

## Class #2      Lovely Legumes

### AFRICAN BEAN SOUP

(adapted from J. Raymond, *Peaceful Palate*)

- 1 t olive oil or ½ c water or vegetable broth
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 T minced fresh ginger (optional)
- 2 sweet potatoes or yams, peeled and diced (about 2 cups)
- 1 carrot, sliced
- 1 stalk celery, sliced
- 1 red or green bell pepper, diced
- 1 15 oz can crushed tomatoes or ½ 28-oz can\*
- 3 to 4 cups vegetable broth or water
- 1 package fresh or frozen greens or 1 bunch fresh greens, cleaned and chopped
- 1 can garbanzo beans (chick peas) or red kidney beans, or equivalent cooked from scratch\*\*
- 1 – 2 t curry powder
- ½ t salt
- 4 T peanut butter\*\*\*
- ½ c chopped cilantro for garnish (optional)

Optional additional ingredients:

- ½ t dried ginger
- ¼ c coconut milk (freeze the rest for later use)\*\*\*\*
- Dash of toasted sesame oil\*\*\*\*\*
- 2 T fresh lime juice

Heat the oil or water in a large pot and sauté onion and garlic until transparent. Add sweet potatoes, carrot, celery, bell pepper, and about 1 c water. Cover and cook 5 minutes, stirring occasionally. Add the tomatoes, broth, greens, garbanzo beans, curry powder and salt and bring to a boil. Reduce heat and simmer until greens are tender. In a separate small bowl, with a whisk or spoon blend the peanut butter with ½ c water until it takes on a lighter color and creamy consistency. Add to the soup and stir to mix. This is the time to add other optional ingredients if desired. Serve hot on brown rice with cilantro garnish, if using.

\*Many recipes call for 15 ½ oz tomatoes, or about half of a 28 oz can. It can be economical to start with a 28 oz can and freeze the other half for use in another recipe.

\*\*See recipe sheet for Class #1 for instructions on how to cook beans from scratch.

For all recipes, t=teaspoon, T=tablespoon, c=cup

\*\*\*Please always use natural peanut butter, the kind you stir up and then store in the refrigerator (you only have to stir it up once). The other kind of peanut butter usually contains added sugars and oils, including trans fats, and is often not a healthy food.

\*\*\*\*Coconut milk is a high fat food, though the quality of the fat is a matter of discussion (many people argue that this naturally saturated plant fat is good for you, and it is certainly highly stable). Coconut milk adds wonderful flavor. I recommend buying a can of regular coconut milk and storing any leftovers in separate small containers in the freezer. Don't buy low fat coconut milk—they just add water to make it low fat, which doesn't give you good value. Simply buy regular coconut milk and use less in a recipe.

\*\*\*\*\*Toasted sesame oil is another exception to the “no-oil” rule. It is highly flavorful in small amounts. Add ½ to 1 t at the end of cooking time, or whisked into sauces and dressings, to add a new dimension of flavor to Asian dishes and others like this one. Buy a bottle and store it in your fridge; it will last you a long time.

### BROWN RICE

- 1 c brown rice\*
- 2 2/3 c water

In a large pot, bring the rice and water to a boil; lower the heat to “Low,” cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1 ½ cups of rice in 4 cups of water (easy to remember).

\*You can use any type of brown rice, whether bought packaged or in bulk. Avoid the partially pre-cooked type. A brand I like is the short-grain Nishiki brown rice found in the International section at Wegmans.

## CHILI

1 t olive oil or ½ c water  
1 onion, chopped  
2 cloves garlic, minced  
1 green or red bell pepper or some of each, chopped  
1 28-oz can crushed tomatoes  
2 small cans or 1 large can of red kidney beans or pinto beans, drained  
2 c frozen corn  
1 or 2 c of vegetarian “beef” crumbles such as Boca Crumbles (optional)  
1 T paprika or chili powder  
1 or 2 t ground cumin  
1 t ground coriander  
1 t dried oregano  
½ t salt

Optional ingredients: celery, zucchini, eggplant.

“Secret” ingredients:

1 T cider vinegar or red wine vinegar  
1 or 2 T blackstrap molasses  
1 or 2 T unsweetened cocoa powder  
Liberal dose of Liquid Smoke  
1 t toasted sesame oil

In a large pot, sauté onion and garlic in olive oil or water until transparent, about 2 min. Add bell pepper and a little water and sauté briefly. Add remaining ingredients, bring to a boil, reduce heat, and simmer at least 20 minutes. Serve hot with brown rice.

This is a very flexible recipe! It can be made with fresh tomatoes in the summer if you have a bumper crop. It can be made with no added oil, and it can be made with beans cooked from scratch; just be sure the beans are fully cooked before you add them to the acidic tomatoes. You can substitute black or white beans; you can add the liquid if it’s a brand with no added preservative. This is a great recipe to make ahead and reheat, and it freezes well.

This makes a mild chili. If you like heat, add more chili powder, cayenne pepper, or dried or powdered chipotle pepper (the chipotle adds a nice smoky taste, and in small amounts appeals even to people who don’t like heat). You can also serve with hot sauce at the table.

## INDIAN LENTIL SOUP OR STEW

(Adapted from Vegetarian Times)

1 t olive oil or ½ c water  
2 onions, chopped  
2 cloves garlic, minced  
1 package lentils, sorted through for stones  
8 c water  
1 15 ½ oz can tomatoes or ½ 28-oz can  
1 green bell pepper, chopped  
2 t cumin  
½ t each salt and black pepper  
½ c chopped cilantro for garnish (optional)

Saute onions and garlic in oil or water until transparent, about 2 minutes. Add the lentils and water, and simmer for about 45 minutes or until lentils are tender. Add the tomatoes and other remaining ingredients, bring to a boil, and simmer briefly, until the bell pepper is tender. Serve hot with brown rice or Indian flatbread (all types of flatbread may not be vegan).

This recipe can have as much heat as you desire. If you want, mince a small hot pepper and add it with the bell pepper; or add some cayenne pepper with the spices. You can also serve hot sauce at the table.

## SPLIT PEA OR LENTIL SOUP

1 pkg. green or yellow split peas, or lentils  
10 c water or vegetable broth, or more as needed  
1 onion, diced  
1 clove garlic, minced  
1 or 2 stalks celery, sliced  
1 or 2 carrots, sliced  
1 t cumin or curry powder  
1 t dried basil and/or other herbs  
½ t salt  
Dash of Liquid Smoke\*  
2 potatoes, peeled and diced (optional)  
Vegetarian “ham” or “bacon,” diced (optional)

Pour split peas or lentils into a large pot and sort through for stones. Add water, onion, garlic, celery, carrots, herbs and spices. Bring to a boil, lower heat, cover and simmer for about 30 min. Add potatoes and veggie ham or bacon about 15 minutes before the end of cooking time.

This is a wonderful hot lunch or dinner that is very economical. Serve with green salad and bread.