

Recipes Using Legumes

[French Lentil and Swiss Chard Risotto](#)

Ingredients

- 1 bay leaf
- 6 sprigs fresh thyme, plus 2 teaspoons leaves
- 1/3 cup French green lentils, picked over
- 1 large bunch Swiss chard (about 1 1/4 pounds)
- 2 large leeks (about 3/4 pound), white and light-green parts only
- 4 cups [Homemade Chicken Stock](#), or canned low-sodium chicken broth, skimmed of fat
- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 2 1/2 teaspoons minced garlic
- 1 1/4 cups Arborio rice
- 1/2 cup dry white wine
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup freshly grated Parmesan cheese
- 1/3 cup finely shredded radicchio, for garnish

In a medium saucepan, combine 6 cups water, bay leaf, and thyme sprigs, and bring to a boil. Simmer for 5 minutes. Add lentils, reduce heat to low, and simmer until tender, 15 to 20 minutes. Drain lentils, discard bay leaf and thyme sprigs, and set aside.

Meanwhile, wash Swiss chard, and remove the leaves from the stalks. Slice the leaves into very thin 2-inch strips, and cut the smaller stems into 1/4-inch dice. Discard the larger stems. Cook Swiss chard in a wok or a large skillet over high heat, tossing constantly, until just wilted, about 3 minutes. Set aside in a colander.

Cut leeks in half lengthwise, and slice into very thin semicircles. Place in a large bowl of cold water, and let sit for about 5 to 10 minutes to rid them of dirt and sand. Lift out of the water, and drain in a colander. Set aside.

In a medium saucepan, bring stock to a boil, reduce heat to low, and keep at a bare simmer.

Heat olive oil in a heavy 4-quart saucepan over medium heat; add leeks, onions, and garlic, and cook, stirring frequently with a wooden spoon, until soft but not browned, about 6 minutes. Add rice and thyme leaves, and continue stirring until the edges of the rice are translucent, about 3 minutes. Add wine and cook, stirring constantly, until nearly all the wine is absorbed, about 30 seconds.

Raise the heat to medium high, add salt and pepper and about 1/2 cup of the simmering stock, and cook, stirring constantly, until nearly all the stock is absorbed. Continue adding stock, about 1/2 cup at a time. Cook, stirring constantly, allowing each addition to be nearly absorbed before adding the next, until rice is creamy but still a little firm in the center, about 15 to 20 minutes.

Remove the pan from the heat, and stir in lentils, Swiss chard, and Parmesan. Adjust the seasoning with salt and pepper, if necessary. Divide the risotto among six plates, and garnish with the shredded radicchio. Serve immediately.

Lentil Sprouts

Wash and soak lentils overnight. Allow 48 hours for sprouting. Add them to a green salad with snow peas and shredded carrots; or mix with fresh fruit like mango; or use them as a garnish on tuna or chicken salad.

[Lentil Burgers](#)

Ingredients

- 1 large clove garlic, peeled
- 1/4 teaspoon kosher salt
- 1/2 cup walnuts, toasted (see Tips)
- 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- 1/4 teaspoon freshly ground pepper
- 1 1/2 cups cooked or canned (rinsed) lentils (see Tips)
- 2 teaspoons Worcestershire sauce, vegetarian (see Note) or regular
- 3 teaspoons canola oil, divided
- 4 whole-wheat hamburger buns, toasted
- 4 pieces leaf lettuce
- 4 slices tomato or jarred roasted red pepper
- 4 thin slices red onion

To cook lentils: Place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2 1/2 cups cooked. Or use canned lentils: 15-ounce can = 1 1/2 cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.

Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into four 3-inch patties (about 1/3 cup each).

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2 to 4 minutes. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4 to 6 minutes more. Serve on buns with lettuce, tomato (or red pepper) and onion.

[Hoppin' John](#)

Ingredients

- 1 tablespoon oil
- 1 cup onion, diced
- 1/2 cup celery, diced
- 1/2 cup green pepper, diced
- 1 tablespoon garlic, chopped
- 2 cups black-eyed peas, soaked overnight and rinsed
- 4 cups [ham broth](#) or [chicken broth](#) or [chicken stock](#)
- 1 small ham hock (or 2 cups cubed ham)
- 1 bay leaf
- 1 teaspoon thyme
- cayenne to taste
- salt and black pepper to taste
- 4 green onions, sliced

Heat the oil in a pan over medium heat.

Add the onions, celery and pepper and cook until tender, about 10-15 minutes.

Add the garlic and cook until fragrant, about a minute.

Add the peas, broth, ham hock, bay leaf, thyme, cayenne, salt and pepper, bring to a boil, reduce the temperature and simmer until the black-eyed peas are creamy and tender, about 60 minutes, adding more broth if required.

Remove the ham hock and shred the pork and mix it into the black eyed peas.

Serve over steamed brown rice and garnish with green onions.

[Sarina's Pigeon Peas and Rice](#)

Ingredients

- 2 cups rice
- salt to taste
- 1 tablespoon margarine
- 2 cups pigeon peas
- 1 large tomato
- 4 cups coconut milk
- 4 stalks dried spanish thyme

Boil peas with thyme for 20 minutes in the coconut milk

Sprinkle in rice and crushed tomato

Add butter

Cover saucepan and boil over moderate heat at first, then allow to steam over low heat until all the water is absorbed and the grains are soft

Mexican Tomato Rice & Beans

Ingredients

- 1 cup uncooked [medium-grain](#) white rice
- 1 14-1/2-ounce can diced tomatoes (preferably "[petite-cut](#)")
- 2 Tbs. extra-virgin olive oil
- 6 medium cloves garlic, finely chopped
- 1 medium fresh jalapeño, cored and finely chopped (if you like spicy foods, leave in the ribs and seeds; if not, remove them)
- 1 15-oz. can black beans, drained and rinsed
- 2 tsp. kosher or fine sea salt
- 2 tsp. ground cumin
- 1 tsp. chili powder
- 1/4 cup finely chopped fresh oregano leaves and tender stems
- 1/4 cup finely chopped fresh cilantro leaves and tender stems

In a 1-quart saucepan, combine the rice with 2 cups cold water. Bring to a boil over medium-high heat, cover, reduce the heat to low, and cook for 20 minutes. Remove from the heat and let the pan stand, covered, for another 5 minutes.

