



Women, Infants and Children Program

**In cooperation with
OSU Extension Knox County**

**Presents
“Legumes and You”**

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Chef Presenter**



Recipes provided by Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association.

In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of *A Journey in Taste* and *Senior-dining.com*.

Mr. Higgins works with local community organizations and educators at the Mount Vernon Schools to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.



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Knox County WIC
Women, Infants & Children



This institution is an equal opportunity provider.

Beans and other legumes:

Legumes — A leguminous plant:

A seed, pod, or other edible part of a leguminous plant used as food.



A class of vegetables that includes beans, peas and lentils — are among the most versatile and nutritious foods available.

Legumes are typically low in fat, contain no cholesterol, and are high in folate (natural vitamin B), potassium, iron and magnesium. They also contain beneficial fats and soluble and insoluble fiber and are good source of protein.

The **lentil** is a bushy annual plant of the legume family, grown for its lens-shaped seeds. It is about 16 inches tall and the seeds grow in pods, usually with two seeds in each. Lentils have been part of the human diet since Neolithic times, being one of the first crops domesticated in the Near East. Archeological evidence shows they were eaten 9,500 to 13,000 years ago. Lentil colors range from yellow to red-orange to green, brown and black. Lentils also vary in size and are sold in many forms, with or without the skins, whole or split

Preparing legumes

Dried beans and legumes, with the exceptions of black-eyed peas and lentils, require soaking in room-temperature water, a step that rehydrates them for more even cooking. Before soaking, pick through the beans, discarding any discolored or shriveled ones or any foreign matter.

- **Slow soak.** In a stockpot, cover 1 pound dried beans with 10 cups water. Cover and refrigerate 6 to 8 hours or overnight.

- **Hot soak.** In a stockpot, bring 10 cups of water to a boil. Add 1 pound dried beans and return to a boil. Remove from the heat, cover tightly and set aside at room temperature for 2 to 3 hours.
- **Quick soak.** In a stockpot, bring 10 cups of water to a boil. Add 1 pound dried beans and return to a boil. Boil 2 to 3 minutes. Cover and set aside at room temperature for 1 hour

Cooking tips

After soaking, rinse beans and add to a stockpot. Cover the beans with three times their volume of water. Add herbs or spices as desired. Bring to a boil. Then reduce the heat and simmer gently, uncovered, stirring occasionally, until tender. The cooking time depends on the type of bean, but start checking after 45 minutes. Add more water if the beans become uncovered. Add salt or acidic ingredients, such as vinegar, tomatoes or juice, near the end of the cooking time, when the beans are just tender. If these ingredients are added too early, they can make the beans tough and slow the cooking process. Beans are done when they can be easily mashed between two fingers or with a fork.

To freeze cooked beans for later use, immerse them in cold water until cool, then drain well and freeze.

One pound of dried beans yields about 5 or 6 cups cooked beans. A 15-ounce can of beans equals about 1 1/2 cups cooked beans, drained.

Lentils, split peas and black-eyed peas don't need to be soaked. In addition, some legumes are "quick-cooking" — meaning they have already been pre-soaked and re-dried and don't need extra soaking

Canned legumes make quick additions to dishes that don't require long simmering. Just be sure to rinse prepared and canned legumes to remove some of the sodium added during processing.

Adding more legumes to your diet

Prepare soups, stews and casseroles that feature legumes.

Use pureed beans as the basis for dips and spreads. Add chickpeas or black beans to salads. Snack on a handful of soy nuts rather than on chips or crackers.

Reducing the gas factor

Beans and other legumes can lead to the formation of intestinal gas.

Change the water several times during soaking. Don't use the soaking water to cook the beans. The water will have absorbed some of the gas-producing indigestible sugars.

Try using canned beans — the canning process eliminates some of the gas-producing sugars.

Simmer beans slowly until they are tender. This makes them easier to digest.

As you add more beans and legumes to your diet, be sure to drink enough water and exercise regularly to help your gastrointestinal system handle the increase in dietary fiber.

Type of legumes

Common uses

Adzuki beans

Soups, sweet bean paste, and Japanese and Chinese dishes

Also known as field peas or red oriental beans

Anasazi beans

Soups and Southwestern dishes; can be used in recipes that call for pinto beans

Also known as Jacob's cattle beans

Black beans

Soups, stews, rice dishes and Latin American cuisines

Also known as turtle beans

Black-eyed peas

Salads, casseroles, fritters and Southern dishes

Also known as cowpeas

Chickpeas

Casseroles, hummus, minestrone soup, and Spanish and Indian dishes

Also known as garbanzo or ceci beans

Edamame

Snacks, salads, casseroles and rice dishes

Also known as green soybeans

Fava beans

Stews and side dishes

Also known as broad or horse beans

Lentils

Soups, stews, salads, side dishes and Indian dishes

Lima beans

Succotash, casseroles, soups and salads

Also known as butter or Madagascar beans

Red kidney beans

Stews, salads, chili and rice dishes

Soy nuts

Snacks or garnish for salads

Also known as roasted soybeans or soya beans

Lentil Soup

Ingredients:

- 3 tablespoons extra-virgin olive oil (butter optional)
- 2 cups chopped onions
- 1 cup chopped celery stalks
- 1 cup chopped carrots
- 2 garlic cloves, chopped
- 4 cups (or more) vegetable or beef broth
- 1 1/4 cups lentils, rinsed, drained
- 1 14 1/2-ounce can diced tomatoes in juice
- Balsamic vinegar (optional)
- Browned ground turkey*



Directions:

Heat oil in heavy large saucepan over medium-high heat. Add onions, celery, carrots, and garlic; sauté until vegetables begin to brown, about 15 minutes.

