

Tuscan Vegetable Soup Recipe

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 cups finely chopped onion (about 1 large)
- 1 1/2 teaspoon dried thyme (2 tablespoons of chopped fresh thyme can be used)
- 3 teaspoons minced garlic
- 4 cups coarsely chopped green cabbage
- 14.5 ounces can Italian-style stewed tomatoes
- 2 cups sliced celery
- 2 cups diced (1/2-inch pieces) carrots or baby carrots
- 8 cups low sodium chicken broth (vegetable broth can be substituted)
- 3 cups diced (1/2-inch pieces) potato
- 1/2 cup chopped fresh basil
- 3 cups half-slices of zucchini (cut zucchini in half, then cut into slices)
- 15 ounces can red kidney beans (white kidney beans can be substituted), rinsed and drained
- **Garnish:**
 - Shredded Parmesan cheese (about a tablespoon per serving)

Preparation:

1. Heat olive oil in large, nonstick saucepan over medium heat. Add the onion, thyme, and garlic and saute about 3-5 minutes.
2. Stir in the cabbage pieces, the canned, stewed tomato (including liquid), celery, and carrots and saute 8-10 minutes. Stir in the chicken broth, potatoes, fresh basil, zucchini, and kidney beans and bring back to a boil. Reduce heat to simmer, cover saucepan, and let simmer about an hour.
3. Spoon into soup bowls and top each serving with a tablespoon of Parmesan cheese.

Yield:

12 small bowls of soup (or 6 large bowls)

Black Beans with Corn and Tomatoes Recipe

Ingredients:

- 1 15-ounce can low-sodium, no fat added black beans
- 1 cup cut tomatoes, fresh or canned
- 1 teaspoon fresh parsley, chopped
- 1/2 teaspoon chili powder
- 1 cup frozen corn, thawed
- 1 clove garlic, pureed or roasted
- 1/8 teaspoon cayenne pepper or more to taste

Preparation:

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

Yield:

4 servings

Nutritional Information:

Per serving: Calories 260, fat 2 g, calories from fat 7%, cholesterol 0 mg, fiber 8 g, sodium 430 mg, protein 10 g.

for new 3/5/15

Beefy Cowboy Beans

- 1 1/2 pounds ground beef
- 1 medium onion, chopped
- 1 red or green bell pepper, cut into 1/2-inch pieces
- 1 (16 ounce) can baked beans
- 1 (15 1/2 ounce) can Great Northern beans, rinsed and drained
- 1/4 cup tomato catsup
- 1/4 cup Heinz 57 sauce
- 1 tablespoon packed brown sugar
- 2 teaspoons Worcestershire sauce

Also excellent w/ onion

In large nonstick skillet, brown ground beef, onion and bell pepper over medium-high heat 6 to 8 minutes or until beef is no longer pink, breaking up into 1-inch crumbles. Pour off drippings.

Season beef mixture with 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir in beans, catsup, Heinz 57 Sauce, brown sugar and Worcestershire sauce. Reduce heat to medium-low. Simmer, covered, 10 minutes, stirring occasionally.

Makes 4 servings.

Mexican Bean Salad

allrecipes.com



Rated: ★★★★★

Submitted By: Karen Castle

Prep Time: 15
Minutes

Ready In: 1 Hour 15
Minutes
Servings: 8

"The dressing is absolutely sensational in this bean salad - so many taste sensations. It begins with oil and vinegar, but then it gets fancy. Let's see, there's lemon and lime juice, garlic, cilantro, sugar, cumin, hot sauce and chili powder to taste"

INGREDIENTS:

- | | |
|---|------------------------------------|
| 1 (15 ounce) can black beans, rinsed and drained | 1/2 cup red wine vinegar |
| 1 (15 ounce) can kidney beans, drained | 2 tablespoons fresh lime juice |
| 1 (15 ounce) can cannellini beans, drained and rinsed | 1 tablespoon lemon juice |
| 1 green bell pepper, chopped | 2 tablespoons white sugar |
| 1 red bell pepper, chopped | 1 tablespoon salt |
| 1 (10 ounce) package frozen corn kernels | 1 clove crushed garlic |
| 1 red onion, chopped | 1/4 cup chopped fresh cilantro |
| 1/2 cup olive oil | 1/2 tablespoon ground cumin |
| | 1/2 tablespoon ground black pepper |
| | 1 dash hot pepper sauce |
| | 1/2 teaspoon chili powder |

DIRECTIONS:

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Nutrition Information

Servings Per Recipe: 8
Calories: 334

Amount Per Serving

Total Fat: 14.8g
Cholesterol: 0mg
Sodium: 1159mg

Amount Per Serving

Total Carbs: 41.7g
Dietary Fiber: 10.5g
Protein: 11.2g

Bonus - M
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Goober Beanie Salad

CDKitchen <http://www.cdKitchen.com>

Serves/Makes: 8 | Difficulty Level: 2 | Ready In: > 5 hrs

Ingredients:

- 1 can (16-oz. size) red kidney beans
- 1 cup small green peas
- 1 cup yellow wax beans
- 1 can (16-oz. size) green beans
- 1 large Red onion; chopped
- 2 cups Red cabbage; shredded
- 7 ounces Jar pimiento
- 1/2 cup Oil
- 1 teaspoon Salt
- 1 cup Brown sugar
- 1/2 cup Vinegar

Directions:

Drain all of the beans and combine in a large bowl. Add the remaining ingredients. Mix well and cover. Refrigerate for about 12 hours. Stir occasionally. Drain before serving.

Recipe Location: <http://www.cdKitchen.com/recipes/rees/342/Goober-Beanie-Salad77269.shtml>

Recipe ID: 48053

Don't forget to stop back at CDKitchen and write a review or upload a picture of this recipe!

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Bohnen Salst (Black Bean Salad)

CDKitchen <http://www.cdkitchen.com>

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: > 2 hrs

Ingredients:

- 1 pound black beans
- 1 green pepper
- 3 stalks celery
- 6 green onions
- 1 small onion
- 2/3 cup white vinegar
- 2/3 cup sugar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon ground caraway seed
- 2/3 cup pumpkin seed oil

Directions:

Cook black beans until tender. Drain and blanch with cold water. Chop pepper, celery, and onions. Add to beans. Boil vinegar and sugar. Add salt, pepper, caraway seed and oil. Mix liquid mixture thoroughly before pouring over beans. Let set in refrigerator for two hours before serving.

Recipe Location: http://www.cdkitchen.com/recipes/recs/342/Bohnen_Salst_Black_Bean_Salad52864.shtml

Recipe ID: 11738

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*Adapted for me
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Corn And Black Bean Salad

CDKitchen <http://www.cdkitchen.com>

Serves/Makes: 8 | Difficulty Level: 2 | Ready In: < 30 minutes

Ingredients:

1 can (1 pound size) cooked black beans -- drained
1 can (10-ounce size) corn kernels -- drained
1/2 green pepper -- chopped
1/2 red pepper -- chopped
2 green onions -- sliced
1 tablespoon minced parsley
1 tablespoon vegetable oil
2 tablespoons lime juice
Freshly ground black pepper -- to taste

Directions:

Toss together ingredients, except pepper. Generously sprinkle salad with black pepper. Cover and refrigerate.

Recipe Location: <http://www.cdkitchen.com/recipes/recs/342/Corn-And-Black-Bean-Salad94673.shtml>
Recipe ID: 65546

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