

By Seancarkiki

3/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup sugar
3 cups black-eyed peas, cooked
1 red bell pepper, seeded and diced
1/2 cup chopped green onion with tops
1 large tomato, diced
1 Tbsp minced fresh thyme
1 Tbsp minced fresh rosemary
4 Tbsp minced fresh parsley
2 Tbsp minced fresh oregano
1 lg. banana pepper (mild) seeded and diced
1 hot green pepper, seeded and diced (optional)

Mix olive oil, vinegar, and sugar together and pour over the rest of the ingredients. Mix well and chill.

Use a slotted spoon to serve.

Serves 8

GREEN BEANS AND NEW POTATOES

By Seancarkiki

2 pounds fresh green beans, rinsed and trimmed
1 large onion, chopped
3 smoked turkey necks (or other seasoning meat)
1 1/2 lbs. new potatoes, quartered
1 tsp. garlic powder
1 tsp. onion powder
1 Tbsp. chicken bouillon granules
ground black pepper to taste
Snap the beans if they are large; place in a pot with water to barely cover along with onion and turkey necks. Cook over medium-high heat. Once mixture is simmering, set heat to low and let cook until beans are crisp but not done.

Add potatoes and cook until tender. While they are cooking, remove turkey necks from pot and remove meat from bones; chop or shred meat and return to pot. Season with garlic powder, onion powder, bouillon and pepper. Cook until potatoes are done, then adjust seasoning to taste.

When you serve it, use a slotted spoon to remove the beans, potatoes, and meat, and then add a little juice to the serving bowl, as all of the liquid will probably be too much to fit in the bowl. Use leftover cooking liquid to freeze and then add to bean soup, ham or cabbage dishes, or use to cook dumplings in. It's delicious! Serves about 10

COWBOY CAVIAR

By mnmsmum

I serve this at most parties, and make a big batch for New Years Day.

1 15 ounce can black-eyed peas, rinsed and drained
1/4 cup thinly sliced green onions (2)
1/4 cup finely chopped red sweet pepper
2 cloves garlic, finely minced
2 tablespoons cooking oil
2 tablespoons cider vinegar
1-2 fresh jalapeno peppers, seeded and chopped
1/4 teaspoon cracked black pepper
dash of salt
serve with assorted tortilla chips and crackers

1. In a bowl combine black-eyed peas, green onions, sweet pepper, garlic, oil, vinegar, jalapeno pepper, black pepper, and salt. Cover and chill overnight.

2. To serve, transfer to a serving dish. Serve with crackers or tortilla chips. Cover any leftovers; chill for up to 4 days. Makes 2 cups dip.

1 tablespoon of dip= 18 calories, 1 gr. total fat, 2 g carbo, and 1 gram protein.

BLACK BEAN SALSA

By gibono

2 Cups Black Beans rinsed & drained,
1/2 sm. red onion finely chopped,
1/2 red bell pepper finely chopped,
1 poblano Chile pepper finely chopped,
1-2 jalapeño peppers finely chopped,
1/4 cup fine chopped fresh cilantro
3 tbsp. lime juice.

In medium bowl combine all ingredients, toss to mix season with salt & pepper. Serve with chips! & Cumin flavored sour cream (1 cup non-fat or low fat sour cream 1 tsp. cumin, salt & pepper whisk together) I put it in a squeeze bottle to serve.....Enjoy!

WHITE BEAN CHILI “LOWFAT”

By gibono

I finally perfected it to be able to get the recipe to family & friends...I never really measured anything! just threw it in :) It is very Yummy!! I hope you will try it & let me know what you think.....

This Recipe Makes a Large Pot & it Freezes Well

Ingredients:

2 lbs. ground turkey (I use fresh ground white meat)Vegetarian just use all beans!

1 Cup purple onion chopped

1 Cup chopped various peppers green, red, jalapeño, Serrano (according to taste & heat! we like it spicy)whatever you like!

3 cloves minced garlic

2 Heaping tablespoons Chile powder

1 1/2 tsp. ground cumin

1/2 tsp fresh ground pepper

1 lg can & 1 sm can diced tomatoes

3 or 4 cans white navy bean or pinto or whatever you like in you chili.

1 lg can Low sodium defatted chicken broth.

* Spray non-stick pan w/cooking spray, over med heat brown turkey, garlic, peppers & 1 tbsp. Chile powder until cooked thru. Transfer to large soup pot stir in tomatoes, beans, remaining Chile powder & cumin along with 1/2 of the chicken broth & bring to low boil....I do not add all of the chicken broth at

once, as it thickens I may add more as well as more chili powder....simmer uncovered for 45 min. to 1 hr.(if you want it thicker add sm. can tomato sauce & more Chile powder) I serve with tortilla chips, Low fat sour cream & shredded jack & cheddar cheese! ENJOY :)

HUMMUS

By lynntabor

1 (15 ounce) can garbanzo beans (15 to 16 ounces), drained and liquid reserved

1/2 cup sesame seeds

1 clove garlic, cut in half

3 tablespoons lemon juice

1 teaspoon salt fresh parsley, chopped

Pita bread wedges, crackers or raw vegetables for dipping, if desired

Place reserved bean liquid, the sesame seeds and garlic in blender or food processor. Cover and blend on high speed until mixed.