While the rice steams, set a fine sieve in a bowl and drain the can of tomatoes. Pour the tomato juices into a 1-cup liquid measure. Add enough water to the tomato juices to equal 1 cup.

Heat a 10- to 12-inch skillet over medium-high heat. Pour in the oil and stir-fry the garlic and jalapeño until the garlic browns and the jalapeño smells pungent, about 1 minute. Add the black beans, salt, cumin, and chili powder; stir two to three times to incorporate the mixture and cook the spices, about 30 seconds. Stir in the tomato juice and water mixture and bring to a boil. Adjust the heat to maintain a gentle boil and cook, stirring occasionally, until the beans absorb much of the liquid, 5 to 7 minutes. Add the tomatoes, oregano, cilantro, and cooked rice and cook, stirring occasionally, until the rice is warm, 1 to 2 minutes. Serve immediately.

Vegan Meringues

Ingredients

- Liquid from one 15-ounce can of chickpeas (about $\frac{3}{4}$ cup)
- 1 heaping cup granulated sugar
- 1 tablespoon vanilla extract

Heat the oven to 250°F and line one or more baking sheets with parchment paper. Pour the chickpea liquid (aquafaba) into the bowl of a stand mixer and beat with the whisk attachment until stiff peaks form, about 15 minutes. Gradually beat in the sugar, then the vanilla.

Scoop or pipe the aquafaba mixture into mounds onto the baking sheet(s) and bake for 90 minutes. (The meringues will be hard to the touch.) Let meringues cool on the baking sheet for 10 minutes, then serve. (Meringues can be stored in an airtight container for up to three days.)

White Bean - Chicken Chili

Ingredients

- 2 Tbs vegetable oil
- 1 large onion
- 4 cloves garlic, minced
- 3 cans (14 oz. each) chicken broth
- 3 cans (15 oz. each) great northern beans, rinsed and drained
- 4 cups chicken (uncooked), chopped
- 1 can (4 oz.) chopped green chilies
- 1 1/2 -2 Tbs cumin
- 1 tsp chili powder
- 2 tsp oregano
- 1/3 tsp cayenne pepper
- 2 cups pepper jack cheese, grated
- 1 cup sour cream

Heat oil in a large stockpot over med.-low heat; add onion and garlic. Cook stirring frequently, until onion is tender. Add chicken broth, beans, and chopped chicken, simmer 10 minutes. Stir in chilies, cumin, chili powder, oregano, and cayenne pepper. Bring to a boil and simmer 20 minutes more, stirring occasionally. stir in sour cream and cheese before serving. Top white bean chili with more cheese, chopped avocado, cilantro, etc. Serves 6-8

Tuscan Bean Soup

Ingredients

- 2 tsp olive oil
- 1 cup chopped onion
- 3 garlic cloves, crushed
- 1 (14.5 oz.) can chopped tomatoes, undrained
- 2 (16 oz.) cans cannellini or other white bean, drained
- 1 (14.5 oz.) can chicken broth
- 1 Tbs chopped parsley
- 3/4 tsp oregano
- 1/4 cup grated parmesan cheese

Heat oil in large saucepan over med. heat. Add onion and garlic, and saute 4 minutes or until tender. Add tomatoes and next 5 ingredients and bring to a boil. Reduce heat and simmer. Sprinkle with cheese before serving. Soup is better the second day!

Black Bean Dip

Ingredients

- 1 can black beans, drained
- 1 can whole kernel corn, drained
- 1 can Ro-tel tomatoes and chilis

Mix together and serve with tortilla chips

Refried Beans

Ingredients

- 1 qt. pinto beans
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic salt

Pour 1 quart jar of pinto beans into a microwavable dish. Microwave on high ~4-5 minutes, until heated through. Mash beans. Add chili powder, cumin and garlic salt and any flavor bouillon desired. Serve warm.

Coconut Pinto Pie

Ingredients

- 1 cup cooked and mashed pinto beans
- 1 cup evaporated milk
- 2 Tbs water
- 1 cup sugar
- 2 eggs
- 1/2 cup flaked coconut
- 1/8 tsp salt
- 1/4 tsp ground cloves
- 1 (9) inch unbaked pie shell

Combine beans and milk, blend until smooth. Beat in rest of ingredients; pour into pie shell. Bake at 350° F for 45 minutes. Serve with whipped topping

Warm Mediterranean White Bean Salad

Ingredients

- 3 1/2 cups soaked and cooked dry white beans, warm
- 2 Tbs dried green pepper
- 1 Tbs dried parsley
- 1 tsp dried onion
- 3 Tbs olive oil
- 1 Tbs wine vinegar
- 1 can tuna, drained
- lettuce, optional
- black olives, optional

Soak pepper and parsley together in 1/4 cup warm water for 30 min. Drain. Toss with onion into warm beans. Combine olive oil and vinegar and toss into warm salad. Serve on optional bed of lettuce. Arrange tuna on top of beans. Garnish with black olives.