Add 4 cups broth, lentils, and tomatoes with juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.

Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan; thin soup with more broth by 1/4 cupfuls, if too thick. Season with salt, pepper, and a splash of vinegar. Add ground turkey

Ladle soup into bowls.

* Options: all beef, or turkey hot dogs, roasted red peppers

U.S. Senate Bean Soup or simply Senate bean soup is a soup made with navy beans, ham hocks, and sometimes mashed potatoes. It is served in the dining room of the United States Senate every day, in a tradition that dates to the early 20th century.

Tradition:

There are several stories about the origin of that mandate, but none has been corroborated.

On September 14, 1943, rationing due to World War II left the Senate kitchen without enough navy beans to serve the soup. The Washington Times-Herald reported on its absence the following day. In a speech on the Senate floor in 1988, Bob Dole recounted the response to the crisis:

"Somehow, by the next day, more beans were found and bowls of bean soup have been ladled up without interruption ever since."



A 1967 memo from the Architect of the Capitol to the Librarian of the Senate describes the modern recipe, calling for "two pounds of small Michigan Navy Beans"

John Egerton writes in *Southern Food* that the use of ham hocks suggests an origin in Southern cuisine. Although the legislators credited with institutionalizing the soup did not represent Southern states, most of the cooks at the time were black Southerners who would prepare bean soup in their own style.

There was a period when the Senate dining services omitted the ham and instead used a soup base. In 1984, a new manager discovered this practice; he reflects, "we went back to the ham hocks, and there was a real difference."

As of 2010, members of the public can try the soup between 11:30am and 3pm in the Senate dining room. There is a dress code, and entry requires a "request letter" from a senator. The soup is also available to the general public at the Capitol Visitor Center restaurant on a rotating basis, between 7:30am and 4pm, and in the Longworth Cafeteria, between 7:30am and 2:30pm.

Senate Restaurant Bean Soup Recipe



Ingredients:

2 pounds dried navy beans
Four quarts hot water
1 1/2 pounds smoked ham hocks
1 onion, chopped
2 tablespoons butter
salt and pepper to taste

Directions:

- Wash the navy beans with hot water running through them until they are slightly whitened.
- Place beans into pot with hot water. Add ham hocks and simmer approximately three hours in a covered pot, stirring occasionally
- Remove ham hocks and set aside to cool.
- Dice meat and return to soup.
- Lightly brown the onion in butter. Add to soup.
- Before serving, bring to a boil and season with salt and pepper.

Serves 8.



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Selecting, Storing, and Serving Ohio Beans

Beans are native to Central and South America. There are many varieties of beans—some green, others waxy. Shapes differ from round to flat, and oval. The fiberless, tender, stringless variety we know today was developed within the last 65 years. Beans are available from July through September. For information on bean varieties in Ohio, contact your county Extension educator, Agriculture and Natural Resources.

Selection

- Snap beans should be light yellow in color or green; firm and crisp in texture; smooth with no evidence of seeds bulging.
- Flabby, tough pods or bulging seeds denote over-maturity and deterioration of nutritional value.

Storage

Fresh beans should be kept cold and humid in the refrigerator and used as soon as possible—at least in 5 days. They are best stored in a plastic bag.

Yield

Due to many variables, including moisture content, size, and variety, it is impossible to give specific recommendations as to quantity to buy. The recommendations below are approximations.

Snap Beans

1 bushel = 30 pounds

1 bushel = 15–20 quarts canned or 30–45 pints frozen

1½–2 pounds = 1 quart canned or 2 pints frozen

Lima Beans

1 bushel = 30–32 pounds

1 bushel = 6–8 quarts canned or 12–16 pints frozen

4–5 pounds = 1 quart canned or 2 pints frozen

Nutrition

The “Dietary Guidelines for Americans” recommends that adults need 2–2½ cups of a variety of vegetables each day. Beans can help to meet this requirement. Snap beans are a fair source of Vitamins A and C, calcium, iron, and potassium; 1/2 cup has 25 calories. Lima beans are a fair source of Vitamins A and C, folate, calcium, iron, and potassium. One-half cup cooked lima beans has 90 calories.

Safe Handling

Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce. Wash vegetables just before using. To remove dirt, wash thoroughly in clear water. Drain and rinse several times with cold water. Do not use soap, detergent, or bleach. Lift vegetables from water to prevent redepositing of dirt and residues. Break

ends off of snap beans before cutting. Peel, trim, and cut into pieces as desired.

Serving

- Beans may be served in salads, casseroles, and soups, alone or with other salad vegetables, and either hot or cold. Cooked fresh, frozen, or canned wax beans can be used interchangeably in most recipes.
- Beans can be left whole, snapped or cut across into 1-inch pieces, cut on the diagonal in thin pieces sliced lengthwise, or put through a bean slicer.
- Season snap beans with basil, dill, marjoram, nutmeg, savory, or thyme.
- Lima beans can be seasoned with snipped parsley, savory, or sage, or a small amount of butter or margarine.
- Cook beans in 1 inch salted water (1/2 teaspoon salt to 1 cup water). Heat to boiling. Cook green beans 5 minutes uncovered and then 10–15 minutes covered (5–10 minutes for French Style). Cook wax beans 15–20 minutes covered (10–15 minutes for French Style). Cook lima beans uncovered for 5 minutes and covered for 15–20 minutes longer.

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