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PREFACE



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HOT BEAN SALAD



BEAN, CARROT AND CABBAGE SALAD

CURRIED BEANS AND PORK CHOPS

Ingredients

1 cup dry beans

2 1/2 cups water

1 tsp. salt

4 pork chops

salt, pepper, flour, fat.

1/4 cup catsup.

Method

1) Soak beans in the water. Add salt and boil gently 30 minutes. Drain, saving the cooking water.

2) Sprinkle chops with salt, pepper and flour, brown in a little fat in a heavy frying pan

3) Combine the beans with the curry powder and catsup in a baking dish and top with the browned chops.

Rinse out drippings from the frying pan with the cooking water from beans and pour this over the chops.

Bake covered at 350°F. (moderate oven) 45-60 minutes.



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BEANS WITH FRIZZLED BEEF

Ingredients

- 1/4 cup butter or margarine**
- 2 ounces dried beef torn into medium-sized pieces**
- 3/4 cup loosely packed**
- 2 tablespoons flour**
- 1 1/2 cups milk**
- 2 cups cooked dry beans**
- 1 tsp. Worcestershire sauce pepper.**

Method















- 1) Melt fat over low heat, add beef and cook until edges curl**

- 2) Add flour and stir until it is well balanced with the fat. Pour in the milk slowly. Stirring constantly.
- 3) Cook until smooth and thickened, stirring constantly.
- 4) Add beans and season with pepper, add salt if needed. Heat thoroughly.



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HOT BEAN SALAD



BEAN, CARROT AND CABBAGE SALAD

BEAN CHOWDER

3/4 cup dry beans	1 1/2 tsp. Flour
3 cups water	1/3 cup shredded green pepper
1 1/2 tsp. salt	1-2 tablesp. Butter
3/4 cup diced potato	Margarine
1 small onion chopped	1 1/2 cups milk
3/4 cup cooked tomatoes.	

Method

- 1) Soak beans in the water, add salt, and cook until almost done.**
- 2) Add potato and onion. Cook 30 minutes. With the longer cooking of beans, you may need to add more water**
- 3) Mix flour with a little of the tomato and add to the beans with the rest of tomato, the green pepper, and fat. Cook 10 minutes, stirring occasionally to prevent sticking.**
- 4) Stir in the milk. Re-heat quickly**





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HOT BEAN SALAD

Ingredients

2 strips bacon, chopped or 3 tablespoons diced salt pork.

1/3 cup chopped onion
3 cups cooked dry beans
1/2 tsp. Mustard
1/4 cup vinegar
1/4 cup water
Salt and pepper.

Method

1) Brown bacon or salt pork, in a large frying pan, add onions and cook until lightly brown.

2) Add beans, mustard, vinegar and water. Simmer, stirring gently from time to time until the beans have absorbed liquid.

Season to taste and serve hot.



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BEAN, CARROT AND CABBAGE SALAD

- 2 cups cold cooked dry beans**
- 1/2 cup coarsely shredded carrots**
- 1/2 cup shredded cabbage**
- 1 small onion, grated.**
- 1/4 cup pickle relish salt.**
- 1/3 cup french dressing.**

Method














Combine ingredients and mix lightly. Serve very cold.

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PREFACE

The purpose of this booklet is to provide information on Bean cookery.









The aim of this booklet is to provide guidelines to our field extension staff together with our housewives on the use of beans as they are a cheap source of proteins.









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BEANS

Beans of many varieties are grown throughout Kenya. Among them are Black beans, Red kidney beans, Canadian Wonder, Rosecocc etc.

Nutritional Value

Dry beans supply protein for body tissues, energy for daily living and some vitamin B. They also contain mineral iron.

Once beans were extra-slow to prepare in home kitchens, but with the modern cooking methods beans take a short time to cook.

Beans are cheap to buy or to grow at home compared to other sources of protein.

In order to facilitate the cooking beans should be soaked and cooked in the same water to avoid loss of nutrients.















Storing

Dress the beans with the proper amount of storage grain pesticide. Beans should be stored off the floor in a dry, clean place, that is free from insects and rodents. Keep an opened bag of beans in some type of covered metal container.