Add beans, lemon juice and salt. Cover and blend on high speed, stopping blender occasionally to scrape sides if necessary, until uniform consistency.

Spoon dip into serving dish. Garnish with parsley. serve with pita bread wedges, crackers or raw vegetables.

RED BEANS AND RICE

By jaybird02

Red beans and rice
1 lb pinto beans, soaked and drained
2 ham hocks
chicken broth
2 bay leaves
2-3 tbsp garlic, minced
¼ cup onion, minced
olive oil
2 cups ham, chopped
salt, pepper, hot sauce to taste

Sauté garlic and onions in olive oil in stockpot. Add beans and ham hocks, barely cover with chicken broth. Add bay leaves and pepper and some hot sauce. Bring to a boil, cover, and reduce heat to simmer until beans are tender. Remove ham hocks and bay leaves. Continue to simmer uncovered until thickened. Remove ham from hocks and return to pot with additional ham. Adjust seasonings. Serve over hot rice.

To make this vegetarian (or kosher) - replace chicken broth with vegetable broth. Replace ham hocks with a little liquid smoke. The chopped ham is optional - I've never tried TVP, but it may work.

STIR FRIED GREEN BEANS AND PEPPER

By lynntabor

1/2 pound green beans
1 medium yellow or red bell pepper
1/4 cup water
1 tablespoon vegetable oil
2 teaspoons chopped fresh marjoram OR 1/2 teaspoon dried marjoram leaves
Cut off ends of green beans and discard. Cut beans crosswise in half.
Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Cut bell pepper into 1/2-inch pieces.

Heat the water and beans to boiling in the skillet over high heat. Reduce heat just enough so water bubbles gently. Cover and cook about 5 minutes or until beans are crisp-tender when pierced with a fork. Larger, more mature beans will need to cook longer than young, small beans. If necessary, drain off any excess water.

Add the bell pepper and oil to the beans in the skillet. Increase heat to medium-high. Stir-fry with a turner or large spoon about 2 minutes, lifting and stirring constantly, until bell pepper is crisp-tender when pierced with a fork. Stir in marjoram.

MEDITERRANEAN BEAN AND BASIL SPREAD

By lynntabor

1 cup canned garbanzo beans, rinsed and drained
1/4 cup fat-free Italian dressing OR 1/4 cup reduced-fat Italian dressing
1/3 cup fresh basil leaves OR 2 teaspoons dried basil leaves
1/2 teaspoon garlic powder
Salt, if desired

Pita bread wedges, if desired

I toast my pita in the oven for about 15 minutes so they get crispy..

Place beans, dressing, basil and garlic powder in blender or food processor. Cover and blend on medium-high speed about 1 minute, stopping blender occasionally to scrape sides, until smooth. Add salt to taste. Serve with pita bread wedges.

4 servings (1/4 cup each)

HEARTY BEAN & PASTA STEW

By lynntabor

3/4 cup uncooked pasta shells
1/4 cup chopped green bell pepper
1 tablespoon chopped fresh basil OR 1 teaspoon dried basil leaves
1 teaspoon Worcestershire sauce
1 large tomato, coarsely chopped (1 cup)
1 small onion, chopped (1/4 cup)
1 clove garlic, finely chopped
1 (15 ounce) can kidney beans (15 to 16 ounce can), drained
1 (14 1/2 ounce) can ready-to-serve vegetable or chicken broth
1 (8 ounce) can garbanzo beans, drained

Mix all ingredients in 2-quart saucepan. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.

CUBAN BLACK BEANS & RICE

By lynntabor

- 1 (14 1/2 ounce) can whole tomatoes, undrained
- 1 cup orange juice
- 1 cup chopped onion (about 1 large)
- 1 medium green bell pepper, chopped (1 cup)
- 1 1/2 medium carrots, chopped (3/4 cup)
- 2 cloves garlic, finely chopped
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1/8 teaspoon crushed red pepper
- 1 (15 ounce) can black beans, rinsed and drained
- 4 cups hot cooked brown rice
- 1 cup plain nonfat yogurt
- 1 lime, cut into 6 wedges, if desired

Heat tomatoes, orange juice, onion, bell pepper, carrots, garlic, paprika, coriander, and red pepper to boiling in 2-quart saucepan, breaking up tomatoes; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until thick; remove from heat. Stir in beans.

Place 1 cup of the bean mixture in blender or food processor. Cover and blend about 30 seconds or until smooth. Stir blended mixture into bean mixture in saucepan. Cook over medium heat about 3 minutes or until hot.

Serve over rice with yogurt and lime wedges.

TACO BELL BURITO

By monator

Obviously, this is more important if you live in a country (UK) that doesn't have a Taco Bell. :)
1 can of Old El Paso refried beans 1 white onion, chopped fine 4 thin tortillas cheddar cheese, grated fine Salsa Water

Cook the refried beans in a pot with more water than you think you should. When warm, add chopped and uncooked onions. We add salsa, but we add salsa to just about everything under the sun.

Spoon mix into tortillas. Add just a bit of grated cheddar cheese and a couple more onions. Roll up and enjoy with more salsa!

Regan