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BEAN, CARROT AND CABBAGE SALAD

RECIPES COOKING DRY BEANS

Ingredients 3 servings

Dry beans 3 cups
Hot water 8 cups
Salt 1 teaspoon
Local seasonings

Method

1) Sort and wash the beans

2) Boil water and remove from heat, then add the beans, cover and let them soak for 1 hour.

3) After soaking add salt and local seasonings and cook beans in the same water in which they were soaked. Cooked about 2 hours after the water comes to a boil or until beans are tender.



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FRIED BEANS

Ingredients

5 servings

Dry beans 2 cups

Garlic 2 small cloves

Chopped cooked meat 1 cup

Chopped onions ¼ cup

salt

Local spices

Fat or oil $\frac{1}{3}$ cup

Method

- 1) Cook beans as directed above. Drain and spare liquid.**
- 2) Add finely chopped garlic, onions, cooked meat.**
- 3) Add salt and local spices. If mixture is dry, stir in bean liquid.**
- 4) Put mixture in small amount of hot fat in a heavy metal frying pan.**
- 5) Fry slowly until crust forms on the bottom. Turn, in pan, and fry on the other side.**















To make bean cakes, prepare above recipe. Mash the cooked bean mixture and shape into flat cakes, fry in a small amount of oil, turning to brown each side.



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BEAN SOUP

Ingredients

Dry beans	1-2 cups
Water	8 cups
Chopped onion	1/3 cup"

Sugar	1/2 tsp.
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Salt ½ tsp.

Local seasonings

Flour 2 cups

cold water or milk ¼ cup

Method

1) Sort and wash beans. Boil water, then add beans. Boil 2 minutes.

Remove from heat. Cover and let soak 1 hour.

2) Add onions and seasoning. Cover and cook over low heat for 3 hours or until beans are tender.

3) Mix flour with cold safe water and add to the soup. Cook over low heat for 10 minutes stirring occasionally. Serve hot.



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BEAN STEW

Ingredients

Dry beans	3 cups
Water	10 cups
Salt	½ tsp.
Garlic, Chopped	2 small cloves
Green pepper, chopped	1/3 cup
Onion, chopped	1/3 cup
Fat or oil	2 tsp.
Chopped cooked meat	1 cup

Local seasonings

Cooked tomatoes 1 cup

Method

1) Sort and wash beans. Add beans to boiling water and let them boil for 2 minutes.

Remove from heat. Cover and let soak 1 hour.

2) Add salt and local seasonings and cook beans about 2 hours or until they are tender.

3) Combine garlic, onions, green pepper and meat. Cook in fat for 5 minutes.

4) Add vegetables and meat to beans.















5) Cover and cook over low heat 15 minutes.



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RICE & BEANS

Dry beans 2 cups
 Water 8 cups
 Salt and local seasonings 2 tsp.
 Uncooked rice

Method

1) Sort and wash beans. Boil water, then add beans. Boil for 2 minutes.

Remove from heat. Cover and let soak 1 hour.

2) Add 2 teaspoons salt or local seasonings. Cook the beans for 1-2 hours.

3) Add rice. Cover pan and cook over low heat ½ hour longer or until beans and rice are tender. Chopped green pepper, cooked meat or fish may be added before serving.



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BEAN AND SAUSAGE CASSEROLE

Ingredients

- 1 cup dry beans**
- 2 ½ cups water**
- 3 medium-sized carrots**
- ½ pound sausage**
- 2 tbsp. chopped onion.**

Method

- 1) Soak beans in water. Add salt and boil gently for 30 minutes.**
- 2) Add carrots the last 5 minutes. Do not drain.**
- 3) If bulk sausage is used blend onions with it, shape into small patties, and brown in frying pan If linked sausage is used, cut in ½ inch slices and brown with the onion.**
- 4) Add the cooked sausage and 2 tablespoons of the drippings to the beans. Bake at 350°F (moderate oven) in covered casserole until beans are**

tender, for about 1 hour. If necessary add extra water during baking.

